



AFTK

AUSTRALASIAN FEDERATION OF
TRADITIONAL KARATE AND KOBUDO

Australian Federation of Traditional Karate and Kobudo (Inc) Policy Statement

Member Protection, and Harassment and Discrimination Policy

The AFTK Inc complies with Anti-Discrimination Legislation and its designated AFTK Officials ensure that events are open to all, and that there is equal opportunity for participation, and that participants are not discriminated on or disadvantaged based on protected characteristics (such as gender, age, race, et al).

First Aid

AFTK Officials will ensure that all events are attended by a fully qualified First Aid Officer (if they are not provided by the venue) who will be identified to participants prior to the event.

Injury Prevention Policy

The AFTK Inc complies with [Sports Medicine Australia's Sports Injury Guidelines](#)

For each event participants will be advised of the inherent risk of engaging in physical exercise and martial arts activities (which they will also have been made aware of through their own club) via an event waiver/disclaimer that is completed on registration.

Pregnant Participant Policy

The aim of this policy is to reduce the risk of injury to the pregnant participant whilst at any event held by AFTK Inc. The main risks to the pregnant participant are:

- direct trauma to the abdomen;
- joint back injury due to increased ligament laxity;
- overheating; and
- dehydration.

This policy encompasses:

- support and guidance to the pregnant participant; and
- direction for AFTK Inc Instructor or officials in assisting the pregnant participant. Instructor, officials, and attendees at events associated with the AFTK Inc, are responsible for understanding, implementing and following this policy.

The pregnant participant must:

- obtain expert medical advice, and obtain a clear understanding of the risks, particularly in regard with your involvement in martial arts; Before making the decision about whether to continue to participate;

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- obtain medical certificate from your doctor stating that “you are able to participate in the event”;
- advise your designated AFTK Official of your pregnancy;
- regularly review the training program with your medical adviser; and
- consider your insurance cover to ensure that it is adequate and relevant;

Should the pregnant participant decide to continue in the event she must at all times:

- use common sense and not take unnecessary risks;
- take into account her changes in physical condition;
- not increase the intensity of training; always work at less than 75 per cent of her maximum heart rate; and watch for warning signs, such as bleeding or abdominal pain, and see a doctor immediately if these occur.

The AFTK Official must:

- support the pregnant participant who has decided to continue;
- sight the medical certificate from her doctor stating “that she is able to participate in the event”; advise all other assisting instructors or officials for that session;
- Modify the program where necessary to: avoid unnecessary risks; take into account the changes in her physical condition; have her work at less than 75 per cent of maximum heart rate; and allow more frequent drinks during class.

Should the AFTK Official become concerned about the participant’s well-being, he/she must raise this concern with the participant with the view as to whether participation continues.

The AFTK Official must avoid giving advice where not qualified to give. For further information see [AusSport's Guidelines](#) and [SMA's Guidelines](#).

Blood Rule & Body Fluids Policy

The aim of this policy is to decrease the exposure risk to blood-borne and body fluid pathogens (1) whilst at all events organised by AFTK Inc. AFTK Officials, and participants associated with the AFTK Inc, are responsible for understanding and implementing and follow this policy.

The following guidelines must be implemented at the dojo/event/grading area:

- When the AFTK Official is advised or witnesses a participant with a bleed, the instructor or official will direct that participant to leave the dojo mat immediately, if not already done, to seek medical attention.
- The participants' injury/wound must be treated (no further bleeding) with the affected area completely and securely covered and only return to the mat on advice from the treating qualified instructor or official.





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- The treating qualified instructor or official must record the first aid treatment given in a record book or complete an incident form.
- If there is any blood on the Gi, or protective equipment the participant must change the blooded item immediately. (It is the responsibility of the participant to ensure they have a replacement Gi and protective equipment.) Under no circumstances should a participant be allowed on the mat with wet or dry blood stains on their Gi or any protective equipment.
- Blood or body fluids spilt on the mat or immediate surrounding area must be treated with a bleach and detergent solution (2) as outlined in procedures given as detailed in (a) below, Attending to Blood or Body Fluids on Mat or Immediate Area.
- A 'Blood Kit' should be provided at each facility reception/first aid area. If not, Blood kits will be available from at the nominated AFTK Inc official. The Blood Kit should be used only for the purpose of dealing with spilt blood and or body fluid on the mat and or immediate surrounding area.

