



Health & Safety Policy

For the All England Taekwon-Do Association

1. **Introduction**

The All England Taekwon-Do Association (AETA) is committed to prioritising the well-being of practitioners and provide guidelines to prevent injuries. These are as follows: -

2. **Training Environment** - Ensure a clean and well-maintained training area, free from hazards.
3. **Equipment Safety** - Inspect and maintain protective gear and training equipment regularly.
4. **Qualified Instructors** - Employ certified instructors who prioritize safety and provide proper supervision.
5. **Warm-Up and Cool-Down** - Emphasize the importance of warming up and cooling down to prevent muscle strains.
6. **Technique Instruction** - Teach techniques with a focus on correct form to minimize the risk of injury.
7. **First Aid** - Have a first aid kit available and personnel trained in basic first aid.
8. **Injury Reporting** - Establish a procedure for reporting injuries and incidents.
9. **Hydration** - Promote proper hydration during training sessions.
10. **Participant Health** - Ensure participants are physically fit and aware of their limitations.
11. **Emergency Procedures** - Develop and communicate emergency procedures in case of serious injuries.
12. **Age-Appropriate Training** - Tailor training programs to the age and skill level of participants.
13. **Safety Codes** - Adhere to the safety guidelines and codes set by relevant Taekwon-Do organisations.



14. **Safety Awareness** - Educate practitioners about the importance of safety and injury prevention.

The All England Taekwon-Do Association (AETA) recognise that safety is always be a top priority in any martial art, to create a positive and secure training environment.

Concerns can be raised and reported at safeguarding@aeta.uk

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