

Tora Kai Karate

Code of Safety

Tora Kai Karate will provide a reasonable duty of care to members within the Club to prevent harm or injury. In turn, you are required to read, understand, and adhere to this Code of Safety. If you do not understand any of the Code of Safety items listed below, please refer your query to an Instructor or contact the Senior Instructor of the Club.

1. In order for any club event or class to take place, an experienced Instructor/Member (determined by the Senior Instructor) must be present.
2. All participants taking part in a club activity shall be Club Members and be aware of the safety code that is held by the Instructor.
3. Any non-members taking part in free introductory classes shall be made aware of this Code of Safety and be informed they are able to participate in Club activity at their own risk.
4. Correct Martial Arts uniform (Gi/Hakama, etc) are to be worn by each member and participating non-members are to be advised to wear appropriate loose comfortable clothing.
5. All jewellery must be removed before participating in any Club activity. Single smooth wedding bands are acceptable.
6. All class Participants must disclose any medical conditions (e.g., asthma, epilepsy, diabetes) either on the Member Application form or by informing the Class Instructor.
7. All class Participants recovering from a serious injury (e.g. knee surgery, concussion, broken bones) must be made known to the Instructor.
8. All class Participants suffering from, or aware of, an infectious disease must be made known to the instructor.
9. A first aid kit will be present at all Club activities.
10. Any pregnant member/new member must seek appropriate Medical Advice with regard to their level of participation in Martial Arts. The pregnant member must take all reasonable steps to prevent injury to themselves, other participants, or Instructors. Tora Kai Karate requests written authorisation from the appropriate Medical Practitioner, for their records, should the member wish to remain active in karate during pregnancy. Pregnant members are responsible for the health of their unborn child and accept the risks.
11. In the event of an accident/injury during Club activity, the instructor will complete an Accident Procedure Form and have the injured participant sign and date the form.
12. It is the Participants responsibility to ensure drink bottles do not spill or leak onto the training area flooring. If such should happen, it is the participants responsibility to clean up and dry the area immediately.
13. Tora Kai Karate encourages non-contact kumite (sparring) and requires all participants to always wear all necessary PPE (if applicable) during kumite.
14. All participants that take part in kumite (sparring) must have obtained the minimum grade of (Yellow Belt).
15. All participants in kumite (sparring) must, always, put the safety and welfare of any participant above all else.