**Sparring Safety Policy**

This policy has been written with the well being and safety of all CMAA members in mind while they take part in sparring both in the lessons and at competitions. The definition of sparring is 2 people trying to strike each other at the same time. The following guidelines will help to prevent unnecessary injury within our clubs. It should be made clear to all students that they will be disciplined and may even be banned from the club for breaking these guidelines.

1. Students must be instructed upon their first visit to never attempt any move or technique until a Club Instructor has deemed them competent enough to carry them out. Competence can be granted verbally or via a belt grading system.

1. Students must always be supervised during sparring of any kind. This applies to both adults and children without exception.
2. The correct safety equipment, **relevant to style**, must always be worn during sparring of any kind, even if supervised. No safety equipment – no sparring. Head contact for under 18s should be kept to a minimum, if any at all.
3. **ALL** gloves must cover every knuckle and finger tip, the same applies to foot protection. Shin and instep style are **NOT** recommended as it is advised that the entire foot be covered including the heel.

Please follow these guidelines within your club(s), doing otherwise may result in unnecessary injury. While Insurance does provide us with the necessary cover, claims do affect us all and most of the time can be avoided with the correct safety measures in place.

Please sign below acknowledging that you have read and understand this policy. A copy should be returned to the CMAA.

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *Cobra Martial Arts Association PO Box 188, Manchester, M34 0BU Tel: 07909 673894 E-mail: cmaauk@hotmail.com Website: www.cmaa.co.uk*

**PERSONAL PROTECTIVE EQUIPMENT (PPE)**

***Points PPE***

Head Guard\*

Gloves, open palm must cover finger and thumb.

Boots, must cover heal and all toes.

Shin Pads

Gum Shield

Groin Guard for males

Chest Guard for females\*

***Light Contact Kickboxing PPE***

Same as Points apart from the gloves, which must be:

10 oz closed palm boxing gloves. 12 oz may be accepted at the discretion of the Centre Referee.

***Full Contact Kickboxing PPE***

As above although it is accepted that some styles do not wear head, foot or shin guards – K1 and Muay Thai for example. In all cases full contact fighters must complete a medical questionnaire prior to competing, these are available from the CMAA.

***Sport Boxing – Light Contact Only PPE***

Head Guard

10 oz closed palm boxing gloves.

Gum Shield

Groin Guard for males

Chest Guard for females

***Submission Grappling PPE***

Though not compulsory Gum Shields, Knee and Elbow pads are advised.

*\*Optional for over 18 years old but still advised Cobra Martial Arts Association PO Box 188, Manchester, M34 0BU Tel: 07909 673894 E-mail: cmaauk@hotmail.com Website: www.cmaa.co.uk*

**Weapons Safety Policy**

CMAA Instructors wanting to use, demonstrate or teach Martial Arts Weapons must: -

1. Hold no less than the Martial Arts Instructor UK Level 1 Qualification.
2. Be clear of ALL criminal offences. This will be shown by way of Enhanced Disclosure every 2 years.
3. Must hold a grade of no less than 1st Dan Black Belt relevant to the style that the weapon or weapons are used with.
4. Carry out and submit to The CMAA Risk Assessments relating to all activities involving the weapon or weapons.
5. Always use the relevant and sufficient Personal Protective Equipment (PPE).
6. Only use replicas for training purposes, e.g. wooden in the case of sword (Bokken) or foam covered in the case of nun chaku.
7. Sparring with weapons, of any description, is not permitted.
8. The use of live blades (sharp edged) is not permitted.
9. Maintain a distance of no less than twice the length of the weapon from other persons at all times during training.
10. Control spectators during demonstrations to ensure a safety distance of 10 feet at all times.

Any infringement of this Safety Policy must be reported to The CMAA and may result in the voidance of any insurance cover as well as disciplinary action being taken by the CMAA.

Please sign below acknowledging that you have read and understand this policy. A copy should be returned to the CMAA.

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_