



# MARTIAL ARTS

## Safety Guide

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Checklist Items

## KEY BENEFITS

### Cardiovascular Fitness

Enhances cardiovascular fitness and endurance through continuous training and sparring.

### Strength & Flexibility

Improves muscular strength and flexibility with varied techniques and movements.

### Discipline & Focus

Develops discipline and mental focus essential for mastering martial arts skills.

### Coordination & Balance

Boosts coordination and balance through dynamic and precise movements.

### Self-Confidence

Increases self-confidence and mental resilience through skill development.

### Physical Health

Supports weight management and overall physical health through consistent practice.

**KEY HAZARDS & CONTROL MEASURES**

**Head Injuries from Kicks/Takedowns**

- ✓ Enforce use of headgear and protective equipment
- ✓ Supervise closely and enforce safety protocols
- ✓ Provide instruction on safe techniques
- ✓ Educate on recognizing and reporting symptoms

**Excessive Force During Sparring**

- ✓ Enforce rules limiting sparring intensity
- ✓ Supervise closely and encourage respectful practice
- ✓ Educate on controlled force and proper technique

**Falls During Grappling/Sparring**

- ✓ Ensure use of adequate mats and padding
- ✓ Match participants by skill and size
- ✓ Teach safe falling and rolling techniques

**Incorrect Execution of Techniques**

- ✓ Provide professional instruction on proper form
- ✓ Offer feedback and corrections during sessions
- ✓ Incorporate drills reinforcing correct movements

**Slippery Floor Surfaces**

- ✓ Regular floor inspections and maintenance
- ✓ Ensure appropriate footwear with good grip
- ✓ Use non-slip mats and proper drainage

**Sparring Without Protective Gear**

- ✓ Enforce mandatory protective gear during sparring
- ✓ Educate on importance of protective equipment
- ✓ Conduct equipment checks before sessions

**Safeguarding**

- ✓ Implement comprehensive safeguarding policy
- ✓ Establish clear reporting procedures
- ✓ Conduct background checks on all instructors
- ✓ Never leave minors unattended



### Inadequate Supervision

- ✓ Ensure qualified instructors present at all times
- ✓ Train supervisors in emergency procedures
- ✓ Maintain appropriate participant-to-instructor ratios

**PRE-SESSION SAFETY CHECKLIST**

**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

**Venue & Equipment**

- Training area clean, dry, hazard-free
- Equipment inspected and functional
- Mats properly secured and in good condition

**Participants**

- Wearing appropriate training attire
- Any injuries/health issues declared
- No jewellery or accessories



RISK ASSESSMENT  
WIZARD

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