

GTI Safe Practice Policy: Luton Tae Kwon-Do Fighters Ltd

Tae Kwon-Do is an activity where 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 modified, as appropriate:

1. Warm Ups

All activities 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 muscle groups that will be used during later activity. If a student attends a class late, they are still expected to warm up at the back of class or by jogging lengths of the hall.

2. Martial Arts involving throwing, grappling and strangling

The risks include but are not limited to: falling on unsuitable surfaces; landing on the head; damage to the joints from locks; strangulation.

Safe practice includes:

- (a) Carrying out a risk assessment and visual check prior to training.
- (b) Checking the matted area for suitability, particularly where the mats have been joined.
- (c) Checking that there are no hard surfaces or sharp/hard objects around the matted area.
- (d) Having an experienced Instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.

3. Martial Arts involving strikes, punches and kicks

The risks include but are not limited to: concussion (brain injury) from heavy blows to the head; damage to internal organs and joints from heavy blows; injury from inappropriate stretching and other exercises.

Safety kit (head, hands, feet, shins, groin guard for males) is to be worn for any contact. Close supervision of students sparring will always take place. No full contact takes place at any time during training, semi contact only for senior class students.

In competitions/tournaments, white, yellow and green belt junior students can only participate in point stop sparring. Higher grades are permitted to compete in continuous sparring under strict supervision of multiple corner/mirror umpires and the referee, and, ultimately the Chief Umpire. Coaches are permitted on the mat-side.

Competition participants will be placed in specific weight/height categories as appropriate to their measurements to compete against students of similar size. These categories are set up in advance using data provided by students and second checked prior to competing with a visual check to spot any anomalies.

At competitions, a designated first aider is on site at all times. If a head injury occurs, sparring is stopped and the student examined by the first aider. If appropriate, further medical attention will be recommended/sought.

Sparring divisions are currently identified as boys, girls, men's, ladies, veterans. Please contact the Events Manager or Secretary for the GTI policy regarding transgender competitors.

Junior students are not permitted to participate in exercises that would put excess pressure on their joints (e.g., press ups on knuckles) as their bodies are still developing and may be damaged by such exercise. Appropriate stretching exercises are designed for juniors and adults with pre-existing injuries.

4. Martial Arts involving weapons

Luton Tae Kwon-Do Fighters Ltd offers no weapons training/seminars

Safe practice includes:

- (a) There are never live blades (sharp or otherwise) in the training hall.
- (b) Safe protocols are in place for the use of training weapons by juniors (use of foam weapons).
- (c) Supervision at all times by qualified and experienced Instructors and a first aider on site.
- (d) Any seminars using other disciplines or weapons will only be conducted by an appropriately trained, experienced and qualified Instructor.

Contacts:

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This policy will be reviewed annually or sooner in the event of legislative changes or revised policies and best practice.