

<u>Policy Title:</u>	Class Safety
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<u>Author:</u>	Kelly McInerney
<u>Approver:</u>	Robert Ramirez
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Objective:

The intention of this document is to describe the measures and rules enforced to ensure a safe environment in the dojang.

Background:

Han Moo Kwan Tae Kwon Do is taught as a martial art comprised of combative techniques used for self-defense and self-protection. The techniques practiced in the Club are inherently dangerous. If they are applied without sufficient control they will cause damage and injury. Time honored and new measures are used to greatly reduce or eliminate the chance of injury.

Policy:

In order to explore the possibilities of the art form without causing injury to fellow members a spirit of safety is maintained. 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. All formal training sessions require the Chief Instructor or a Certified Instructor to be present.

Chief Instructor/Certified Instructor/Teaching Assistant

- Supervise all practical work closely and constantly. Never leave a group unsupervised.
- If members are not wearing an approved uniform (HMKTKD-P8), they will not be allowed to participate in techniques with another partner
- Ensure that members understand and adhere to the use of both physical tapping and verbal signals to indicate to the partner when to stop.
- If a condition exists that cannot be resolved the Chief Instructor (or most senior Certified Instructor if the Chief Instructor is not present) must suspend some or all training activities until safe conditions are met.

Members Personal Safety

- Members must follow Instructor directions at all time. Any member ignoring these directives endanger others and risks restrictions or suspended class participation. . If a member is unclear of the direction, they should not start, but raise their hand and seek clarification from the Instructor. If still unclear, the member should excuse themselves from the activity.
- No contact to vital points, such as the head, neck, and groin area are to be executed (and unless specifically permitted by the Instructor).

- Members must adhere to the intensity and power level directed by the Instructor at all times. If a member believes an instructor direction to be unsafe, they should stop and step away from the training area, informing the instructor of their concern.
- Members are responsible for informing and ensuring the instructor understands the nature and seriousness of any preexisting medical condition. In addition, any general or specific medical emergencies that “might” occur must be declared. Withholding information can place the member and others at risk of injury. In some situations a note from the attending physician may be required to continue with class participation. The Club President and Chief Instructor will address these issues as they arise.

Training Areas

The formal training area must be dedicated to only club activities (during the allotted time). It must be kept clear of distractions to ensure students can retain proper focus. Inappropriate equipment should be removed, and access to outside personnel should be limited/managed. Significant interruptions should cause the suspension of practice.

Supplemental training/warm-up areas where personnel outside the Club have access (a shared space) should be used for limited activity if the students might become distracted. The event of any outside personnel entering this area should cause the immediate suspension of practice. Club members should always yield the area to outside personnel. Concerns about how this might impact training should be raised to the Club President directly.

Formal Sparring

When formal sparring is practiced (the mat is out), all members are required to wear the following sparring gear, unless told otherwise by the Instructor: head gear, chest protector, hand/arm protectors, feet/leg protectors.

All belts below the rank of brown belt must practice sparring with closed hands at all times, must avoid strikes to vital areas (head, neck, and groin area), and strikes towards the knee.

Brown belts and above may practice open hand techniques, strikes towards vital areas and to the knees in a controlled manner only against other members with a rank of brown belt or above.

Summary:

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

Verification:

The Chief Instructor (or most senior Certified Instructor if the Chief Instructor is not present) is responsible for ensuring the members are learning and practicing in a safe environment. The Chief Instructor, Club Officers, or a visiting Board Of Director can step in and modify any activity if deemed unsafe.

Enforcement:

Any Club Member not following the policy and maintaining a safe environment may lose their privileges at the club, including training, instructing, or attending classes.