

## **Tae Kwon Do**

Health and Safety



### **Introduction**

There is a variable degree of risk of injury to individuals who practise Taekwondo and practice of it does not have to be a concern to anyone if basic precautions are taken to ensure the health and safety of a participant.

The club views the health and safety of its members as a very important part of training in Taekwondo and, to this end, requires all new starters to read and digest the information below in order to avoid/eliminate or control, as far as reasonably practicable, the risk of injury.

It is very important for members to accept and understand that the practice of Taekwondo involves the use of kicks, blocks, strikes, sparring, self-defence and breaking techniques. It must also be pointed out that, in some cases, contact may be required as in self-defence and sparring.

Members are required to acknowledge the information listed below

### **Safety Regulations**

Under no circumstances will a new starter be permitted to attempt techniques other than those of his/her grade.

New starters will not attempt to practice difficult moves unless permitted by an instructor and closely supervised. Instructors, assisted by senior Dan grades, will ensure supervision of new starters.

To ensure the safety of its students, the wearing of full body protection is recommended when practicing sparring elements of Tae Kwon Do. Please contact the instructor for further explanation if required.

As far as possible or can be expected, instructors will provide proper supervision of all students during a training session assisted by senior Dan grades.

No student will be permitted to enter the Dojang if suspected to be under the influence of alcohol or drugs.

The club will follow the TTA syllabus, which is designed to minimize, control and eliminate the risk of injury

### **Health Protection**

Members must inform the instructor of any health problems, which could affect the student when training. The club may require a medical certificate confirming that the student is fit to practice Taekwondo.

Members must inform the instructor of any past injuries, which may affect the training of the student. A medical certificate may be required confirming that the student is fit to train in Taekwondo.

Whilst being a full member, members must inform the instructor of any accident which happened outside the normal training sessions (e.g. in other sport/activity) and that may affect the training of the student. Following such notification, a medical certificate may be required.

Students must inform the instructor of any health problems, which could affect the student when training. New health issues (e.g. asthma, diabetes, confirmed pregnancy...) must be immediately reported to the Instructor. In all cases, the TTA may require a Doctors confirmation letter to continue training

All accidents must be reported immediately to the instructor.

The use of drugs other than prescribed/permitted by a doctor is strictly prohibited.

### **Preparation for Participation**

Members must understand and accept that Martial Arts and Taekwondo in particular requires a fair level of fitness. This also includes undergoing a rigid warming up to ensure that the body is ready for further physical demands thus avoiding injuries.

However, students will not be permitted any form of contact when sparring until he/she has reached a certain degree of control in his/her basic moves.

The TTA member club will ensure, as far as possible, the health and safety of its members. It is equally important that all students also look after their own health and safety by behaving sensibly and with care whilst attending a training session.