



## **TAEKWON DO ASSOCIATION OF ENGLAND CODE OF PRACTICE FOR SAFETY OF STUDENTS**

The overriding principles of our training practices are that they should be

- safe
- fair
- Focused on student development
- based on neutrality and integrity

OUR MAIN AREAS OF RISK ARE

- SPARRING
- POWER TEST
- SPECIAL TECHNIQUE

To minimise risk, a thorough warm up should be completed in every training session. Be aware of any medical conditions and ensure that you make allowances. You should have attended a regular instructor course and be aware of the contents of the instructor code of practice so you are fully conversant with contemporary safe training practices. Your knowledge and experience as an instructor is the main mitigation for injury.

## TO MAKE OUR TEACHING OF TAEKWON DO SAFE IN SPARRING

1. Students should be taught as per the curriculum – basic step sparring in the first instance to ensure they have the correct control before they practice free sparring
2. It is permissible for there to be contact with blocking tools to attacking tools in step sparring and free sparring
3. Any contact to a vital spot should be controlled, dynamic and with the correct technique.
4. Students should be supervised
5. Students should be taught the main rules of competition sparring - that excessive contact is a foul, as is biting, scratching, attacking a fallen opponent and use of illegal techniques.
6. Safety equipment of the approved type should be used when practising competition type sparring.
7. Headguards are compulsory for juniors.
8. Our focus is on point scoring. Excessive contact is not allowed.
9. Any student who receives an excessive blow to the head should be checked for concussion and not allowed to spar again until they have medical clearance

**Safety Equipment**

ITF Competitions

TAE competitions

compulsory

Red or Blue hand and feet and head

Any colour closed fist hand, Feet

Groin guard (males – worn under dobok)

head guard

Body armour compulsory for under 12

**mouth guards**

ITF

TAE

transparent

Any colour

**Optional equipment**

Shin protector

Breast protector

**TO MAKE OUR TEACHING OF TAEKWON DO SAFE IN POWER TEST**

1. Students should be supervised
2. Students should only practise power test when they are competent at the technique
3. The appropriate level of breaker board should be used for the age and weight of the student

**TO MAKE OUR TEACHING OF TAEKWON DO SAFE IN SPECIAL TECHNIQUE**

1. Students should be supervised
2. Students should only practise special technique when they are competent at the technique
3. The appropriate height of target should be used for the height of the student

Please refer to the risk assessments for sparring, power test and special technique in the appendix

<b>Power test risk assessment</b>		
<b>RISK</b>	<b>Control measure</b>	<b>Action points</b>
Injury to hands or feet by hitting the boards	<ul style="list-style-type: none"> <li>• Instructor must assess that the student has good technique before attempting to break the boards</li> <li>• Juniors should only use appropriate boards for their age</li> <li>• The amount and grade of boards should be appropriate to the age and experience of the student.</li> <li>• The boards should be in good condition</li> </ul>	<ul style="list-style-type: none"> <li>• Students should not have any injuries to attacking tools or limbs to be used for destruction technique</li> <li>• Students should not suffer from any bone or skin disease</li> </ul>
Injury to hands or feet by hitting the frame	<ul style="list-style-type: none"> <li>• Instructor should assess the aptitude of the student, particularly in terms of their flexibility</li> <li>• The frame should have no sharp edges</li> <li>• The design of the frame should allow follow through after breaking the boards</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
Turning kick	<ul style="list-style-type: none"> <li>• Assess whether the student can use the correct part of the foot to avoid hitting toes</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
punch	<ul style="list-style-type: none"> <li>• Adults only to punch boards</li> <li>• The person should have been training a minimum of 9 months and be able to do knuckle press ups</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
Side kick	<ul style="list-style-type: none"> <li>• Assess whether student can roll foot to ensure the board are hit with the ball</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
Reverse turning kick	<ul style="list-style-type: none"> <li>• Technique only to be practiced by blue belt and above.</li> <li>• Student should be competent with technique and be able to show that they</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

	can use technique against soft pads with the correct form and attacking tool before attempting boards	
knifehand	<ul style="list-style-type: none"> <li>• Student should be competent with technique and be able to show that they can use technique against soft pads with the correct form and attacking tool before attempting boards</li> </ul>	•
elbow	<ul style="list-style-type: none"> <li>• Student should be competent with technique and be able to show that they can use technique against soft pads with the correct form and attacking tool before attempting boards</li> </ul>	
Reverse knifehand	<ul style="list-style-type: none"> <li>• Student should be competent with technique and be able to show that they can use technique against soft pads with the correct form and attacking tool before attempting boards</li> </ul>	•
backfist	<ul style="list-style-type: none"> <li>• Student should be competent with technique and be able to show that they can use technique against soft pads with the correct form and attacking tool before attempting boards</li> </ul>	•
Side fist	<ul style="list-style-type: none"> <li>• Student should be competent with technique and be able to show that they can use technique against soft pads with the correct form and attacking tool before attempting boards</li> </ul>	•
Blood transfer from any cuts/ abrasions	<ul style="list-style-type: none"> <li>• Ensure boards are cleaned of any blood before another person hits them</li> </ul>	•



	<ul style="list-style-type: none"> <li>From mats</li> </ul> <p>Loss of balance</p> <p>Potential head collision with floor</p> <p>Dehydration</p> <p>Collisions with table/chairs</p> <p>Mismatch (large competitor drawn against a small competitor)</p>	<p>Juniors to wear headguards</p>    <p>Ensure water is available</p> <p>Ensure furniture is safe distance from ring</p> <p>Height as a guideline</p>  <p>Use of prophylactic. Veruccas must be covered up</p>	<p>High</p>     <p>Low</p>  <p>Low</p>  <p>Low</p>
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	<p>Verucca</p> <p>Blood loss</p>	<p>Any student who is bleeding from any injury cannot continue until the bleeding has fully stopped</p>	<p>Low</p> <p>Medium</p>
<p>Special technique</p>	<p>Loss of balance leading to</p> <p>Sprains, strains</p> <p>Broken limbs</p>	<p>Students use appropriate technique for their ability</p> <p>Advanced techniques used by more experienced students</p>	<p>Medium</p> <p>Low</p>