



英國中華國術學院
Chinese Kuoshu Institute (UK)

Child Protection Policy

*Safeguarding Children and Vulnerable People
Who Participate in Chinese Martial Arts*

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1. Introduction

- 1.1 The Chinese Kuoshu Institute (CKI) is a non-political, non-profit making and voluntary organisation. The CKI was formally constituted in the United Kingdom in 1990, as an organisation to promote Chinese Martial Arts and Culture with a particular interest in the practice of Chinese Kuoshu (National Arts) traditional Chinese martial arts, known as: Kuoshu; Traditional Wushu; and known, more popularly, as Kung Fu.
- 1.2 Although self-governing, the CKI is a member of: the British Council for Chinese Martial Arts (BCCMA); the European Chinese Kuoshu Federation (ECKF); the European Kuoshu Federation (TEKSF); and the World Kuoshu Federation (TWKSF). The CKI group includes: the British Chinese Kuoshu Federation (BCKF); the British Shuai Jiao Union (BSJU); and the United Kingdom Kuo Shu Federation (UKKSF). Through the BSJU, the CKI is also a member of the European Shuai Jiao Union (ESJU).
- 1.3 The CKI published its first Child safety and protection policy in June 2006. Legislative changes have been incorporated into revised policy and are reflected in this document. Since its inception, the CKI has remained committed to safeguarding and ensuring the welfare of children and vulnerable people who participate in Chinese martial arts under the instruction and supervision of CKI Instructors, where relevant, in accordance with: section 175 of the Education Act 2002; Children Act 2004; Safeguarding Children in Education (2004); Safeguarding Vulnerable Groups Act 2006; and Working Together to Safeguard Children (2006).
- 1.4 The CKI Executive Committee Board considers the welfare of children and vulnerable people participating in Chinese martial arts to be of primary importance. It is a key objective of the Director of Operations to regularly review the latest good practice in child protection and to report quarterly to the CKI Executive Board.
- 1.5 The CKI Executive Board, through its directives and training programme, communicates and implements protocol to ensure that the CKI adopts appropriate practice in: the management of its classes and training; the recruitment of its Instructors, staff and volunteers; and dealing with accusations of abuse involving staff or other participants in its classes.
- 1.6 The Director of Operations is responsible for the coordination of training to equip Instructors, staff and volunteers to effectively undertake their duties, which includes training in: First Aid; Health and Safety; Sports Injury Prevention; Conflict Management; Risk Management; Coaching Disabled People; and Child Protection.
- 1.7 The CKI Executive Board is aware of the importance of child protection and safeguarding vulnerable people in sport, specifically in the practice of Chinese martial arts. It is a corporate responsibility of the CKI Executive Board to ensure that children and vulnerable people placed in the care of its Instructors, staff and volunteers are appropriately protected - as a minimum, in accordance with the guidance issued by Sport England. The One Community Project, the CKI is open to working with other organisations and sharing information (as appropriate) to promote the safeguarding of children and vulnerable people in the wider community.

2. Children and Vulnerable People in Chinese Martial Arts

- 2.1 The CKI ensure that all Instructors, staff and volunteers who are responsible for the instruction and/or supervision of children and vulnerable people are aware of the CKI's policies and procedures on safeguarding and promoting the welfare of children and vulnerable people. Emphasis has been placed on the importance of listening to children and vulnerable people, particularly when they are expressing concerns about their welfare whilst practicing Chinese martial arts. The Secretary of each branch of the CKI is the designated person to whom individuals or groups should report their concerns. The Secretary is identified to new participants and their parents on arrival.
- 2.2 In each CKI Branch, from the CKI Branch Secretary up to the Director of Operations (Board Responsibility) and the CKI Executive Board (Corporate Responsibility), effective systems are in place for children, vulnerable people, staff and other people to make a complaint where there are concerns that action to safeguard and promote a child's welfare has not been taken in accordance with the CKI's procedures. It is also the responsibility of the CKI Branch Secretary to address accusations of abuse and/or bullying between participants (non-staff related); and to investigate these accusations and to take the necessary action which may include excluding perpetrators, and informing the authorities, where appropriate.
- 2.3 Participation in Chinese martial arts may include risk of personal injury. Countermeasures (specific class programmes) are put in place to ensure that this risk is mitigated for adults and eliminated in the case of children and vulnerable people. Although the CKI makes every effort to manage any risk of personal injury, it is a requirement for all Instructors and students to be insured and licensed to participate in Chinese martial arts.
- 2.4 Students may attain qualifications in Chinese martial arts that are recognised by the appropriate International governing bodies and valid Worldwide. The training regime will include the practical application of the skills acquired during the lessons.
- 2.5 Depending on the style being studied, students may emphasise certain aspects of the key elements: Da (Kicking and Striking), Shuai (Throwing and Wrestling), Na (Pressure Point and Joint Manipulation), Duan (Point Striking and Technique Optimisation) and Duan (Breaking and Dislocation). Children and vulnerable people are taught these techniques in the context of self-defence and instruction keeps physical contact to a minimum. Where parents attend classes with their children, they are encouraged to participate and to work with their children specifically where contact is necessary. Female Instructors are also available to work with children and vulnerable people where there may be cultural or religious concerns.
- 2.6 Self-defence simulation such as two-person choreographed sequences will enable the student to take part in contact training. Tao Lu (Forms) training, including the use of weapons, will also allow the student to develop co-ordination and sparring tactics. There are also internal and external body training methods to condition the body in line with martial arts training demands. In the intermediate to advanced stages of training, student will commence sparring practice: semi contact initially; and, when an adult (18 years of age or older), full-contact sparring, if desired, and when competent.

