

Stirling University Muay Thai Boxing Club
Safety Regulations



General

- a) By far the most significant aspect for martial arts is that of having a properly qualified instructor. All other considerations are secondary to this. In the present booming and financially profitable situation many instructors are not properly qualified and are self-graded. The club will normally appoint only instructors who have previous professional coaching experience and are approved by the outgoing instructor.
- b) Each club's curriculum should embody such general safety regulations as:
 - i) Three months training as a beginner, during which no 'free-fighting' is allowed. This is to ensure that the defensive blocks and techniques have been properly mastered, thereby minimising possible injuries.
- c) Clubs should encourage the highest standards of hygiene and discipline, and care for the moral and physical well-being of their students. Clubs should not permit or encourage the teaching of techniques which are designed to maim or permanently injure an opponent e.g. eye-gouging and destruction techniques using the head.
- d) Windows should be guarded, or above 6 feet from the ground. Radiators and pillars should be padded or well clear of the training area. Light fittings should be at least 8 feet from the floor; a first aid kit should be available nearby.
- e) A gum shield is required before any member will be allowed to spar or compete, with groin protection advised. All equipment should be cleaned and/or laundered regularly.