

# The British Aikido Board



## The BAB Coaching & Club Handbook ©

Update from V2 to V3 reference document V03 April 2013

This document is the property of the British Aikido Board.  
Copyright ©. The British Aikido Board 2012. All Rights reserved

Extracts from this document can be reproduced by BAB members for any BAB/Association training or guidance without specifically identifying its source.

With the exception of the above paragraph, any extracts or images should identify the source as the  
**'BAB Coaching & Club Handbook ©'**

## APPENDIX E

The BAB Coaching & Club Handbook updates

Version	Date	Details	Comments
03	March 2013	Updated	Grammatical errors corrected. Contact details updated or removed. CRB references changed to DBS. Appendix B, CL2/3 course details are in a table format. Section 11, Children and Young People. The child to adult ratio's have been updated.

## SECTION 11

### CHILDREN AND YOUNG PEOPLE

Guideline children grouping:

- ➡ Age 4 up to 5 - Play + discipline
- ➡ Age 6 up to 11 - Play + grading techniques
- ➡ Age 12 up to 15 - Grading techniques + responsibility
- ➡ Age 16 up to 18 - Grading tech's, preparing for adult classes

#### Some observations for different age groups

- ➡ Age 4 to 5 - Still finding chores exciting and fun. They welcome the chance to learn new skills and to develop existing ones.
- ➡ Age 6 to 8 - Enthusiasm may begin to ebb. They are beginning to crave independence, so any tasks you give them which encourage their independence will retain their interest
- ➡ Age 9 to 12 - Like continuity, so find some tasks they like which work well and stick to them. The reward system can still work but make sure they are aware of any consequences if they don't complete their tasks.
- ➡ Age 13+ Teens are capable of handling a lot more, but you may encounter a bit of resistance! It's also important to realise that they may be busy at school and with other activities, so don't apply too much pressure.

**Adolescence** is generally between 10 to 12 years of age for girls and 12 to 14 years of age for boys. This is the time in a child's life which can be the most traumatic, both physically and mentally. Coaches should be aware of what effects these changes can have on a child and how to recognise and deal sympathetically with their effects.

#### **Application of Aikido Techniques when Teaching Children & Young Persons**

It is BAB Policy that when applying locks, throws, other techniques or exercises on children and young persons\*\* that care is taken to ensure that any such techniques are only used in a way that is considered reasonable and appropriate to the age, stature and ability of the child receiving these techniques. 'Against the joint' techniques or the use of 'pain' to achieve compliance is to be avoided as this concept is not appropriate for children.

Additionally, the application of locks and throws in training requires the consent of the child and is to be part of the teacher's explanation of the technique at the time it is being applied/taught. Consent by the parent of the child should be part of the membership application to the Association.

**\*\* The law defines children and young persons  
as being anyone under 18 years of age.**

#### **Specifically:**

The use of locks should be 'experience restricted' and introduced via a specific coaching methodology. The experience level chosen should reflect a child's age and ability to understand the concepts of empathy with their training partner ('just enough' and never to the point of pain or pain compliance). 'Experience' refers to both the number of training hours of the aikidoka and their ability to understand the implications of the application of any given technique.

All children receiving locks and throws should first be trained to 'uke' for those techniques and should know how to indicate 'submission'. Rules about the use of locks and throws should reflect practice at grass-roots level and should not be based on any 'elite' performance or participation in sport aikido. A coach should run sessions based on 'duty of care', specific risk assessments and should always be able to justify the training methods used. If locks are used in a sport/competition context then the rules should be simple, understood by all, and clearly set out and monitored by the Association.

The following parameters are strongly recommended as a **minimum** to be observed in children's practice of aikido:

- Locks may be applied by an instructor after the child has had at least 20 hours of practice. The instructor must have the technical skill and ability to apply a lock without requiring the child to feel pain to make it "work". Additionally, he should be able to communicate these skills to the child/young person.
- Locks may be applied by a child to an adult after the child has had at least 25 hours of practice. When used appropriately, this training method can help the child understand the principles of applying locks.
- Locks may be 'received' (child to child) after both children have at least 40 hours practice and then only to a level where pain is **not** required to complete the technique. Practice must be supervised by the coach to ensure there is full understanding by the children of the complexities and 'dangers' of this type of technique. Consideration must be given to the age, mental and physical maturity of the children practising together.
- Locks may be applied by an adult to a child after the child has had at least 50 hours of practice. The instructor should ensure that adults permitted to apply locks to a child understand how to apply locks without the need to inflict pain, and then only to a child who consents.

### Duty of Care.

Coaches have a duty of care to treat children and young people with as much consideration as would be given by their schoolteachers and parents. The following are key points in the Coaching of children and young people:

- It is **mandatory** that all BAB members in close contact with juniors must be BAB DBS (Disclosure and Barring Service) checked.  
CRB checks were changed to DBS checks in January 2013
- Coaches must be aware of and adhere to the BAB Child Protection and Safeguarding Policy (BAB CPSP) at all times
- Young people under 18 years of age are allowed to practise on the same mat as adults subject to the BAB CP policy. When working with children there should be two supervisory adults present, at least one being an approved BAB Coach. The following ratios are recommended when teaching the under 18s:

Child's age	No of adults	No of children
4 - 8	2	12
9 - 12	2	16
13 - 18	2	20

Please note that in the above table these are the above are minimum standards and may need to be adjusted. In all instances the class (both content and participants) should be risk assessed.

For example, a whole class of beginners aged 7 learning to do breakfalls might be risk assessed as needing a higher level of supervision. In all instances the welfare of the children should be the priority and every child must receive the protection to which they are legally entitled.

- Parental consent is still a legal requirement up to the age of 18 years.

## Appendix B

### CL2 & CL3 required modules:

<b>CL2 course modules</b>		
<b>scUK course description</b>	<b>BAB course description</b>	<b>Course provider</b>
Coaching Children and Young People	Young People	BAB or scUK
Not available	Communication	BAB
Not available	Managing Risk	BAB
Not available	Practice, Skill and Techniques	BAB
Safeguarding & Protecting Children	Protecting Children	BAB or scUK
Not available	Fit for Purpose	BAB

<b>CL3 course modules</b>		
<b>scUK course description</b>	<b>BAB course description</b>	<b>Course provider</b>
Equity in your Coaching	Equity	scUK
How to coach Disabled People in sport	Coaching Disabled People	scUK
A Guide to mentoring Sports Coaches	Mentoring Coaches	scUK
Planning & Periodisation	Planning for Success	scUK
Not available	Event Planning and Delivery	BAB