



MARTIAL ARTS INDUSTRY ASSOCIATION
THE PEAK INDUSTRY BODY FOR MARTIAL ARTS IN AUSTRALIA



Outdoor Training Guidelines

The Outdoor Training Guidelines apply to all martial arts training services that are conducted in an outdoor environment. An outdoor setting is typically an open space that may be used for multiple purposes and remains a dynamic, flexible and unpredictable environment.

Outdoor settings may include local parks, school grounds, private land, beaches, martial arts training facility grounds and sports venues.

To further clarify best practice standards and risk management for the outdoor setting, The Martial Arts Industry Association provides the following Guidelines:

Duty of Care

All Instructors have a duty of care to prevent harm which could reasonably be expected to occur in the course of providing advice or instruction to students. Professional standards and guidelines developed by Martial arts training Australia (such as the Outdoor Training Guidelines) will assist Instructors in mitigating risk and exercising their duty of care.

Professional Skill, Qualification and Continuing Education

To plan and deliver exercise programs in an outdoor setting Instructors must be appropriately qualified and continually update their related skills and knowledge.

The following minimum standard is required:

Level One NCAS Accreditation

Level One NMAA Accreditation

Risk Management

Instructors operating outdoor training services should address the following areas to minimise risk:

Local Government Requirements

It is extremely important for accredited instructors and businesses to access, understand and comply with relevant local government policies and requirements for conducting outdoor training. Many local government authorities require that Instructors obtain a permit to practice on local government land/areas.

Pre-Training Screening:

Student screening and assessment is to occur before participation in outdoor activities. Use of the *Sports Medicine Australia Pre-Participation Questionnaire* will help to identify student health status and the subsequent process to ensure effective and safe training.

First Aid & Safety:

Instructors should maintain current Australian certifications in First Aid (Senior or equivalent) and CPR. An individual students' health and safety is paramount, therefore, it should be ensured that a well-equipped First Aid kit as well as ice packs, a mobile phone and other safety equipment necessary for specific activities are available and in close proximity for the duration of the activity. Instructors should also ensure participants are wearing appropriate and protective attire.

Setting & Space Requirements:

Local government policy terms relating to space requirements are to be adhered to. The activity area should be searched at the beginning of each session for any potential hazards and assessed to confirm that it can accommodate the number of participants. It should be ensured that adequate lighting facilities are present when necessary. (*Australian Standards for Sports Lighting AS2560*)

Equipment Selection

The equipment selected should be suitable for all students. Exercise modification may be required to ensure equipment suitability. Use of public equipment and facilities should be recorded and permission for use received from Local Government in accordance with policy terms.

Weather Conditions

Consistent monitoring of weather conditions is important and sessions should be modified, relocated or postponed if required. In the case of continued participation, a thorough explanation of session modifications and outline of remaining risks should be provided. Students should be informed of session adjustments in a timely manner. Accredited Instructors and registered businesses should manage weather related risk, plan contingencies for specific conditions (e.g.: heat, humidity, rain, cold, thunderstorms, lightning) and refer to related guidelines, including:

Sports Medicine Australia *Exercising in the Heat Guidelines*

Sports Medicine Australia *UV Exposure and Heat Illness Guidelines*

Planning and Delivery

To enhance the effectiveness of outdoor training, the following planning and delivery variables should be considered:

Activity Selection

Outdoor training services offered by Instructors may range from broad adaptable activities for larger groups to more specific training for single participants.

Consideration of the following will help determine the suitability of specific activities:

Space – the dimensions and size of the area available

Setting – the environment in which the area is set

Quality and condition of the grounds, surface or public facilities being used

Participants suitability to undertake the activity considering risk, training history and capability

The number of activities/stations to be used simultaneously

Whether the activities can be modified for the range of participants present

The Instructors scope of practice and experience

Trainer/Participant Ratios

Local Government Authority outdoor training regulations commonly stipulate Group Trainer/Participant ratios. Instructors are required to comply with these terms. In the absence of specific local government regulation,

Instructors should ensure that the group participant number allows for appropriate supervision and instruction for each individual during the group session. Other variables that may influence this professional judgement are: the setting and space; complexity of the activities; equipment selection and individual participant health status.

Delivery Considerations

An effective outdoor training service is heavily reliant upon the use of specific delivery skill. The following delivery variables are particularly important in the outdoor setting:

Clear preliminary training instruction and demonstration

Monitoring and modifying activity for individuals as required in the group context

Constant clear instruction through remaining proximal, visible and audible

Combining verbal instruction with clear signaling

Use of clear markers and bright clothing for visibility

Positioning to remain audible in windy conditions

Simultaneous monitoring of the activity area and periphery

Professional and Ethical Practice

In accordance with the Martial Arts Industry Association

Code of Ethics and Code of Practice Instructors and businesses conducting services outdoors are expected to maintain professionalism and ethical practice and must comply with local government regulations. The following should be

taken into consideration:

Noise Level: the amount of noise created from activities conducted in the outdoor environment should be limited to a level that does not disturb residents or the general public. The activities should not create noise that is offensive as defined by relevant State/Territory Environment Protection Legislation.

Lighting: The Australian Standard for Sports Lighting (AS2560) provides specific information regarding appropriate lighting. The standard refers to measurements of Lux and Lumen and provides guidelines for specific sports. Consideration regarding a potential risk of collision or safe use of small objects should be made. As advised by Standards Australia, the applicable guideline for outdoor training for the Martial Arts is 'Lighting for Football' (AS2560.2.3).

Disturbance: Instructors are to be considerate towards the general public and other service providers utilising public space. Instructors must remain courteous and respectful to members of the general public and avoid interrupting access to public areas.

Business Signage: If advertising signs or banners are to be displayed, prior written permission must be granted by the relevant local government authority where necessary.

Public Image: Outdoor training is often highly exposed to the general public; therefore, Instructors should maintain professional and ethical practice in order to uphold a positive public image and reputation for the business and broader industry.

Insurance: Appropriate public liability and professional indemnity insurance should be obtained and cover all of the activities to be conducted.

Sustainability: Instructors should actively support the sustainability of public land and surrounding environment.

Respect for monuments and sacred areas: If selected outdoor training areas include a monument or sacred area, Instructors should at all times respect their presence and take suitable care.

Additional Resources

The following resources may provide further guidance for Instructors and businesses conducting outdoor training services:

Australian Standards for Sports Lighting AS2560

Exercising in the Heat Guidelines Sports Medicine Australia

UV Exposure and Heat Illness Guidelines Sports Medicine Australia

Australian Standards Website www.standards.org.au

Acknowledgements:

Sports Medicine Australia

Fitness Australia

Please refer to your accreditation DVD. Folder Support - Risk Management-RMP Support Material for additional support materials and information.

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