

KMCA Safeguarding Policy - January 2021

Policy review date: January 2022

Reviewed: January 2022 by Laura Palmariello

Next Review Date: January 2024

Krav Maga Combat Academy (KMCA) has a professional duty to provide all students, including children, young people and vulnerable adults who train in Krav Maga or who spectate at Krav Maga lessons, with appropriate safety and protection.

As the welfare of the child, young person and vulnerable adult is paramount, we are committed to providing safe equipment and facilities so that children, young people and vulnerable adults may participate in Krav Maga or spectate in a secure environment.

We promote ethical behaviour, providing children, young people and vulnerable adults with a sense of being valued.

Objectives

In order to provide safety, protection and security to children and vulnerable adults throughout our operations, we will adhere to our Safeguarding Policy and intend to:

- protect all children and vulnerable adults from abuse, whatever their age, culture, disability, gender, language, ethnic origin, religious beliefs or sexuality
- raise awareness of child and vulnerable adult protection issues and promote good practice
- conduct (as appropriate) risk assessments to minimise potential hazards to children's and vulnerable adults' welfare
- provide support to learners who have been abused and act proactively by preventing any similar incidents through risk assessment (where applicable)
- ensure all personnel fully understand their responsibilities
- We expect all Instructors and Assistant Instructors to promote good practice by being an excellent role model. All Instructors are required to complete a Enhanced Disclosing and Barring Service Check (DBS).

Contents

1. Introduction
2. Policy Statement
3. Policy Aims
4. Promoting Good Practice
5. Good Practice Guidelines
6. Incidents that must be reported/recorded
7. Use of photographic Filming and Equipment

1 Introduction

Throughout this document 'Krav Maga Combat Academy (KMCA) is referred to as 'KMCA'. KMCA recognises the need to make provision for children, young people and vulnerable adults, and acknowledges its moral and legal responsibility to ensure that:

- The welfare of the child is paramount
- All children, young people and vulnerable adults, whatever their age, culture, disability, gender, language, racial origin, religious beliefs and/or sexual identity have the right to protection from abuse;
- All suspicions and allegations of abuse will be taken seriously and responded to swiftly and appropriately
- All staff (paid /unpaid) working within our club have a responsibility to report any concerns

2 Policy Statement

KMCA has a duty of care to safeguard all children, young people and vulnerable adults taking part in Krav Maga sessions or spectating, from harm. All students have a right to protection, and the needs of the disabled and others who may be particularly vulnerable must be taken into account. As such KMCA will strive to ensure the safety and protection of all children present at Krav Maga lessons.

3 Policy aims

The aim of the Safeguarding Policy is to promote good practice, i.e.:

- Provide children, young people and vulnerable adults with appropriate safety and protection
- Ensure that all incidents of poor practice and allegations of abuse will be taken seriously and responded to swiftly and appropriately
- Allow all staff /volunteers to make informed and confident responses to specific child protection issues

KMCA recognises and builds on the legal and statutory definition of a child.

In the pursuit of good in the delivery of Krav Maga training, a young person is recognised as being under the age of 18 years [Children's Act 1989].

KMCA recognises that persons above the age of 18 are also vulnerable to undue influence by adults in positions of responsibility.

4 Promoting Good Practice

Child abuse, particularly sexual abuse, can arouse strong emotions in those facing such a

situation. It is important to understand these feelings and not allow them to interfere with a judgment about the appropriate action to take. Abuse can occur within many situations including the home, school and the sporting environment. It is a fact of life that some individuals will actively seek employment or voluntary work with young people in order to harm them. A Krav Maga Instructor, or Assistant Instructor, may have regular contact with children, young people and vulnerable adults, and be an important link in identifying cases where a young person needs protection. All cases of poor practice should be reported to the chief instructor following the guidelines in this document. When a child enters the academy having experienced abuse, Krav Maga can play a crucial role in improving the child's self esteem. In such instances, the academy must ensure the child receives the required support.

5 Good Practice Guidelines

All those involved in Krav Maga training are required to demonstrate exemplary behaviour in order to safeguard children, young people and vulnerable adults and also protect themselves from false allegations. The following are common sense examples of how to create a positive culture and climate within sports:

Good practice means:

- Always working in an open environment (e.g. avoiding private or unobserved situations and encouraging open communication).
- Treating all young people/disabled adults equally, and with respect and dignity.
- Placing the welfare and safety of the child or young person first above the development of performance.
- Building balanced relationships based on mutual trust.
- Making Krav Maga fun, enjoyable and promoting fair play.
- Where any form of manual or physical support is required, it should be provided openly and in accordance with the KMCA Guidelines
- Ensuring parents/carers are responsible for their children in all areas and accompany young children to the toilet areas or any other unsupervised areas
- Being an excellent role model – this includes not smoking or drinking alcohol in the company of young people.
- Giving constructive feedback rather than negative criticism.
- Recognising the developmental needs and capacity of children, young people and vulnerable adults – avoiding excessive training and not pushing them against their will.
- Secure parental consent to act in loco parentis, e.g. if the need arises to give permission for the administration of emergency first aid. Keep a written record of any injury that occurs, along with the details of any treatment given.
- All instructors are Level 3 First Aid qualified – updated regularly
- In addition, classes should be tailored to consider these factors (remembering that the younger the child, the shorter the attention span):
- Pre-adolescent children have a metabolism that is not naturally suited to generating anaerobic power, and therefore they exercise better aerobically, that is, at a steadily

maintained rate. However, they can soon become conditioned to tolerate exercise in the short explosive bursts that more suit Krav Maga training.

- Children should not do assisted stretching - they generally don't need to, and there is a real risk of damage with an inconsiderate or over-enthusiastic partner.
- Children should be reasonably matched for size and weight for self defence drills practice, or should work with an adult instructor.
- Great care must be taken, especially where children train in the proximity of adults, to avoid collision injury.
- Any children spectating must be supervised by their parent/guardian. If the parent is participating in the training session, they must ensure they face their child at all times and take breaks as and when needed to take care of their child.
- Instructors must face and be able to monitor their students and spectators throughout the lesson
- Although Krav Maga is an appropriate environment for all children, children who spectate must be of an age where they have an appropriate level of maturity, where they are able to entertain themselves in a safe, allocated spectating area in close proximity to their training parent. Alternatively, children may take part in the lesson with their parents/guardian.
- Instructors must ensure that any content of the lesson is appropriate for everyone participating and spectating at the lesson.
- The instructors permission must always be sought in advance of bringing children. This is so that the instructor can ensure the lesson taught is not inappropriate for the age group of children spectating.

6 Incidents that must be reported / recorded

If any of the following occur you should report this immediately to Matt Leach (as chief instructor). You should also ensure the parents of the child are told if:

- You accidentally hurt a child or young person
- He/she seems distressed in any manner
- A child or young person misunderstands or misinterprets something you have done

7 Use of Photographic Filming at KMCA Events and training sessions

KMCA staff take videos and photos for training and marketing purposes. We have a list of students and parents who have not given consent for videos and photos to be published and where we are unable to avoid including children or students in a photograph or video, any person's identifiable traits will be blurred so they cannot be recognised. Students and parents can always change their mind about consent by communicating their wishes to us, which we shall abide by. Parents and students may wish to take videos and pictures, however they MUST ask for consent by everyone involved (and parents if the students are under age) if those are being published on social media or elsewhere.