## Physical Activity Safety Checklists

### Martial Arts

Martial arts are systems of codified practices and traditions of training for combat. They may be studied for various reasons, including to acquire skills for combat, fitness, self-defense, sport, self-cultivation/meditation, mental discipline, character development, and to build self-confidence, as well as any combination of the above.

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<th>Risk Factor Rating</th>
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<td>4</td>
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### General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

### Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

### Instruction

**Note:** The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

- Instruction is received by a trained and certified instructor or from an instructor capable of demonstrating the competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill. (The martial arts form that is selected may require a certain belt level in order to provide instruction. This belt level varies based on the level of competition/recreation.)
- All sessions are conducted in a safe environment, with students aware of potential risks involved in the chosen martial arts form
- Safety rules and procedures are learned prior to participation
- Skills/movements are learned in proper progression
- Program adheres to basic fitness and training principles
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Student must demonstrate competency of skill/fitness prior to being allowed to enter competition
- Drinking water is available and consumed as needed
### Physical Activity Safety Checklists

#### Martial Arts

**Supervision**

- **Note:** The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

- □ Recommended level of supervision: **constant visual supervision**
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries

**Facility**

- □ Activity area is free of hazards/debris
- □ Activity area is clearly marked with adequate out-of-bounds areas
- □ Proper lighting and ventilation, when applicable, are provided
- □ Safety rules/regulations are provided or posted
- □ Instructions for use of facility are posted
- □ Emergency exit of indoor facility is clearly marked

**Equipment**

- □ Equipment to be used is suitable and in good condition
- □ Equipment is checked by a qualified person before every session
- □ Instructions are given regarding the proper maintenance of equipment
- □ First aid kit and phone are available

**Clothing/Footwear**

- □ Appropriate footwear is worn; clean bare feet are usually required
- □ Protective equipment is worn as required
- □ Jewelry is removed
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Clothing must meet the requirements of the club or competition

**Other Considerations**

- □ The student has completed a regular medical checkup and a medical history prior to starting the program
- □ The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- □ Registration in an accident insurance plan is encouraged
- □ Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- □ The activity is suitable to the student’s age, ability, mental condition, and physical condition
- □ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- □ The student’s choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher