

## **SKMU Safety Statement**

Karate is a martial art made up of various blocking, striking and kicking techniques as well as joint locks and throws. Popular for many reasons including the fitness, health, self defence, philosophical and competition aspects of the martial art. Because of the nature and content of Karate there is of course always a risk of injury during any class.

During each and every SKMU Class, the upmost attention and consideration is paid to ensuring that the training environment for every member is as safe as possible regardless of their level. Each class involves a certain amount of physical contact and partner-work which is always monitored closely to ensure and maintain the safety of all members. Training at times can also be physically demanding but this too is monitored to ensure the health and safety of participants

For this reason it is crucial that all members make instructors and the committee aware of any relevant medical conditions or injuries, particularly respiratory conditions such as asthma. Also while no member will ever be encouraged to intentionally attempt to injure another member, accidents can happen and any incident will be treated with the upmost care to promote the recovery of any injured person(s).

The mental health of all members is of paramount concern to the instructors and committee of SKMU. SKMU aim to promote and maintain a positive, motivating environment in all club activities and trainings aiming to promote a positive mental health environment for all members. SKMU have a firm stance on anti-bullying.