



07 – Taekwondo Risk Assessments

Introduction

The BT Board have instigated a robust Risk Management process based upon risks being “As Low as Reasonably Practical” (ALARP) recognising Taekwondo’s uniqueness namely that:

“Taekwondo is a martial art and a full-contact combat sport and therefore by its very nature there is always a risk of some minor injury. British Taekwondo is committed to minimising all risks”

It is always the Coach/Instructors final responsibility to carry out a specific Risk Assessment against the actual activity, specific circumstances and current conditions.

Additional hazards may exist and additional measures or protection may therefore be necessary to protect BT Members against these specific/current risks.

Every Taekwondo specific activity may contain a variety of hazards and risks to look out for such as:

- Tripping/Slipping/Falling
- Face injuries (Eyes/Teeth/Nose)
- Body injuries (Ribs/Groin/Bones)
- Hand or Foot Injuries (Fingers/Toes)
- Knockout/Loss of consciousness
- Bleeding
- Choking
- Fainting
- Asthma
- Undeclared/Unknown Medical Conditions

Conducting specific Risk Assessments at their point of use is always the best way to identify these and any additional hazards. Likewise, every Taekwondo activity will carry different levels of risk for example, Full-contact Sport Sparring will be naturally far more hazardous than Poomsae practise.

The involvement of children, vulnerable adults, disability and pregnancy can also increase the risk/harm potential.

Regardless of the activities involved each Generic/Model Risk Assessment must be individually checked by the Coach/Instructor to ensure its applicability in ‘that venue’ at ‘that time’ in ‘those conditions’ etc.

British Taekwondo Member Health & Safety Guidelines

To assist Instructors and Members British Taekwondo has carried out some ‘Model Risk Assessments’ for the following Taekwondo specific activities: -

- **Normal Class Training & Club Sessions for General Members**
(e.g., Fitness/Health/ Warm Up/Cool Down etc.)
- **Kyorugi Full-contact Sparring in Class or at Training Days**
(i.e., Not-Competitions/ Events)
- **WT Kyorugi Competitions/ Events**
- **Controlled Free Sparring in Class**
- **Basic Techniques and Poomsae in Class**
- **Pad Kicking (In Class)**
- **WT Poomsae Competition/ Events**
- **Self Defence in Class**
(e.g., 1&3 Step sparring / Restraints/ Throws/ Falling & Rolling / Weapons defence)
- **Breaking Wood/Plastic Boards/Bricks etc.**
- **Kick Bob Exercises**
- **Blank Form**

(For Instructors to complete for other specialist activities)

The intention of these detailed model Taekwondo-specific activity related Risk Assessments is to identify methods of eliminating, reducing or protecting from any resulting risks and thus eliminating any serious injuries to BT Members.

It must be stressed that the attached are ‘Generic/Model’ Risk Assessments only and the Coach/Instructor must check each of them to ensure they are applicable to the time, place and conditions in which he is applying them. Additional hazards and risks may be discovered and must be added to the Risk Assessment for that Club.

The Coach/Instructor should sign off the Risk Assessments which they are utilising in their own Club.

For all Risk Assessments the Risk Categorisation Process of Probability/Impact Scores are given in BT Member H&S Guideline 16.

BRITISH TAEKWONDO ACTIVITY-SPECIFIC RISK ASSESSMENT

**Taekwondo Activity: Normal Class Training, Class Sessions for General Member
Fitness/Health/ Warm Up/Cool Down etc. (Generic Risks)**

N o	Risk	P	I	P×I	Mitigation	P	I	P×I	Control
1	Pulled Muscle	3	2	6	Slow stretching to begin then a gentle progressive build-up and slowdown of strenuous activity	1	2	2	Instructor awareness of individual member's capabilities Instructor should have a pre-prepared 'Session Plan' to ensure a smooth coordinated approach
2	Fainting	2	2	4	Instructor to be observant. Allow member to sit down if dizzy.	1	2	2	Apply First Aid if this occurs: recovery position clear airways
3	Unknown and Existing Medical Condition	2	3	6	Always carry out pre membership checks Be aware of known symptoms and treatments Insist that members bring inhalers or epi-pen jabs to lessons and have them close by. Always be observant	1	3	3	Pre membership checks should identify common conditions. Instructor to liaise with member on treatment if symptoms occur. Unknown conditions require the instructor to be vigilant at all times
4	Over-exertion	2	2	4	Be aware of individual fitness levels. Do not push beyond an individual's level	1	2	2	Be aware of individual fitness levels
5	Jewellery/ Piercings	2	2	4	If visible they must be removed or taped. If not visible then taped likewise or stated as being at the members own risk	1	2	2	Instructor to be vigilant to jewellery/piercings

