**Introduction**

Martial arts are dynamic activities where safe practice is essential to prevent injuries. Given the developmental stages of children and the specific needs of adults at risk, EduKicks LTD is dedicated to adapting training methods appropriately to ensure a safe learning environment for all participants.

**Warm-Ups**

* All sessions will begin with a comprehensive warm-up tailored to the day's activities. Special attention will be paid to muscle groups that will be engaged later in the session to minimize injury risks.

**Joint Care for Children and Vulnerable Adults**

* High-impact exercises such as press-ups on the knuckles, striking heavy bags, or breaking boards are prohibited for children and discouraged for adults at risk due to the potential for joint damage. These activities require mature skeletal structures and will be adjusted or avoided for these groups.

**Throws, Grappling, and Strangling**

* Techniques such as throws, takedowns, and sweeps are taught under strict supervision and are not part of the standard curriculum but may appear in specialized workshops. Safety measures include:
  + Ensuring all mats and padded areas meet safety standards and are regularly inspected for hazards.
  + Avoiding activities near hard or sharp objects.
  + Instruction is provided by experienced instructors who ensure that dangerous techniques (like locks and strangles) are not practiced by children.

**Martial Arts Involving Strikes, Punches, and Kicks**

* Sparring sessions are conducted with the utmost care, particularly concerning:
  + Enforcing light contact rules, especially to the head, to prevent concussions and other injuries.
  + Usage of approved sparring equipment, which is mandatory for all participants.
  + Matching sparring partners by age, size, and skill level to ensure fairness and safety.
  + Maintaining clear and safe training areas free of obstacles and hazards.
  + All sparring sessions are supervised by qualified instructors, and any injuries are immediately treated by trained first aiders and recorded.

**Weapons Training**

* While EduKicks LTD does not typically include weapons training in our curriculum, any such sessions would adhere to the following practices:
  + Prohibiting live blades or sharp weapons in any session attended by children.
  + Implementing strict handling protocols and supervision during training with weapons.

**General Safety and Compliance**

* All instructors at EduKicks LTD are highly qualified, hold current DBS checks, are first aid certified, and are fully insured.
* The safety, enjoyment, and discipline essential for learning martial arts are maintained in all sessions by experienced instructors who also monitor adherence to these safe practice guidelines continuously.

**Legislation and Compliance**

* These guidelines adhere to the Health and Safety at Work Act 1974, the Protection of Children Act 1999, and the Care Act 2014, ensuring that all practices are compliant with UK safety and safeguarding laws.

**Conclusion**

Safe practice at EduKicks LTD is not just a policy but a culture that ensures all participants can learn martial arts in an environment that respects their dignity and right to a safe training space. Our commitment extends beyond compliance to genuine care for every member of our community.