



**Little
Dragons**
3 - 4 years old



**Mini
Ninjas**
5 - 7 years old



**Junior
Martial Arts**
8 - 11 years old



**Teen
Martial Arts**
12 years old plus

Tajutsu - Karate - Muay Thai - Brazilian Jiu Jitsu - Self defence

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ZKS Martial Arts Safe Practice Policy

Mission Statement

At ZKS Martial Arts, we are committed to creating a safe, inclusive, and family-friendly environment for all members. Our mission focuses on promoting martial arts education while ensuring the safety, well-being, and personal development of each individual. Our training principles, teaching methods, and safety practices are detailed in the Instructor's Handbook.

Warm-Ups and Class Preparation

Instructors are required to adhere to the guidelines outlined in the Instructor's Handbook regarding class preparation, warm-ups, and risk assessment procedures. Ensuring the training environment is safe and free from hazards is crucial before any session begins. For comprehensive practices on conducting warm-ups and preparing the venue, please consult the Instructor's Handbook.

Safety Procedures by Age Group

To cater to different age groups, ZKS Martial Arts emphasizes tailored training approaches to maintain safety and respect each student's development stage. The Instructor's Handbook contains detailed recommendations on managing contact levels, sparring rules, and the use of safety equipment for age groups 3-11 and 11-16, as well as for adult participants.

Behavioural Management

Appropriate management of behaviour is essential for a positive learning environment. ZKS Martial Arts instructors follow age-specific discipline guidelines as outlined in the Instructor's Handbook. These guidelines help create a supportive environment where all students can thrive.

No-Spectator Policy and Safeguarding

To maintain a safe and focused training environment, the No-Spectator Policy, safeguarding practices, and locked-door procedures are detailed in the Instructor's Handbook. Instructors are responsible for implementing these protocols to ensure the safety and well-being of all members.

Instructors' Involvement and Safety

The role of ZKS Martial Arts instructors extends beyond teaching; they are responsible for safety and well-being during classes. Detailed procedures and protocols for handling situations involving illness, injury, and student supervision are provided in the Instructor's Handbook. Instructors must familiarize themselves with these guidelines to uphold the highest standards of safety and practice.

For full details and recommendations regarding safe practices, policies, and procedures, instructors and staff must refer to the ZKS Martial Arts Instructor's Handbook.

Signed: BB

Name: Ben Babbington

Position within ZKS MA: Business Owner/Safeguarding officer

Date: 11.10.2024