Martial Arts
Secondary - Curricular 2017

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 N - Outside Activity Providers.

Equipment

A fully stocked first aid kit must be readily accessible.

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

Determine that all equipment is safe for use.

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

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

Loose, comfortable clothing.

No jewellery.
Facilities

Determine that all facilities are safe for use.

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.

Special Rules/Instructions

Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation (consult the Generic Section).

Prior to participation students must receive training or information on concussion prevention and awareness specific to the activity, information on the possible risks of the activity and procedures and rules for safe play. Students must not participate in the activity until these instructions have been received.

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).

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

Warm up activities must emphasize conditioning and flexibility.

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.

Where activity takes students off-campus, parents/guardians must be made aware of means of transportation used.
Supervision

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

On site supervision after initial instruction.

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 and Emergency Action Plan

On school site: Follow the school’s emergency action plan including accessibility to a vehicle for transportation of a student to hospital (consult Appendix E - Emergency Action Plan).

Off 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 Generic Section to view complete safety requirements.

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