Infectious Diseases Policy

The aim of this policy is to decrease the risk of exposure to infectious disease whilst at an event run by AFTK Inc.

A number of blood-borne infectious diseases can be transmitted during body contact and collision sports. The more serious include Viral Hepatitis and HIV (AIDS) infection. It is important to remember that the more common diseases, such as the "common cold", flu and herpes simplex may be spread during body contact sports.

AFTK Officials

- Instructors or officials must report all open cuts and abrasions immediately for first aid attention.
- It is recommended that those who officiate in Karate and Kobudo events should consider being vaccinated against Hepatitis B.
- All contaminated Gi and protective equipment must be replaced prior to the participant being allowed to resume.
- If bleeding cannot be controlled and the wound securely covered, the participant must not continue.
- However, if bleeding should recur, the above procedures must be repeated.

Participants

- It is every participants' responsibility to maintain strict personal hygiene at all times, in all activities on and off the mat.
- It is recommended that all participants involved in Karate and Kobudo, and playing under adult rules consider being vaccinated against Hepatitis B.
- All participants with prior evidence of these infections are strongly advised to obtain confidential advice and clearance from a doctor prior to attending an AFTK event





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- It is the responsibility of the AFTK Official on duty to ensure that the change rooms (including female/male amenities) are clean and tidy. Particular attention should be paid to hand-basins and toilets. Adequate soap, paper hand towels, brooms, waste disposal bins and disinfectants must be available at all times.
- The practice of spitting must NOT be permitted.
- All Gi, protective equipment or any other equipment and surfaces contaminated by blood must be treated as potentially infectious. Such items must be removed and placed in an appropriate container specific for this purpose which is the responsibility of the participant.
- Contaminated equipment and surfaces must be cleaned immediately as outlined in Blood Rule and Body Fluids Policy (Attachment A), also attached to this policy.

Hot Weather Policy

The AFTK Inc endorses and follows the guidelines set forth by Sports Medicine Australia.

If the air temperature is set to be 36°C or above 30 minutes before the scheduled start of the event and is not expected to decrease, the event may be cancelled and participants will be notified via text message.

For more information on training during hot weather, please see the [Sports Medicine Australia website](#).

Active Children & Young People in Sport Policy

The AFTK Inc complies with [Sports Medicine Australia's Active Children Guidelines](#).

Active Older People Policy

The AFTK Inc complies with [Sports Medicine Australia's Choose Health: Be Active Guidelines](#).

Drugs in Sport Policy

The AFTK Inc complies with the [Australian Sports Anti-doping Authority and their guidelines](#).

Risk Management Policy

The AFTK Inc complies with [Sport Australia's Risk Management Process](#).

For each event participants will be advised of the inherent risk of engaging in physical exercise and martial arts activities (which they will also have been made aware of through their own club) via an event waiver/disclaimer that is completed on registration.

Emergency /Disaster Plan

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- The AFTK will keep an attendance record of all participants at its events.
- Prior to the event all participants will be notified of venue's emergency exits
- Prior to the event all participants will be notified of the venue's emergency assembly point
- In the event of an emergency or disaster the AFTK Official will instruct participants will move as quickly and safely as possible to the emergency assembly point
- The AFTK Official/s will notify the relevant authority of the emergency/disaster and check participants against the attendance record notifying authorities of any absences
- Emergency First Aid to be provided where applicable only when it is safe for the First Aid Officer to do so.

COVID-19 Safe Event Policy

The AFTK will follow relevant Government public health directions for the relevant State or Territory it is operating its events in, however, as guiding principles applies the following to its face-to-face events.

Do not attend if:

- Unwell or with symptoms of cold or flu, even if mild.
- If you or a member of your Household are awaiting COVID-19 test results.
- You have been required to isolate or quarantine by a government body, or
- You have been medically advised not to.

The AFTK may provide contact details to the Government on request to aid contact tracing.

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