



DE SILVA TAEKWON-DO ASSOCIATION CODE OF PRACTICE FOR SAFETY OF STUDENTS

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

- safe
- fair
- focussed 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

Compulsory Safety Equipment

ITF Competitions	Red or Blue Sparring Gloves, Boots and Head guard
DE SILVA competitions	Any colour True Warrior Gloves and Boots Groin guard (males – worn under dobok) Head guard

Mouth guards

ITF Competitions	Transparent
DE SILVA Competitions	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 tests when they are competent at 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 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

Power test risk assessment		
RISK	Control measure	Action points
Injury to hands or feet by hitting the boards	<ul style="list-style-type: none">• Instructor must assess that the student has good technique before attempting to break the boards• Juniors should only use appropriate boards for their age• The amount and grade of boards should be appropriate to the age and experience of the student.• The boards should be in good condition	<ul style="list-style-type: none">• Students should not have any injuries to attacking tools or limbs to be used for destruction technique• Students should not suffer from any bone or skin disease

<p>Injury to hands or feet by hitting the frame</p>	<ul style="list-style-type: none"> • Instructor should assess the aptitude of the student, particularly in terms of their flexibility • The frame should have no sharp edges • The design of the frame should allow follow through after breaking the boards 	<ul style="list-style-type: none"> •
<p>Turning kick</p>	<ul style="list-style-type: none"> • Assess whether the student can use the correct part of the foot to avoid hitting toes • 	<ul style="list-style-type: none"> •
<p>Punch</p>	<ul style="list-style-type: none"> • Adults only to punch boards • The person should have been training a minimum of 9 months and be able to do 40 knuckle press ups 	<ul style="list-style-type: none"> •
<p>Side kick</p>	<ul style="list-style-type: none"> • Assess whether student can roll foot to ensure the board are hit with the ball 	<ul style="list-style-type: none"> •
<p>Reverse turning kick</p>	<ul style="list-style-type: none"> • Technique only to be practiced by blue belt and above. • 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 	<ul style="list-style-type: none"> •

Knifehand	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> •
Elbow	<ul style="list-style-type: none"> • 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 	
Reverse knife hand	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> •
Backfist	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> •
Side fist	<ul style="list-style-type: none"> • Students 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. 	<ul style="list-style-type: none"> •

Blood transfer from any cuts/ abrasions	• Ensure boards are cleaned of any blood before another person hits them	•
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SPARRING RISK ASSESSMENTS			
Sparring	Strains/sprains	<p>First aiders on site</p> <p>Clear visual communication with first aiders</p>	High
	Blows from other competitors	<p>Sparring is non contact for all juniors and in most other divisions</p> <p>Appropriate groin head hand and foot pads to be worn Officials to adhere to competition rules</p> <p>All children to wear head guards</p> <p>All adult males to wear groin guards</p>	Medium
	<p>Scratches:</p> <p>• From equipment</p>		Medium

	<ul style="list-style-type: none"> • From nails • From jewellery • From mats 	<p style="text-align: center;">Juniors to wear headguards</p>	
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	<p>Loss of balance</p> <p>Potential head collision with floor</p> <p>Dehydration</p> <p>Collisions with table/chairs</p>	<p style="text-align: center;">Ensure water is available</p> <p style="text-align: center;">Ensure furniture is safe distance from ring</p> <p style="text-align: center;">Height as a guideline</p>	<p style="text-align: center;">High</p> <p style="text-align: center;">Low</p> <p style="text-align: center;">Low</p>
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	<p>Mismatch (large competitor drawn against a small competitor)</p> <p>Verruca</p>	<p>Use of prophylactic. Verrucas must be covered up</p>	<p>Low</p>
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	<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>
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Special technique	Loss of balance leading to Sprains, strains Broken limbs	Students use appropriate technique for their ability Advanced techniques used by more experienced students	Medium Low
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This policy will be reviewed every three years.

Reviewed: March 2021

Next review date: March 2024