

<b>Best Practice Title:</b>	Class Safety Reminders
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## **Objective:**

The intention of this document is to describe the best practices the Club has found over the years to help ensure a safe environment in the dojang.

## **Background:**

Han Moo Kwan Tae Kwon Do Club takes safety very seriously. All members should strive to maintain a safe atmosphere at all times. In maintaining a safe and positive learning atmosphere the Club President and Chief Instructor expects all members to be safety advocates no matter the belt rank or level of experience.

“Class Safety “ HMKTKD-P7 and “Club Uniform Policy” HMKTKD-P8 contains requirements Club Members are required to follow to ensure a safe club environment. This document contains some additional best practice reminders to instructors and club member regarding safety.

## **Best Practice:**

### **Chief Instructor/Certified Instructor/Coaches**

- For the safety of all Club Members, remind members to maintain trimmed nails (fingers and toes) at all times.
- Familiarize the members with each maneuver by a complete explanation and demonstration before they attempt the moves.
- Ensure training partners offer no resistance, but allows the maneuver to be freely executed during the learning stages and while perfecting the techniques.
- Do not allow the members to get ahead of the instruction
- Ensure there is adequate space between members during all practical work
- Teach and practice falls before conducting throws and performing sparring
- If a condition exists that cannot be resolved, the most senior instructor must suspend some or all training activities until safe conditions are met.
- For medium to heavy contact drills and exercises, ensure members are wearing protective gear
- Be aware of the location of first aid kit and aware of first aid procedures.

### **Members Personal Safety**

- For the safety of all Club Members, members need to maintain trimmed nails (fingers and toes) at all times.
- Members must account for differences in rank and experience and adjust activity accordingly; members should not just imitate upper ranks without detailed instruction.

- Members, if unclear, should not start but raise their hands and seek clarification from the instructor. If still unclear, members should excuse themselves from the activity.
- Members should precede all activities or technique with “warm-up” movements. A warmed up muscle stretches and works better with reduced chance for injury.
- Members should perform cool-down exercises after each class to reduce chances for injury.
- Members suffering temporary injuries must take care not to compound their situation. Members must allow for an unknown amount of healing time before resuming full class activity. This means restraining themselves to only activities they can perform safely. Members are encouraged to consult with an instructor for suggestions and guidance but the students remain responsible for their own health and safety.
- Members returning from an injury should start slowly and increase speed gradually. Members should heed all physician instructions and relay these instructions to the instructor.
- Members should avoid exercise when ill or extremely fatigued.
- Members should only take formal instruction and detailed directions on drills and exercises from the Chief Instructor, a Certified Instructor, or a designated coach (formal instruction and detailed directions do not include corrections based on safety reasons)
  - Note: A designated coach can include the Thursday night coach; or a designated coach for a class session or even part of a class session

### **Training Areas**

All members should be aware of the training area and in particular:

- Maintain awareness of training space within the training area (proximity to walls or other obstructions)
- Maintain awareness of training area regarding other participating members.
- Inspect floor for debris and remove it if necessary
- Adjust / move or remove furniture if necessary
- Adjust activities if furniture cannot be moved
- Ensure any activities near any mirror or glass are slow and controlled.
- Fast or more aggressive activities must be halted and moved to a safer location.
- Be cognizant of the room temperature of the training area. Avoid intense activities on extremely warm or cold days.

### **Summary:**

Han Moo Kwan Tae Kwon Do club takes safety very seriously. All members should strive to maintain a safe atmosphere at all times.