

Specialty insurance for martial arts schools



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Safe sparring

Sparring is a form of training common to many martial arts. Although the precise “form” will vary, appropriate rules are in place to reduce the risk of injury.

Sparring rules should:

1. Be written
2. Include description/list of required protective gear/equipment
3. Outline appropriate and/or inappropriate contact
4. Outline appropriate and/or inappropriate techniques
5. Be distributed to every student
6. Be reviewed with participants prior to any sparring event
7. Outline consequence(s) for failure to adhere to the rules
8. Be posted as clear reminders to all instructors and students

All sparring matches must be supervised by the instructor.



If you have a safety or risk management question or a suggestion for a topic, please contact Markel's Risk Management Department at safety1st@markelcorp.com.

