



**Mario Borg GoJu Ryu Karate Do**  
Shuseikan, Seiwakai Australia,  
Member of Japan Karate Federation (JKF)

[www.marioborgkarate.com](http://www.marioborgkarate.com)

## **CHILD SAFE POLICY AND GUIDELINES FOR INTERACTING WITH CHILDREN**

This Child Safe Policy / Guide is to protect all Karateka at Mario Borg Karate Do from risk and to keep children safe. It has been developed as a requirement of the NSW government for sporting institutions providing services to children.

### **Summary and commitment to Child Safety.**

Mario Borg Karate Do regards the safety and wellbeing of all students, including children, as its first priority. This Child Safety Policy / Guideline has been put in place to reflect our practices and commitment to the safety of all students and instructors. By acknowledging and identifying risk factors we can ensure every student and child has the opportunity to learn GoJu Ryu Karate in a safe and respectful environment at all times.

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### **Maintain appropriate boundaries**

**Sensei's, Sempai's and other personnel in positions of authority should maintain clear:**

#### **Physical boundaries**

- Use drills to develop karate, rather than ongoing punishment to an individual child/student.
- Only use physical contact that is appropriate for the development of a particular karate skill and has the permission of the child/student.
- Always work within sight of others.

#### **Emotional boundaries**

- Use positive feedback on performance, and constructive feedback when needed.
- Be encouraging.
- Children/students should be congratulated or comforted in public not in an isolated setting and ongoing favour towards any one child/student should be avoided.
- Pushing a child beyond their comfort zone is necessary at times but must be done using language that is positive rather than negative.



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### **Social boundaries**

- Attend sport related events such as club dinners, seminars or tournaments but do not socialise with children outside such Karate functions.
- Do not socialise with children via social media.

### **Sexual boundaries**

- Do not touch children/students in any way that is likely to make them feel uncomfortable.
- Do not make comments towards a child/student that could make them feel uncomfortable.

### **Minimise physical contact**

Generally, physical contact with children/students should be to:

- Develop karate skills.
- Treat an injury (always in the presence of a third person) and by an approved First Aider.
- Prevent or respond to an injury.
- Meet the specific requirements of Karate, eg: stance or technique correction.

All physical contact by personnel should fulfill the following criteria:

- Physical contact should be appropriate for the development of Karate skills.
- Permission from the student/children should always be sought in the presence of others.

### **Avoid being alone with a child**

To protect yourself and the child from risk:

- Do not isolate yourself and a child and avoid being alone with a child
- If a child approaches you and wants to talk to you privately about a matter, do so in an open area and in sight of other adults (e.g. other Students or parents/guardians)
- In our dojo's, Change Rooms and Bathrooms are confined private spaces. Before going into change rooms knock or announce that you (adult) will be coming in. If a child is in the change room, wait for them to come out before entering.
- Never be alone with a child in a change room unless you are the parent or guardian of the child. This is the responsibility of the adult, not the child.



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### Do not leave a child alone to be picked up

Never let a child wait alone outside the dojo to be picked up. If a child's parent/guardian is late picking up their child after training, the head instructor must stay with the child and wait for the child to be picked up. The Sensei should communicate with the parent/guardian and then relay the expected time to the child to reassure them.

### Communicating on social media or messaging

When communicating on social media or messaging apps, restrict communication specifically to Karate related communication.

When communicating on social media or messaging apps, avoid using any language or emojis (icons) that could be misinterpreted by a child/student.

### Reporting and resources

#### If you see something, say something!

- Reporting any child safety issues is a civic responsibility of all adults and failure to do so is a criminal offence in NSW.
- In an emergency, where there are urgent concerns for a child's health or life, call the police immediately by dialing 000.
- To report non-urgent child abuse or neglect call the Police Assistance Line on 131 444, or your local [Police Area Command](#). Anyone who suspects, on reasonable grounds, that a child or young person is at risk of harm from [abuse or neglect](#) should report it to the Child Protection Helpline on 132 111, 24 hours a day, 7 days a week.
- [Kids Helpline](#) is a free, confidential counselling service for young people, and also adults working with and/or supporting them. Contact them via online chat, email or phone 1800 551 800, 24 hours a day, 7 days a week.

### Definitions

- A 'child' as a person under the age of 16 years.
- A 'student' can be any age.
- In this document, 'child/student' refers to both children and students.
- Sensei is an instructor who holds a 3rd Dan Black Belt (see Instructor Code of Conduct).
- Sempai or Senpai are junior instructors minimum Sho Dan (1st Dan) level.