

 **Child protection policy**

Docklands Shoujin Karate acknowledges the duty of care to safeguard and promote the welfare of children and is committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and Shoujin Karate Kai as a member of the English Karate Federations requirements.

The policy recognises that the welfare and interests of children are paramount in all circumstances. It aims to ensure that regardless of age, gender, religion or beliefs, ethnicity, disability, sexual orientation or socio-economic background, all children

* have a positive and enjoyable experience of sport at Docklands Shoujin Karate in a safe and child centred environment
* are protected from abuse whilst participating in Karate training or outside of the activity.

Docklands Shoujin Karate acknowledges that some children, including children with disabilities and young people or those from ethnic minority communities, can be particularly vulnerable to abuse and we accept the responsibility to take reasonable and appropriate steps to ensure their welfare.

As part of our safeguarding policy Docklands Shoujin Karate will

* promote and prioritise the safety and wellbeing of children and young people
* ensure everyone understands their roles and responsibilities in respect of safeguarding and is provided with appropriate learning opportunities to recognise, identify and respond to signs of abuse, neglect and other safeguarding concerns relating to children and young people
* ensure appropriate action is taken in the event of incidents/concerns of abuse and support provided to the individual/s who raise or disclose the concern
* ensure that confidential, detailed and accurate records of all safeguarding concerns are maintained and securely stored
* prevent the employment/deployment of unsuitable individuals by ensuring that all instructors are DBS checked and certified.
* ensure robust safeguarding arrangements and procedures are in operation.

The policy and procedures will be widely promoted and are mandatory for everyone involved in Docklands Shoujin Karate. Failure to comply with the policy and procedures will be addressed without delay and may ultimately result in dismissal/exclusion from the organisation.

**Monitoring**

The policy will be reviewed every year as part of the AGM, or in the following circumstances:

* changes in legislation and/or government guidance
* as required by any governing body such as the English Karate Federation, or collaborative organisation such as Active Newham.
* as a result of any other significant change or event.

**Safe Practice**

Docklands Shoujin Karate recognises a duty to:

* Provide and Maintain a safe and healthy level of instruction & coaching that is age appropriate, recognising that in line with WKF rules no face or head contact is allowed.
* Encourage and ensure the use of all necessary protective equipment and to supervise their use.
* Keep abreast with all health and Safety and safeguarding matters as relevant to Karate activities.

Docklands Shoujin Karate will also issue the below guidelines to parents and guardians as part of the registration process to ensure a full understanding of training content, and safeguarding monitoring is understood.

**Attire**

All students must be fully clothed as follows for each session as follows:

***Basic training***

Men/ Boys, Ladies or Girls ;

Non Uniformed beginners: tracksuit trousers and T shirt, that do not fall below the ankle or are longer than the wrist to allow free movement and reduce risk of slippage or tripping. No socks or shoes unless specialised martial art training shoes.

Uniformed students should wear a cotton or poly cotton Gi.(karate suit) Juniors and Ladies should wear a plain white T-shirt or vest beneath at all times. Gi’s should be tied with a belt , No socks or shoes are allowed although specialised martial art training shoes may be acceptable in specialcircumstances.

In summer if hot conditions, Instructor may advise that T-Shirt only is allowable in place of jacket to train, but must be plain white T-shirt or club t-shirt only, no vests , branded or coloured T-Shirts.

***For kumite (fighting) training***

All students are required to wear a mouth guard, glasses must be removed, hand, shin and foot protection must be worn (this is not necessary for paired technique practice, but only when sparring)

It is advised that students should ensure to source their own protective equipment to ensure best fit and reduce risk.

Groin protection is advised for girls/ boys, women/ men and chest protection for ladies/ or female juniors where deemed appropriate by student or parent, guardian.

**Training and Interactions**

***Warm up Exercises***

Warm up exercises are a vital part of a students physical wellbeing, as well as enhancing flexibility, core strength and stamina. During class, students will be asked to exercise alone, but may also be asked to pair with another student. Where possible this will be with someone of similar age, size or build, but may also include pairing males and females, or seniors with juniors at some times if class sizes or students present, do not allow an equal pairing. Students may be asked to hold wrists, ankles, or support the frame from various angles to assist their partner. All students will be in the presence of an instructor and will be fully clothed at all times. Should any student feel uncomfortable about the above, before such exercise they should request not to participate, in which case other exercises will be assigned, or if the student feels uncomfortable during the exercise itself, it is the responsibility of the student to advise the instructor they wish to stop, and if there are any inappropriate circumstances as to the cause, where other supporting policies will be applied.

***Paired techniques both Kata and Kumite***

Often to apply the practical explanation to a Kata, or to Kumite, students will be asked to work with other students to apply techniques to each other such as strike moves, kicks, blocks and sweeps to explain the Kata content, or to ensure good technique and targeting are taught and applied. Where possible the instructor will pair students of similar age, size or build and grade, but may also include pairing males and females, and/ or seniors with juniors at some times, if class sizes or students present, do not allow an equal pairing. These techniques will include body contact, and in case of facial target techniques a skin touch will be allowed between two adults only, A close but safe distance between two juniors only or between instructor and juniors only, where instructors are trained to do so safely and without injury to junior students. This is to teach accurate targeting for defence and competition. DSK feel that not allowing this to avoid risk of injury, may result in poor targeting and ineffective technique if required to use in competition or in self defence, and is not in the best interest of the students.

**General Instruction,**

***Student correction***

In order to ensure students are adopting correct techniques, instructors may need to correct a students foot position, hand positions, or body position. This will require the instructor to physically interact with the student. This is an unavoidable to enable good instruction, and will always take place in public view of the class. If a junior requires their belt to be retied, the instructor or any other club student who assists will turn the student to the full view of the class and tie where hands are visibly to be seen doing so.

***Risk of injury***

There is a risk of injury with any contact sport, and Karate is no different. It is important that students enter into this sport knowing that there is a risk of injury. The student is solely responsible for ensuring that they listen carefully to instruction, and take the necessary precautions including sourcing the required protective equipment as recommended to mitigate any risk.

**Raising and Reporting concern**

Docklands Shoujin Karate as a member club of Shoujin Karate Kai and in line with their affiliated NGB, the English Karate Federation (EKF) have an appointed individual to act as Child Protection Officer who will commit to available awareness raising and training seminars and workshops to assist them in fulfilling their role.

Confidentiality will be upheld in line with the Data Protection Act 1984,the Human Rights Act 2000 and the EKF Whistle Blower’s Policy.

The club CPO will listen to and record all reports and concerns, and will assess if escalation is required in line with the below decision trees

**Concerns re student/ child / vulnerable adult**

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**Concerns re staff/ volunteer/ coach/ carer**



**Policy reviewed on**: Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Signed by**:

DSK Club Chair: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DSK Club secretary : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DSK Child Protection Officer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DSK Head Instructor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_