

Martial Arts Club Information

- Monday term-time: FBC Centre, Gorse Ride, Finchampstead, RG40 4ES. 6.00 to 7.00pm.
 - Friday term-time: Swallowfield Hall, Swallowfield St, Swallowfield, Reading RG7 1QW. 6.30 to 7.30pm
1. The adult to child ratio is 1 adult to 5 children. Sessions are specifically aimed at autistic children or those with associated additional needs & aimed at those between 5 to 18 years old.
 2. Children do need the ability to listen and follow some basic instructions, to get the most out of sessions.
 3. We have children with a wide range of abilities. Children are always welcome as beginners with little or no experience. We make sure that everybody can be taught at their own level and pace.
 4. Sessions are currently heavily subsidised at £3.00 per child. **Session payments must to be paid half-termly by Paypal or Bacs (to secure your place).** We cannot accept cash.
 5. Water is not provided during class, so children need to bring their own water bottle. No food, fizzy drinks, fruit shoots or energy drinks are allowed into the club.
 6. Jim is our instructor (or Sensei). Kirsty Brombley or Jack Ansell are our usual Activity Leaders for the sessions. Additional staff/volunteers are also present. All staff and volunteers have current DBS and safeguarding certificates. At least two members of staff present have paediatric first aid certificates.
 7. Parents are asked to remain outside while children are training.
 8. Hand sanitiser & temperature 'guns' will be used on the children before they enter.
 9. NO masks are worn during training as it is unsafe during physical activity.
 10. We have a LARGE working space and keep a door or window open for fresh air to circulate.
 11. Some children enjoy taking part in grading to receive belts. This is NOT a compulsory part of the club. There is an *additional* cost to the £3 session fee for grading (it is payable separately to Jim directly and is not part of the ASD Family Help half-termly session fee). Grading is usually once or twice a year.
 12. The week after grading, parents are usually invited into class to watch the children's skills. This may be suspended during Covid (if this is the case we will take pictures for you and forward on). If you are invited in, *please be considerate and take care to only photograph your child* (unless you have prior permission from other parents to take & share pictures).
 13. Martial Arts is a disciplined activity. We require a certain level of behaviour in our children before training them in many areas – if a child isn't ready to learn safely or doesn't yet have the right attitude to know Martial Arts moves and use them responsibly, then it would be irresponsible to train them. This could potentially leave the child, other children in class, or others outside of class at risk of being injured.
 14. Each child is given a contract to read & agree when you sign up, with some simple rules to remember. If any child doesn't follow the rules, we may use a warning system. 3 warnings in a lesson will result in the child being removed from the rest of the lesson & brought back to you. All staff and volunteers aim to follow our behaviour policy.
 15. If a child has been asked to leave a lesson, we will consider whether (in fairness to the rest of the group's **safety** & learning), your child needs to sit out for a lesson. The instructor & staff will decide as a group, about the severity of the child's behaviour and whether missing a lesson is appropriate.
 16. We always take into account each child's additional needs when giving warnings, removing a child or asking them to miss a lesson - but we must ensure the learning for all the children isn't compromised and everybody is kept **safe**. The rules & warning system are in place for the fairness of every child's learning & to make sure all children have the best chance of learning in safety & without distraction.
 17. We make sure to assign an area of the hall as a 'quiet area' to allow children to cool off/calm down if they need some quiet space.
 18. Children should wear appropriate clothing that allows them to move freely and covers their modesty. No jeans, zips, buttons or poppers as these can injure others. We recommend wearing a Gi (speak to Jim if you need help finding one), or alternatively jogging bottoms and a t-shirt.
 19. Please ensure your child's fingers & toe nails are kept trimmed to avoid injury to themselves or others.