

(Appendix 6) TEACHING AND THE LAW

- (i) An instructor has a legal as well as a moral obligation to ensure the safety, well-being and best interests of their students/participants.
- (ii) Accidents and injuries may occur during any type of strenuous physical activity and new members or participants in other IKC activities, (or their parents or carers) must be asked to sign a statement to this effect, known as a disclaimer, before starting any activity; but this does not absolve the Instructor of their duty to behave responsibly.
- (iii) Students/participants must accept a degree of responsibility for their own safety and that of their fellow students, and must also accept that these risks exist.
- (iv) It is, however, imperative that instructors do all that is reasonably possible to prevent such mishaps and this includes the correct training of students/participants, with great emphasis on control, checking that the environment is safe, and a commitment to safe teaching practices to minimise the risks.
- (v) IKC Instructors will receive updated literature on health and safety matters, and it is their responsibility to maintain up-to-date guidelines and abide by them.
- (vi) Where Self Defence is taught, the following points should be carefully considered:
 - It must be made clear that the training may only improve the ability of a student to defend themselves, and a false sense of confidence should not be instilled. It should be emphasised that the best defence is to avoid conflict.
 - It must be emphasised that only reasonable force may be used in self-defence, that is, the minimum amount required ensuring a return to a safe situation.
- (vii) In the case of Karate instruction, an Instructor must ensure that all necessary insurances are in place, by ensuring that they and all their members are licenced, and, if appropriate, that they personally have extended Professional Indemnity insurance.
- (viii) Any records should be kept secure and confidential and used only in the best interest of the members and where electronic data is used, it must be kept in compliance with the Data Protection Act.