



Safe Practice Policy
24-04-2022

Introduction

Safety is everyone's responsibility and acting safely is an integral element of kendo. To ensure this, we must constantly evaluate the situation, strike when the time is appropriate and at all times maintain control of our circumstances. It is the responsibility of everyone concerned to know, understand and implement appropriate safety procedures.

By their nature, weapons hold a potential for danger and through correct maintenance, use and storage, we continue our activities in a safe manner. Treat an Iaito or Bokken as you would a Shinken. By doing this we train to the same standard, removing the possibility of an injury through a moment of forgetfulness.

The three main areas of kendo safety are:

1. Information

It is important to keep up to date with current BKA Health & Safety requirements and the following information is available on the BKA website.

- a) BKA H&S Policy Statement
- b) Guidance on how to produce a H&S Risk Assessment.
- c) Generic Risk Assessment and blank risk assessment forms.

Before a practice, you must ensure you are aware of, understand your dojo safety procedures. These will be communicated by your dojo leader or coach. During the practice you must implement these procedures and highlight, to the coach, anything you feel to be unsafe.

2. Briefing

All students must be aware of the following information, especially when visiting another dojo.

- a) The sound of the fire alarm.
- b) Fire exit and muster point locations.
- c) Toilets, washing and eating locations.
- d) First aid arrangements.

Prior to training, you must check the following:

2.1 Equipment

- a) Is your clothing fitting correctly?
- b) Are your himo (chords) correctly tied?
- c) Is your bokken in good condition, i.e. no splintering or chipping?
- d) Is your shinai in good condition, i.e. no cracks or bends?
- e) Is the tsuru secure?
- f) Is the shinai undamaged (take or any other part split/torn)?



2.2 Personal

- a) Are you fit to train (not ill or inebriated)?
- b) Does your hair obscure your vision?
- c) Are finger and toe nails adequately trimmed?
- d) Have you removed any jewellery, i.e. earrings, necklace, watch, rings?
- e) Do you have injuries requiring consideration?
- f) Are any injuries correctly dressed etc?
- g) Do you have enough space to practice?
- h) Are you in anyone's way?
- i) Do you know what forms the people around you are practising?
- j) Will your activities interfere with anyone else?

3. Safety of Premises

Although the dojo leader and coaches will manage the dojo, it will help if you are aware of what is necessary and assist where appropriate. You should ensure the following:

- a) Floor area is suitable and sufficient for the intended training
- b) Ceiling high enough to allow a shinai to be swung overhead
- c) No obstructions from the ceiling, e.g. gym equipment hanging down.
- d) Lighting is adequate.
- e) First aid is available.
- f) Emergency Services contact information is available.

4. Safeguarding

Children* are particularly vulnerable as they are still developing mentally and physically, so training methods need to be modified as described below. (*also includes Adults at Risk)

- a) No live blades (sharp or otherwise) in the training hall when children are present
- b) Safe protocols for the use of training weapons by children
- c) Good supervision at all times by Instructors

Final comment

Above all, safe practice means having a suitably qualified and experienced instructor who will ensure that children are not exposed to the above risks and who can make a training session enjoyable whilst maintaining the discipline essential to learning a Martial Art.

As responsible practitioners, our aim is to ensure that everyone returns home in the same condition as they left. To ensure this, we must always be aware of, address and control potential hazards and by doing so – enjoy Kendo!