

Pro Martial Arts Schools Safe Practice Policy

- All classes must first include a thorough warm up which is appropriate for the people taking part. Starting with gentle aerobic warm up followed by gentle static and dynamic stretching.
- All classes are to be taught by a Pro Martial Arts Schools Level 2 Instructor.
- No sparring to take place during regular classes and is only allowed during the optional dedicated sparring session.
- All club equipment used in the classes must be in good condition.
- All personal equipment used in the classes by members and Instructors must be in good condition and have been purchased from Pro Martial Arts Schools.
- Only light contact sparring with no follow through is allowed during the dedicated sparring session.
- The safety of the participants is always the most important consideration during classes. Take into consideration the age, weight, height, gender and experience level of participants when pairing for regular classes and sparring.
- Mandatory safety equipment to be used during sparring includes Boxing Gloves, Foot Protectors, Shin Guards, Groin Guard, Gum Shield, Head Guard and Chest Protector for females.
- Sparring must be supervised by one Instructor per two participants.
- All Pro Martial Arts Schools Level 2 Instructors hold a minimum qualification of Emergency First Aid at Work updated every three years.
- If a participant suffers an injury the sparring is to be stopped immediately, apply first aid procedure if needed. If the injury is to the head the participant is to be advised to take medical advice from their Doctor or local Accident and Emergency department. Call 999 if the injury requires emergency services. If the injured participant is a minor then his/her parents must be informed.
- Only Pro Martial Arts Schools approved competitions may be entered.