



Personal Protective Equipment (PPE) - From Tuesday 19th March the following rules on PPE will be in place:

Compulsory Sparring Mitts - This applies to all Junior & Adult students (Not First Steps). These can be purchased online or within the club, please let us know if you wish to place an order. **Please Note:** WKF tournament style in Red or Blue are preferred, however please seek advice if different. White Belts will be given a grace period on the wearing of mitts and will be allowed to borrow the instructors spare mitts, from Orange Belt they become Compulsory.

Compulsory Gumshield - This applies to all Junior & Adult students (Not First Steps). These can be purchased online or within the club, please let us know if you wish to place an order. **Please Note:** There is no exemptions, all Junior & Adult students must have them.

Other PPE - Chest & Shin Protectors are advisory for free sparring, however not compulsory. Please ask if you have any questions.

Reason for change? We are in the process of updating our policies and talking to British Martial Arts & Boxing Association (BMABA) our governing body. The Karate world moves on and progresses we see the need more and more to provide a safer training environment, having mitts & gumshield will mitigate further risk to injury.

When to bring in PPE? Please bring in your PPE every week so you don't get caught out, sparring can be any week.

What happens if you don't have the correct PPE? You will have to miss out on the particular exercise and be given something else to practice.

Jewellery - Rings / Piercings & Studs etc

We are seeing a rise in Jewellery etc being worn in the club, we as are taking a strong & firm stance on it being removed whilst training. This is the general advice given by most sports groups, our governing body and insurers. **Please Note:** This is purely for the safety of all students involved.

If you have any new piercing be sure to keep healing time frames in mind. We appreciate new piercings won't be able to be removed straight away, discuss healing time with the instructor and exemptions/taping etc whilst healing. Sparring with any piercings won't be allowed.

Glasses - Can be worn during any solo training, the moment partner work is involved glasses must be removed. Sports Goggles and Contact Lenses are suitable alternatives for those who may need them.

LAST UPDATED – 22/02/2024