



## NEW STARTERS' INFORMATION AND CHECKLIST

### Introduction

In all sports, whether they are individual or team, a variable degree of risk of injury may exist. The level of risk could be defined as very low (e.g. bowling) but in others it may be very high (e.g. rugby).

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.

BT 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, parents and carers to appreciate, 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, parents or guardians 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 compulsory when practicing 1 to 1 free sparring, self-defence and one-step sparring. Please contact the instructor for further explanation if required.

As far as reasonably practicable 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 BT syllabus, which is designed to minimize, control and eliminate the risk of injury

### Health Protection

Members, parents or guardians 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, parents or guardians 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, parents or guardians 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/parents/carers 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, BT may require a Doctors confirmation letter to continue training

All accidents must be reported immediately to the instructor and recorded in the "accident book".

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

### Preparation for Participation

Members, parents or guardians 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.

BT member club will ensure, as far as reasonably practicable, 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.

## New Starter Checklist - to be explained by the instructor

New starters must review the list below and understand its contents before participating in the first lesson.

### HEALTH ASSESSMENT

Determine if member has any health problems or injuries that may affect training.

Comments

### HEALTH AND SAFETY ADVICE

Explain that the member needs to be physically fit and check fitness level.

Comments

### HEALTH RISK

Explain that Taekwondo involves a certain amount of physical contact.

Comments

### NEW STARTER MONITORING

Explain that the new member will be monitored at all times by a senior grade. Make sure they understand. Tell them that they must report immediately any health problems or injuries to the instructor.

Comments

### LIMITED ACTIVITY

Explain that the new starter must not attempt anything other than what they are directed to do.

Comments

### OTHER ISSUES

Comments

I the undersigned being the member, parent or carer, acknowledge that I have read, understood and accepted all the points detailed in the "New starters information 2009".

Visit <http://www.britishtaekwondo.org.uk/btcb-downloads.html> for a set of Health and Safety Guidelines

### Signatures

Member  
Name

Signature

Date

Parent or  
Guardian

Signature

Date

Instructor

Signature

Date