

# Online Karate Training: Safe Practice

## Referencer for Club Members

During the current period of national crisis the ability to continue or even begin karate training using modern technology from the home is tremendous. Keeping connected, active and engaged through the practice of karate brings many positive physical and psychological benefits. Always join online classes (appropriate to your age and grade) delivered by your own KUGB club instructor where possible, or where this is not possible, with another qualified KUGB club instructor.

You have a responsibility to take sensible precautions to minimise the risk of suffering an injury during an online karate class. The personal accident cover you have as a current KUGB licence holder does **NOT** extend to online training. You should be mindful that your own physical safety and well-being is paramount.

There are many safety considerations that you will be familiar with and will practice routinely in any event. Some of these will simply require particular emphasis in the current circumstances whilst others are perhaps unique to the process of online teaching and learning.

### Find a Safe Training Space

- Check the surface you propose to use for slip hazards and any other potential dangers.
- Ensure that your footwear or lack of it is appropriate according to the circumstances.
- You should wear your gi (or other suitable loose clothing).
- Check the area for articles or debris that may have accumulated since you last used the space.
- Consider the size of the area you are using (as a guide an area at least 2m x 2m is required).
- Ensure that you have a safe margin of error around your training space should you slip or fall.
- Check that you have sufficient headroom to train.
- Check that the space is adequately lit, heated and/or ventilated.
- Consider whether there is a risk you might collide with anyone or anything.
- Do not have any glass objects, sharp or pointed articles, or similar items within the training space or in close proximity to it.
- Members, and the parents or guardians of children and young people, should have a telephone and important numbers to hand including the emergency number 999.

### Set up Your Technical Equipment

- Make sure that you can see your instructor on your device's screen clearly.
- Make sure that you can hear the instructor's commands clearly.
- Position the camera so that the instructor is able to see you at all times.

### Train Sensibly

- Ensure that you adequately warm up even if you arrive late to the online class.
- Don't train to exhaustion.
- If you feel light headed or dizzy stop.
- Make sure that you are hydrated at the start of the session and maintain good hydration throughout.

- If you are training alone ensure that you have access to a mobile phone should you need to call for assistance.
- Do not attempt any technique or move which you feel is beyond your current skill level or range of movement and which may cause a risk of injury in the circumstances.
- Your environment may require you to modify your approach to certain techniques.
- Do not undertake any instructed manoeuvre you do not feel comfortable with for any reason or that you feel compromises your safety.
- If you don't understand the instruction you have been given ask for clarification.

### **Children and Young People**

- Children or young people under 18 years of age should not participate in online classes without the express written consent of a parent or guardian.
- The parent or guardian must undertake to ensure a safe environment and an appropriate level of supervision commensurate with the child or young person's age whenever they participate in an online class.
- A parent, guardian or other responsible adult must be present in or near the training space whenever a child or young person under 18 years of age participates in an online class.
- The parent, guardian or responsible adult should follow full and complete safe practice guidelines on behalf of the child or young person in their care.