



TAEKWONDO

Safety Guide

Sports Recreation

6

Key Benefits

36

Control Measures

22

Checklist Items

KEY BENEFITS

Strength & Flexibility

Enhances muscular strength and flexibility through kicking and striking techniques.

Balance & Coordination

Improves balance and coordination essential for dynamic movements and defenses.

Mental Focus

Develops mental focus and discipline required for mastering taekwondo skills.

Cardiovascular Fitness

Boosts cardiovascular fitness and endurance with continuous active participation.

Agility & Quickness

Increases agility and quickness through fast-paced training and sparring.

Self-Confidence

Supports self-confidence and mental resilience through structured training and goal attainment.

KEY HAZARDS & CONTROL MEASURES

Head Impacts During Sparring

- ✓ Mandate the use of headgear during sparring and competitions
- ✓ Provide training on safe techniques to minimize head impacts
- ✓ Supervise sparring sessions to enforce safety protocols

Body and Leg Kicks

- ✓ Teach controlled kicking techniques
- ✓ Use proper protective gear
- ✓ Supervise sparring to prevent excessive force

Legal Head Kicks

- ✓ Implement rules to regulate head kicks safely
- ✓ Provide protective headgear
- ✓ Train participants on safe execution of head kicks
- ✓ Supervise sparring sessions to enforce safety protocols

Mistimed Kicks or Punches

- ✓ Provide timing drills and sparring sessions under supervision
- ✓ Use protective gear to mitigate impact
- ✓ Encourage controlled practice to improve timing accuracy

Improper Landing During Kicks

- ✓ Teach proper kicking and landing techniques
- ✓ Use mats to cushion landings
- ✓ Supervise practice to correct improper form

Falling Improperly During Sparring

- ✓ Provide training on safe falling and rolling techniques
- ✓ Use adequate mat padding
- ✓ Supervise sparring and drills to ensure safe execution of techniques
- ✓ Encourage controlled practice with partners of appropriate skill levels

Collisions During Drills

- ✓ Implement clear rules regarding spacing and engagement during drills
- ✓ Use controlled drills to practice movements safely
- ✓ Educate participants on maintaining awareness of their surroundings

Worn-Out Protective Equipment

- ✓ Conduct regular inspections of all protective gear for signs of wear or damage. Replace any faulty or damaged gear promptly
- ✓ Use high-quality, safety-certified protective equipment
- ✓ Educate participants on the importance of using and maintaining protective equipment

Inadequate Supervision

- ✓ Ensure qualified instructors or supervisors are present during all training sessions. Maintain appropriate participant-to-supervisor ratios
- ✓ Supervise activities closely to enforce safety rules and intervene when necessary. Provide ongoing training for supervisors on safety and emergency procedures

Safeguarding

- ✓ Implement a comprehensive safeguarding policy and ensure all staff are trained. Conduct background checks on instructors and volunteers
- ✓ Establish clear reporting procedures for any concerns
- ✓ Maintain appropriate supervision ratios and never leave minors unattended
- ✓ Educate participants on their rights and who to contact if they feel unsafe

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Venue & Equipment

- Training floor clean, dry, and free from hazards
- Adequate space for kicking drills and sparring
- Protective equipment inspected
- Emergency exits clear
- Mats properly secured with no gaps
- Kicking targets/pads in good condition
- First aid kit accessible and stocked

Participants

- All wearing clean, appropriate dobok
- Fingernails and toenails trimmed short
- Any injuries/health issues declared
- Membership and insurance valid
- No jewellery, watches, or piercings
- Long hair tied back securely
- Full protective gear for sparring

Supervision & Documentation

- Qualified instructor(s) present
- First aider identified and present
- Session plan appropriate for skill levels
- Appropriate instructor-to-participant ratio
- Attendance register completed



RISK ASSESSMENT
WIZARD

Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

390+

Activity Templates

Pre-loaded hazards & controls for every activity

100%

Customizable

Add your branding & tailor to your needs

- ✓ Instant PDF & print-ready documents
- ✓ Store and update assessments online
- ✓ Add your logo & organization details
- ✓ Reuse and duplicate assessments
- ✓ Works on any device

Start Free at riskassessmentwizard.com

No credit card required - Try it free today