

ITF UNION



ENGLAND
TAEKWON-DO

Safeguarding Safe Practise Policy

Taekwon-Do is an activity where safe practise is essential to help prevent injury. Children (and at-risk adults) are particularly vulnerable as they are still developing mentally and physically, so training methods need to be modified as described below:

1. Warm Ups

All activities should first include a thorough warm up which is appropriate for the activity taking place. To help reduce the risk of injury, specific attention should be paid to those joints and muscle groups that will be used during later activity.

2. Training Area

Prior to practise the instructor will check the training area to ensure it is safe and free of sharp/hard objects around the training area. When any equipment is used, instructors must ensure all students are briefed on the safe use of each piece of equipment prior to the session starting e.g. in the case of circuits the instructor will go around each station demonstrating safe use and technique at each station.

3. Safe Training Practises

The following guidelines must be followed when coaching and teaching. All training sessions will only run in the presence of a suitably qualified and experienced instructor whose responsibility it is to ensure the guidelines are followed:

- All contact sparring must be performed with adequate protection e.g. gloves, boots, shin guards, groin guards, mouth guards and head guards must be worn. If female a chest guard is of optional use.
- All sparring is performed with controlled contact relevant to ITF rules and regulations.
- Sparring across gender and age group is only allowed in non-competitive formats i.e. when contact is touch only and the emphasis is on learning technical skills, not winning and losing.
- Age, size and gender must be considered when sparring is competitive in nature. As a rule, training sessions should be separated into the age groups as defined by the ITF competition rules.
- Weapon training is not advised, however in some circumstances where there is weapons training, there will be good supervision by instructors at all times. All grades will use safety training weapons only.
- No live weapon training will take place.
- During self-defence training, content of what is taught must be appropriate to the age group.

4. Cool Downs

All activities should include a cool down period which is appropriate for the activity taking place, to help reduce the risk of injury.