- 2.7 Although the CKI has a reputation for excellence and working at National Team level, CKI also maintains a foundation to excellence policy and is responsible for the One Community Project, based in Luton, Bedfordshire, at the Denbigh High School (a Specialist Sports College). The One Community Project was developed to help children and young people from disadvantaged and/or disaffected backgrounds to realise and achieve their potential through the medium of Chinese martial arts.
- 2.8 The CKI firmly believe that all children should be able to enjoy physical activity whatever their circumstances or abilities, and for many this opportunity is only available to them through school or community activities. For those children who demonstrate abilities or talents within the Chinese martial arts at club level, the CKI is committed to support their development into competitive and/or elite sport at national and international level.

3. CKI Instructor Selection and Responsibilities

- 3.1 CKI Instructors are eligible for selection once they have acquired their Black Sash and Trainee Instructor certification (minimum of 5 years). CKI Instructors are selected following assessment (minimum of one year) of their: marital arts skills and competence; coaching and mentoring skills, presentation and communications skills, understanding of CKI policies and procedures; and required knowledge of First Aid, Health and Safety; Sports Injury Prevention; Conflict Management; Risk Management; Coaching Disabled People; Equal Opportunities and Child Protection.
- 3.2 Although it is not yet mandatory in Chinese martial arts, the CKI intend to lead the way, in being one of the first organisations to require all instructors and officials to have enhanced CRB checks, by Autumn 2008.
- 3.3 It is the responsibility of a CKI Instructors to ensure that the child and vulnerable persons' experience of Chinese martial arts is high quality, enjoyable and safe. The class structure is designed to help participants grow in terms of physical ability (skills and competence in the martial arts) but also to allow personal, social and emotional development.
- 3.4 The Grading regime maintained by the CKI and operated by its Instructors allows participants to set goals and achieve. Achievement in sporting activities may often lead to achievements in other areas including educational attainment. Research has shown that children involved in sport often perform better academically and are more confident.
- 3.5 CKI Instructors work with children to develop qualities including team work, confidence, cooperation, independence, leadership and self-esteem. The Chinese martial arts with its emphasis on self-discipline, self-control, self-respect, and a code of conduct which encourages excellence but also helping others to achieve to develop oneself and others is integral to the instruction imparted by CKI Instructors.
- 3.6 The One Community Project, and working with the Centre for Youth and Community Development (CYCD) in Bury Park, Luton, emphasis a form of training with children to develop respect for the individual and the community, to encourage discipline, decision making and its consequences, and to raise

self-esteem. This training regime has been strongly linked to improvements in pupil behaviour, school attendance and attainment. Chinese martial arts participation helps children to develop social skills including teamwork and leadership skills.

4. Safe Participation in Chinese Martial Arts

- 4.1 Chinese martial arts have a history dating back thousands of years. In comparison to other sports, the benefits of participation in Chinese martial arts have been shown to be wide ranging for young and old alike. Chinese martial arts have been described as an art form and a sport - one which you can practice from childhood to old age. Participation in Chinese martial arts has a track record for improving concentration, coordination, flexibility, endurance, stamina and strength - it is a comprehensive sporting activity.
- 4.2 Chinese martial arts has undisputed long term health benefits, these include: managing obesity and improved physical fitness which may lead to a reduction in the risk of some health problems. The child's experience of these benefits has been proven to be more significant as CKI classes are regarded as high quality, enjoyable and safe, which has motivated participants to adopt a healthy lifestyle, and to continue to participate in Chinese martial arts into adulthood.

5. Information

- 5.1 For more information on the CKI's policy and procedures regarding safeguarding children and vulnerable people, please write to:

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