

ST MARTINS KARATE GROUP

Child-Friendly Members Code

My karate promise - simple rules for children and young people

Organisation	St Martins Karate Group
Clubs covered	St Martins Junior Karate Club and St Martins Karate Carnforth
Safeguarding contacts	Paul Turner (DSL) and Chris Haggan (Deputy DSL)
Safeguarding email	safeguarding@stmartinsjuniorkarateclub.co.uk
Version	1.2
Approval date	1 August 2026
Next scheduled review	August 2029

Approved by Paul Turner and Chris Haggan

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My karate promise

I will help make karate safe, friendly and enjoyable for everyone.

•

I will listen to my instructors and follow safety rules.

•

I will treat everyone kindly and fairly.

•

I will not bully, threaten, tease or deliberately hurt anyone.

•

I will use control and stop when asked.

•

I will tell an instructor if I am hurt, worried, uncomfortable or do not understand.

•

I will tell a trusted adult if something does not feel right.

•

I will not use karate to show off, scare people or start fights.

•

I will look after equipment and the place where we train.

•

I will stay in the training area unless an instructor says I may leave.

•

I will not go onto the stage. The stage is for parents and carers watching the class.

•

I will not go into the kitchen unless an instructor or another responsible adult says I may and supervises me.

•

I will keep my phone away during class unless an adult says I may use it.

•

I will try my best, and I know it is okay to make mistakes or ask for help.

Agreement

I understand this karate promise and will do my best to follow it.

Child/member name: _____

Parent or carer name: _____

Signature: _____

Date: _____

Document control

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Safeguarding email	safeguarding@stmartinsjuniorkarateclub.co.uk
General enquiries	info@stmartinsjuniorkarateclub.co.uk