



## NEWCASTLE BLACKBELT ACADEMY - SAFE PRACTICE IN TAEKWON DO

Safe practice is essential to help prevent injury. Children and adults at risk are particularly vulnerable as they are still developing mentally and physically, so training methods need to be delivered in a safe and appropriate way

The health and safety of students is the instructor's responsibility. There may be other people involved e.g. sports centre staff, but in the Dojang, you have responsibility for your students. **This means you must get a first aid qualification.** Check your students' membership application and make yourself aware of any illnesses your students have and any course of action required. Always have a good first aid kit with you, and keep it well stocked.

You must have professional indemnity insurance that will cover you for legal claims against you personally by a student who has an accident in your class. In addition you may wish to take out dental or health insurance yourself.

### SAFE TRAINING PRACTICES

Prevention is better than cure! As well as being able to cope with injuries you should prevent them happening in the first place. Here are some tips.

- Ensure the Dojang is safe, the floor is clean and free of obstructions.
- Control in sparring! Obvious, but ensure it happens.
- Children should wear headguards when sparring.
- Safety equipment should be in good condition.
- Groinguards should be worn by males
- There should be adequate warm up and cool down time.
- The class should be structured properly.
- Don't let people train if they have an obvious injury.
- Jewellery should be taken off.
- Nails on hands and feet should be short.
- Mouthguards should be encouraged in sparring.
- Give good advice on technique, sparring and stretching

## THE MAIN RISK AREAS IN TAEKWON DO ARE

- Soft tissue injuries due to insufficient warm up and preparation time
- Contact during sparring
- Sprains and strains to lower limbs in sparring
- Injury to attacking tools in power test
- Strains and sprains when landing in special technique

To mitigate the risk in these areas, please refer to the risk assessments in the appendix to this document.

### Ensure your students are thoroughly warmed up prior to intensive exercise

A detailed breakdown on the theory and practice of class structure is given on the instructor course – you must attend one of these before you can take sole responsibility for a class.

## SAFETY IN SPARRING

Students should not free spar until they have learned basic blocks, footwork and have displayed they have adequate control of their kicks and punches. They should be competent in step sparring before free sparring

- Safety equipment must be worn
- Children should be grouped according to age and ability

See the risk assessment for a full analysis of risk

### Control in sparring.

Please be aware of the following definitions. Heavy contact is a foul in ITF Taekwon do and therefore is not allowed. All techniques should be Correct, Dynamic and Controlled – remember the CDC rule

#### The definition of **excessive contact**

“Any interpersonal contact during sparring , whether intentional or not, that is executed with care, control, sportsmanlike behaviour, an attempt to control and retract the attacking tool, and does not result in the excessive displacement of the opponent’ body (head or torso). This contact is deemed acceptable and does not result in either a warning or foul being assessed. This amount of contact is neither intended nor likely to cause damage or harm to the opponent.”

#### The definition of **heavy contact**

“Any interpersonal contact that is administered with emotion, aggression, mal-intent and/or a loss of control, or any technique that is executed without an attempt

to control or retract the attacking tool, and/or that causes the opponent's body (head or torso) to be displaced more than acceptable for the situation. This violation of the rules results in a foul being assessed against the offender.”

Refer to the ITF Concussion policy should concussion be suspected

## **SAFETY IN POWER TEST**

Ensure students:

- are competent in the technique
- know the appropriate attacking tool
- have practiced the technique on a soft pad
- are always supervised
- use an age appropriate breaking board

## **SAFETY IN SPECIAL TECHNIQUE**

Ensure students:

- are competent in the technique
- know the appropriate attacking tool
- have practiced the technique on a soft pad
- are always supervised
- use an age appropriate height to attack.

Above all, safe practice means having a suitably qualified and experienced instructor who will ensure that children are not exposed to the above risks and who can make a training session enjoyable whilst maintaining the discipline essential to learning a Martial Art.

# NEWCASTLE BLACKBELT ACADEMY GENERIC RISK ASSESSMENT

Power test	
Risk	Mitigation
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>
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>
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>
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 40 knuckle press ups</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 bakkal</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 can use technique against soft pads with the correct form and attacking tool before attempting boards</li> </ul>
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>

## SAFETY IN SPARRING

Risk	Mitigation
strains/sprains	<ul style="list-style-type: none"> <li>• first aiders on site</li> <li>• clear visual communication with first aiders</li> </ul>
blows from other competitors	<ul style="list-style-type: none"> <li>• sparring is non-contact for most divisions</li> <li>• appropriate groin head hand and foot pads to be worn</li> <li>• officials to adhere to competition rules</li> <li>• senior instructors to monitor refereeing standards</li> <li>• all children to wear body armour</li> <li>• all adult males to wear groin guards</li> </ul>
scratches: <ul style="list-style-type: none"> <li>• from equipment</li> <li>• from nails</li> <li>• from jewellery</li> </ul>	<ul style="list-style-type: none"> <li>• awareness and equipment check</li> </ul>
loss of balance /potential head collision with floor	<ul style="list-style-type: none"> <li>• juniors to wear headguards</li> </ul>
dehydration	<ul style="list-style-type: none"> <li>• ensure water is available</li> </ul>
collisions with table/chairs	<ul style="list-style-type: none"> <li>• ensure furniture is safe distance from ring</li> </ul>
mismatch (large competitor drawn against a small competitor)	<ul style="list-style-type: none"> <li>•</li> <li>• arrange sparring according to height weight and ability</li> </ul>
verucca	<ul style="list-style-type: none"> <li>• use of prophylactic. Veruccas must be covered up</li> </ul>
blood loss	any student who is bleeding from any injury cannot continue until the bleeding has fully stopped

## SAFETY IN SPECIAL TECHNIQUE

Risk	Mitigation
Strains, sprains when landing	Ensure students <ul style="list-style-type: none"> <li>• are competent in the technique</li> <li>• know the appropriate attacking tool</li> <li>• have practiced the technique on a soft pad</li> <li>• are always supervised</li> <li>• use an age appropriate height to attack.</li> </ul>
Kicking holder with wrong attacking tool	Ensure students <ul style="list-style-type: none"> <li>• are competent in the technique</li> <li>• know the appropriate attacking tool</li> <li>• have practiced the technique on a soft pad</li> <li>• are always supervised</li> <li>• use an age appropriate height to attack.</li> </ul>
Collision with holder	<ul style="list-style-type: none"> <li>• Position holder to minimise collision</li> <li>• Supervise practice</li> </ul>
Head injury due to loss of balance	Ensure students <ul style="list-style-type: none"> <li>• are competent in the technique</li> <li>• know the appropriate attacking tool</li> <li>• have practiced the technique on a soft pad</li> <li>• are always supervised</li> <li>• use an age appropriate height to attack.</li> </ul>