



11 – Pregnant Member Guidance

Hazard

- Contact with the pregnant woman causing damage to mother or/and baby

Who could be harmed?

- Mother
- Unborn Baby

Risks

- Contact during sparring or self defence
- Breaking or proximity to breaking (e.g., holding)
- Excessive exercise/force/movements

Risk Controls

- A member who is pregnant **MUST** declare this as soon as possible to the BT Club Coach/Instructor.
- Once declared a pregnant member will **NOT** be allowed to take part in ANY form of Sparring, Self Defence or Breaking.
- Continued training in warm ups/cool downs, basic techniques and Poomsae is encouraged as this enhances good health (subject to agreement with the members own GP/Midwife)
- Instructing is allowed subject to there being **NO** contact or excessive movements/force.
- Coaching of players at Events/Competitions is **NOT** allowed due to the potential to be kicked or harmed.
- Refereeing or Judging at Events or in the Club is **NOT** allowed due to the potential to be kicked or harmed