SESMA Martial Arts UK

Developing Confidence & Self Esteem since 1989

Physical Contact Guide Line

Physical Contact

It is important that instructors understand these guidelines firstly to protect children from harm and secondly to protect their own position and the overall reputation of Martial Arts. If physical contact is required, the instructor should explain the nature and reason for the contact and unless the situation is an emergency, ask the child's permission. Contact should never involve touching any part of the body that could be considered sexual or could cause embarrassment or distress. Where possible, techniques should be demonstrated with another member of coaching staff.

Physical contact should be intended to meet the child's needs and not the instructors.

This could include:

- demonstrating technique/developing skill
- to treat an injury;
- to try to prevent injury, accident or violence from occurring.