Combatives (Martial Arts)
Secondary - Curricular 2018

Judo/Aikido/Karate/Taekwondo

This activity page must be presented to the activity provider prior to the activity taking place. The activity provider must meet the minimum requirements listed on this page. For more information on planning trips using outside providers, consult Appendix O - Outside Activity Providers.

Equipment

A fully stocked first aid kit must be readily accessible. (Consult Appendix D - Sample First Aid Kit)

A working communication device (e.g. cell phone) must be accessible.

Determine that all equipment is safe for use (e.g., no sharp edges, sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the teacher.

Activity Surface:

- Mats are required when the activity involves throws or falls (consult Gymnastics - General Procedures for utility mats for specifications - 5cm (2”) mats, wrestling mats, or mats of equivalent compaction rating).
- Mat surface must be clean and checked frequently for irregularities (e.g., no gaps, overlaps or difference in height when joined).

Clothing/Footwear/Jewellery

Appropriate clothing and footwear must be worn (running shoes/bare feet as appropriate).

No jewellery permitted.

When long hair poses a safety risk it must be secured. Devices (e.g. hair pins, clips and barrettes) used to tie back long hair must not present a safety concern.
Facilities

Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the teacher.

Surface must provide for safe footing and traction.

Activity surface and surrounding area must be free of all obstacles (e.g., tables, chairs).

Activities must take place a safe distance (i.e., greater than 2m (6.6‘)) from walls.

Turning points, finish lines, end zones, and boundaries must be a safe distance away from walls, stages, equipment, trees, posts, natural hazards, and holes. Walls, stages, equipment, trees and posts must not be used as turning points, finish lines, end zones or boundaries. A marker (e.g. line or pylon) must be designated and be properly identified.

Consult **Fundamentals of Safety** for the opening and closing of gymnasium divider doors/curtains.

When running takes place off school site for a warm up:

- Teachers must do a safety check ‘walk through’ in order to identify potential problems prior to initial use of route or course.
- Teachers must outline to the students the route or course (e.g., notice of areas to approach with caution) before the start of the run.
- Teachers must determine that students are not crossing busy intersections unless directly supervised.
Special Rules/Instructions

Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. (Consult Fundamentals of Safety)

Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (e.g. outline possible risks and ways to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.

Refer to the school board’s transportation procedures related to communicating with parents/guardians the location of an off-site activity and the means of transportation used as well as to the need for obtaining parent/guardian permission.

Activities must be modified according to the age, ability level, language, and experience of students and the facility available.

Previous training, fitness level and the length of time and intensity of physical activity must be taken into consideration.

Activities must be based on skills that are taught.

Skills must be taught in proper progressions (e.g., in Judo; standing up sparring [Techiwaza rondori] can be practiced only after break falls/rolls [Ukemi] have been well-established).

A proper warm-up and cool-down must be included.

Practicing of martial arts skills must take place in a controlled situation.

In Judo, beginner level programs, arm-lock or strangulation techniques must not be done.

When appropriate, students must be matched with students of similar weight, height and skill level. There are times during martial arts instruction when students of dissimilar sizes may be matched to illustrate a scenario. In these situations instruction must be provided to protect the participants from injury.

During individual or group practice time, students are to remain disciplined and to only use skills learned for their intended purpose.

Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during and after physical activity to prevent dehydration.
Supervision

Constant visual supervision during initial instruction and demonstration of skills by students.

On site supervision after initial instruction.

Students must be informed that the use of equipment and the gymnasium are prohibited without supervision. In addition to verbal communication, the doors must be locked or signs must be posted indicating that students are not allowed to use the gym unless appropriately supervised.

Qualifications

A teacher who is providing instruction and is unfamiliar with Martial Arts (e.g. no formalized training) must refrain from teaching the activity until: assistance is provided by an appropriately trained staff; or training is received.

Outside Provider:

- To instruct a program in *Judo*, an individual must provide proof to principal/designate of the following qualification: NCCP Dojo Instructor Competition Introduction.
- To instruct a program in *Karate*, an individual must provide proof to principal/designate of the following qualifications: NCCP Instructor Beginner, member in good standing of Karate Ontario and Karate Canada.
- To instruct a program in *Taekwondo*, an individual must provide proof to principal/designate of the following qualifications: 18 years of age, 1st Dan Black Belt, NCCP Instructor.

First Aid

On school site: Follow the school's first aid emergency response (consult Appendix E - Sample First Plan and Sample First Aid Emergency Response) and the school board’s concussion protocol (consult the Concussion section). An emergency action plan and response to deal with evacuations and lock downs must be followed and communicated to students.

Off school site: At least one instructor or an individual responsible for providing first aid must have current First Aid qualifications equivalent to or exceeding St. John Ambulance Emergency First Aid with CPR Level C + AED.

Also see Fundamentals of Safety section to view complete safety requirements.

© 2018 Ophea