



# WORLD AIKIDO-YOGA

## Policies, Principles & Practices

### **Background.**

- a) Aikido-Yoga is a unique discipline for physical, emotional, social, and personal development. The policies of World Aikido-Yoga are designed to ensure that a high degree of professionalism is maintained, and that it operates within current acceptable community and legal standards, as outlined by the Australian Sports Commission (ACS) and Sports Medicine Australia (SMA), to adequately inform and protect members of the public who choose to train in Aikido-Yoga.
- b) The Australian Sports Commission (ACS) Is the Australian Government body that coordinates the Government's commitment & contribution to sport. It provides national leadership in all facets of sport from the elite level through to the wider sporting community. Web reference: <http://www.ausport.gov.au/index.asp>
- c) Sports Medicine Australia (SMA) is Australia's peak authority on medicine and science in physical activity and sport. One of SMA's roles is the issuing of advice and guidelines to help create a safer physical and social environment for all Australians engaged in sport and physical activity. Web reference: <http://www.sma.org.au/>

### **1. Definition**

- 1.1. For the purposes of the following policies, principles and practices, Aikido-Yoga is a system of self-development and self-defence that is performed in isolation as well as with other practitioners in a non-competitive environment utilizing empty hand techniques as well as weapons (excluding firearms).

### **2. Principles**

- 2.1. Aikido-Yoga instructors conform to industry specific professional standards as well as ethical standards in a number of areas: humanity, relationships, commitment, integrity, advertising, confidentiality, abuse of privilege and personal standards.

### **3. Humanity**

- 3.1. Aikido-Yoga instructors respect the rights, dignity and worth of every human being and their ultimate right to self-determination.
- 3.2. Specifically, instructors treat everyone equitably and sensitively, within the context of their activity and ability, regardless of gender, ethnic origin, cultural background, sexual orientation, religion or political affiliation.

#### **4. Code of Conduct**

- 4.1. The area of 'behaviour and sport' is one that encompasses a wide realm of diverse topics. The ACS website below lists a range of resources that seek to assist, address, advise and assess behaviour in the sporting sphere.
- 4.2. Members of World Aikido-Yoga and accredited instructors comply with the National Code of Practice for Martial Arts Centres And Martial Arts Instructors.
- 4.3. Aikido-Yoga also fully endorses the Ethics in Sport – General Code of Behaviour as developed by the Australian Sports Commission - Web reference:  
<http://www.ausport.gov.au/ethics/codegeneral.asp>

#### **5. Instructor Accreditation**

- 5.1. All Aikido-Yoga instructors hold one or more of the Australian government endorsed martial arts instructor accreditations, and hold a current Senior First Aid Certificate.
- 5.2. Aikido-Yoga instructors are covered by appropriate levels of Public Liability and Professional Indemnity insurance

#### **6. Harassment & Discrimination**

- 6.1. Every participant in Aikido-Yoga, in whatever role, has a right to be treated with respect, dignity and fairness, and to participate in an environment that is enjoyable and safe. Harassment, abuse and other forms of inappropriate behaviour in sport deny participants these rights.
- 6.2. Aikido-Yoga fully endorses the policies contained within the Harassment-Free Sport Strategy developed by the Australian Sports Commission - Web reference:  
<http://www.ausport.gov.au/ethics/hfs.asp>.

#### **7. Children and Sport**

- 7.1. Children have a fundamental right to be safe from any form of abuse while involved in sport or associated activities. This is a legal requirement as well as a moral obligation. Child protection requires a commitment from all levels in sport to ensure sporting environments are safe for all children. This includes an awareness of the requirements and risks, a commitment to practices that minimize the risks, and the ability to appropriately respond to incidents of child abuse.
- 7.2. Aikido-Yoga fully endorses the policies contained within the Children and Sport Strategy developed by the Australian Sports Commission - Web reference:  
<http://www.ausport.gov.au/policies/children.asp>.

#### **8. Women and Sport**

- 8.1. The ASC is involved in the research, identification and development of innovative policies, program and practices that address gender and equality issues in sport. The ASC website below lists the resources that deal with this area of sport.
- 8.2. **Pregnancy in Sport:** Both federal and state legislation in Australia make discrimination because of gender or pregnancy unlawful, including in sport. However, the increasing participation of women in sport has given rise to specific situations that present a number of legal, medical, insurance and ethical issues.
- 8.3. Aikido-Yoga fully endorses the policies contained within the Women and Sport and Pregnancy in Sport – Guidelines for the Australian Sporting Industry Strategies developed by the Australian Sports Commission, as well as the pregnancy statement published by Sports Medicine Australia - Web references: <http://www.ausport.gov.au/policies/women.asp> & [http://www.sma.org.au/information/pregnancy\\_statement.asp](http://www.sma.org.au/information/pregnancy_statement.asp)

## **9. Infectious Diseases**

- 9.1. A number of blood-borne infectious diseases can be transmitted during body contact and collision sports. The more serious include viral hepatitis and HIV (AIDS) infections. Common diseases, such as the common cold, flu and herpes simplex may also be spread during body contact sports. These may be extremely debilitating and potentially dangerous for the individuals concerned. These diseases may be spread by direct contact between broken skin or mucous membranes and infected blood and other body fluids and substances.
- 9.2. Aikido-Yoga fully endorses the policies contained within the Infectious Diseases Policy statement developed by Sports Medicine Australia - Web reference:  
[http://www.sma.org.au/information/infectious\\_disease\\_policy.asp](http://www.sma.org.au/information/infectious_disease_policy.asp)

## **10. Heat Illness and Sport**

- 10.1. Vigorous exercise places some people at risk of heat illness, especially in hot weather. If untreated, heat illness can lead to the more serious and potentially life-threatening condition of heat stroke. By understanding the causes of heat illness health professionals, coaches, players and anyone involved in sport or physical activity can help prevent heat illness by using the advice provided in the Guidelines to minimize the risks.
- 10.2. Aikido-Yoga fully endorses the policies contained within Preventing Heat Illness in Sport strategy and guidelines developed by Sports Medicine Australia - Web reference:  
<http://www.sma.org.au/information/launch.asp>

## **11. Membership**

- 11.1. Before participating in an Aikido-Yoga training session, prospective students are required to observe a class, and complete a Pre-participation Questionnaire, an Application Form and a Martial Arts Contract.
- 11.2. World Aikido-Yoga reserves the right to refuse membership, as well as cancel any membership if, in its considered opinion, an individual's actions or intensions fall outside the Policies, Principles and Practices contained within this document.
- 11.3. World Aikido-Yoga also reserves the right to refuse membership, as well as cancel any membership if, in its considered opinion, an individual has provided false or misleading information on either the Pre-participation Questionnaire, Application Form or Martial Arts Contract, or has breached the terms and conditions of the Martial Arts Contract.
- 11.4. It is also recommended that students attend a minimum of two sessions a week in order to sufficiently progress through the curriculum.

## **12. Use of World Aikido-Yoga (WAY) Logo or "Aikido-Yoga" name**

- 12.1. The World Aikido-Yoga (WAY) logo or the "Aikido-Yoga" name may not be used without the written permission of the Executive.
- 12.2. No member may issue a press release or advertisement on behalf of World Aikido-Yoga, or use the name Aikido-Yoga without the written permission of the Executive.
- 12.3. No member may claim or advertise that they occupy an administrative or teaching position within World Aikido-Yoga or Aikido-Yoga unless the Executive has ratified that position in writing.
- 12.4. No personal/history backgrounds of individual martial arts instructors will be included in and World Aikido-Yoga or Aikido-Yoga press release or advertisement unless authorized by the Executive in writing.