



North West Chinese Kickboxing Association

Sparring Policy

1. All sparring sessions must be supervised by an insured black belt instructor. The instructor must have a First Aid Kit and NWCKB injury forms with them at all times. The First Aid Kit should be visible and easily accessible. If you are the sole instructor present, you must not participate in the sparring.
2. A risk assessment of the training area should be carried out before any sparring is allowed (see Risk Assessment in your Instructor Pack).
3. If available, always use mats.
4. All NWCKB students participating in sparring must have a valid/in date Licence. It is your responsibility as the supervising instructor to check this.
5. Students of equal skills and strengths/grade should be grouped together.
6. Do not mix sexes in sparring.
7. All participants must have and wear full protective equipment. This is a requirement of our insurers. (see Avoiding Accidents for list of compulsory equipment in your Instructors Pack)
8. All injuries must be reported to C Boughey.
9. Any student who has experienced a KO or significant damaging blow to head (ie, is seriously stunned/dropped requires medical attention, will not be permitted to spar for a period of 28 days following the injury. It is the instructor's responsibility to enforce this.
10. Remember, it is not necessary to use heavy "open" sparring at every session – consider sparring drills, body sparring only, or restricted sparring (ie, isolation drills, concentrating on a single technique or defensive skill).
11. It is the instructor's responsibility to ensure there is NO bullying/intimidation within the class. This sort of behaviour should be quickly identified and eradicated in such a way as to make it clear to all involved that you provide a safe and enjoyable environment in which to train and learn.