



**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

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

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ZKS Martial Arts – Safe Practice Policy (October 2025)

Mission Statement

At ZKS Martial Arts, we are committed to creating a **safe, inclusive, and family-friendly environment** for all members.

Our mission is to promote martial arts education while ensuring the **safety, well-being, and personal development** of every individual.

All training principles, teaching methods, and safety practices are outlined in the **Instructor's Handbook**, which serves as the core reference for instructors and staff.

Warm-Ups and Class Preparation

Instructors must follow the guidelines detailed in the **Instructor's Handbook** regarding:

- Class preparation and planning
- Warm-up routines and physical readiness
- Venue checks and risk assessment procedures

Before any session begins, instructors are responsible for ensuring that the training environment is **safe, free from hazards, and appropriate for the planned activities**.

For detailed procedures on warm-ups and venue preparation, please refer to the **Instructor's Handbook**.

Safety Procedures by Age Group

ZKS Martial Arts recognises the importance of tailoring training approaches to meet the physical and emotional development of different age groups.

To maintain safety and respect each student's developmental stage:

- Training intensity and contact levels must be age-appropriate
- Sparring rules and supervision requirements must be followed precisely
- Correct protective equipment must always be used and checked before training

Detailed guidance for the following groups can be found in the **Instructor's Handbook**:

- **Ages 3–11 (Little Dragons, Mini Ninjas & Junior Martial Arts)**
- **Ages 11–16 (Teen Martial Arts)**
- **Adults (16+)**

Behavioural Management

Positive behaviour management is essential for maintaining a safe and productive learning environment.

All ZKS Martial Arts instructors follow age-appropriate behaviour and discipline guidelines, as outlined in the **Instructor's Handbook**, to:

- Encourage mutual respect and self-discipline
- Address disruptive behaviour consistently and fairly
- Support students' emotional and social development

These principles ensure that every student can train and learn in a **supportive, structured, and respectful environment**.

No-Spectator Policy and Safeguarding

To protect the privacy and safety of students, ZKS Martial Arts enforces a **No-Spectator Policy** during classes.

All safeguarding practices, including **locked-door procedures** and visitor management, are detailed in the **Instructor's Handbook**.

Instructors are responsible for:

- Implementing and maintaining these safety measures
- Ensuring that all safeguarding and supervision standards are met
- Reporting any breaches or concerns to the Designated Safeguarding Lead immediately

Instructors' Involvement and Safety Responsibilities

The role of a ZKS Martial Arts instructor extends beyond teaching. Instructors are directly responsible for maintaining a **safe training environment** and responding appropriately to incidents or emergencies.

This includes:

- Supervising all students during sessions and transitions
- Responding promptly to illness, injury, or distress
- Following the **injury and incident procedures** in the Instructor's Handbook
- Reporting and recording incidents accurately and securely

Instructors must be fully familiar with all safety-related sections of the **Instructor's Handbook** to ensure the highest standards of care and professionalism are maintained.

Reference and Compliance

For full details, recommendations, and procedural requirements, all instructors and staff must refer to the **ZKS Martial Arts Instructor's Handbook**, which serves as the definitive guide for:

- Safe practice
- Behaviour management
- Risk assessment
- Supervision and safeguarding

Policy Review and Contact

Signed:

BB

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