

# **Cobham & Chertsey**

## **Choi Kwang Do Martial Arts**

### **Safeguarding Policy**

Cobham Choi Kwang Do has a professional duty to provide children, young people and vulnerable adults who train in Choi Kwang Do 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 Choi Kwang Do in a secure environment.

We promote ethical behaviour, providing children, young people and vulnerable adults with a sense of being valued. At the beginning of every class, the Adult Pledge/Children's Promise and the 'Principles of Choi Kwang Do' (Humility, Integrity, Gentleness, Perseverance, Self-Control, Unbreakable Spirit) are spoken aloud together. (Appendix 1)

#### 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 Disclosing and Barring Service Check (DBS). Instructors and Assistant Instructors are required to conform to the Choi Kwang Do Principles.

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## 1 Introduction

Throughout this document 'Cobham & Chertsey Choi Kwang Do' is referred to as 'CCKD'. CCKD is part of the CKDMAI (Choi Kwang Do Martial Arts International) Association which is the governing body of all Choi Kwang Do Schools in the United Kingdom. CKD 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 Martial Art have a responsibility to report any concerns

## 2 Policy Statement

CCKD has a duty of care to safeguard all children, young people and vulnerable adults taking part in CKD sessions 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 CCKD will strive to ensure the safety and protection of all children involved in our Martial Art.

## 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

CCKD recognises and builds on the legal and statutory definition of a child. The distinction between ages of consent, civil and criminal liability are recognised. In the pursuit of good in the delivery of CKD, a young person is recognised as being under the age of 18 years [Children's Act 1989]. CCKD 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 judgement 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 CKD 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 following the guidelines in this document. When a child enters the school having experienced abuse, CKD can play a crucial role in improving the child's self-esteem. In such instances, the school must work with any appropriate agencies to ensure the child receives the required support.

## 5 Good Practice Guidelines

All those involved in CKD should be encouraged 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 CKD 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 CKDMAI Guidelines
  - Keeping up to date with advances in CKD
  - Ensuring parents/carers are responsible for their children in the toilet area
  - Being an excellent role model – this includes not smoking or drinking alcohol in the company of young people.
  - Giving enthusiastic and 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 trained in First Aid – 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 martial arts 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 carefully matched for size and weight for 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.

## 6 Incidents that must be reported / recorded

If any of the following occur you should report this immediately to Mr Plant (as School Owner), and record the incident. 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.

## 8 Use of Photographic Filming Equipment at CCKD Events

Photographs are taken during CCKD events by parents and CCKD. Photographs are uploaded to the gallery on our website so that children (and their parents) can enjoy and reflect on their success. Final group photographs are taken and may be uploaded onto social media such as Facebook. Parents who do not wish for their children to be a part of this should keep their children from joining in with the 'pose' for these photographs. We never use the child's, young person's or vulnerable adult's name in photographs.

Occasionally, photographs may be used for promotional material and appropriate consent is obtained, or models or illustrations are used.

## Appendix 1 – The Children’s Promise, Adult Pledge and Principles of CKD

In Choi Kwang Do, the development of mental strength and a positive attitude is important for all students. The ‘Student Pledge ’and The ‘Principles of Choi Kwang Do’ were established to help serve this purpose and are recited prior to each class. All students are expected to apply the statements in the Oath and in the Tenets to their lives both in and out of the Choi Kwang Do class on a daily basis.

### The Children's Promise

- \* To always do my best and never give up
- \* To obey my parents and teachers
- \* To tell the truth and honour my word
- \* To always be polite
- \* To never misuse what I learn in class

### The Adult Pledge

- \* To set positive goals and strive to achieve them
- \* To apply self-discipline to further my personal development
- \* To stand for justice and honour my word
- \* To promote friendly relationships among all people
- \* To use what I learn in class in a constructive manner

### The Principles of Choi Kwang Do

- \* Humility - Freedom from pride or arrogance.
- \* Integrity - To be honest, not to deceive or cheat.
- \* Gentleness - To be gracious and kind, not harsh and stern.
- \* Perseverance - Never stop trying to achieve your goals.
- \* Self Control - Never lose your temper.
- \* Unbreakable Spirit - Never give up in any task you are set.