BRITISH TAEKWONDO
ACTIVITY-SPECIFIC RISK ASSESSMENT

TAEKWONDO ACTIVITY: KYORUGI FULL-CONTACT SPARRING IN CLASS OR TRAINING
DAYS (I.E. NOT-COMPETITIONS/ EVENTS)

Nº	Risk	P	I	P×I	Mitigation	P	I	P×I	Control
1	Kick / Punch to Head	3	3	9	Use of WT-approved Headgear & Gloves Use of WT Rules on punching to the head Medic/First Aid available	3	2	6	Taekwondo remains a full-contact martial art and sport and this activity remains its greatest residual risk Use WT-approved PPE Medic or First Aider/Kit on hand
2	Knock- out Blow / Unconsci- ousness	3	3	9	Use of full WT-approved PPE WT-approved Mats to protect fall whenever practical/possible Medic/First Aid available Active match management by a BT official	3	2	6	Trained medic or Emergency First Aider must be present when full-contact sparring is practiced
3	Bleeding	2	2	4	First Aid on hand	2	2	4	First Aider/Kit on hand
4	Kick / Punch to Body	4	2	8	Use WT-approved PPE	4	1	4	WT-approved PPE
5	Broken Bone	2	3	6	Use WT-approved PPE	1	3	3	WT-approved PPE
6	Winded	3	2	6	Use WT-approved PPE	2	2	4	WT-approved PPE
7	Fall/Slip Injury	4	2	8	Use WT-approved Mats whenever practical/possible	4	1	4	WT-approved Mats where practical/possible
8	Clash of Limbs	3	2	6	Use WT-approved PPE	3	1	3	WT-approved PPE

WT Kyorugi Competitions/ Events must comply fully with BT/WT Regulations

BRITISH TAEKWONDO ACTIVITY-SPECIFIC RISK ASSESSMENT

Taekwondo Activity: Controlled Free Sparring in Class

Nº	Risk	P	I	P×I	Mitigation	P	I	P×I	Control
1	Kick / Punch to Head	2	3	6	Taekwondo sparring with no, little or light contact is a normal class activity. Control measure in all cases is Member self-control Instructor supervision. First Aider/Kit on hand	2	2	4	Taekwondo sparring with no, little or light contact is a normal class activity. Control measure in all cases is Member self-control Instructor supervision. First Aider/Kit on hand
2	Knock Out Blow/Unconsciousness	2	3	6		1	3	3	
3	Bleeding	2	3	6		1	3	3	
4	Kick / Punch to Body	3	2	6		2	2	4	
5	Broken Bone	1	3	3		1	3	3	
6	Winded	1	2	2		1	2	2	
7	Fall/Slip Injury	2	2	4	2	2	4	WT leg/arm guards preferred	
8	Clash of Limbs	3	2	6	Use WT leg/arm guards	2	2	4	WT leg/arm guards preferred

BRITISH TAEKWONDO ACTIVITY-SPECIFIC RISK ASSESSMENT

Taekwondo Activity: Basic Techniques and Poomsae in Class

Nº	Risk	P	I	P×I	Mitigation	P	I	P×I	Control
1	Pulled Muscle	3	2	6	Adequate warm up/cool down	2	2	4	Instructor awareness of individual member capabilities
2	Twisted Ankle	2	2	4	Ensure floor is clear/flat.	1	2	2	Clear Floor space
3	Collision with others	2	2	4	Avoid class overcrowding and space class accordingly	1	2	2	No overcrowding and well-spaced
4	Over exertion	2	2	4	Be aware of individual fitness levels. Do not push beyond an individual's level	1	2	2	Be aware of individual fitness levels
5	Loss of Balance	2	2	4	Check - Use of TKD Shoes and Mats/Floor coverings may cause loss of balance	1	2	2	Instructor decision on use on TKD Shoes and WT Mats
6	Accidental Contact	2	2	4	Avoid class overcrowding and space class accordingly	1	2	2	No overcrowding and well-spaced

WT Poomsae Competition/ Events must comply fully with BT/WT Regulations

BRITISH TAEKWONDO ACTIVITY-SPECIFIC RISK ASSESSMENT

Taekwondo Activity: Pad Kicking in Class (Paddle/Large/Iranian)

Nº	Risk	P	I	P×I	Mitigation	P	I	P×I	Control
1	Incorrect holding	3	2	6	Instructor supervision and demonstrating correct holding method	1	2	2	Monitor holding method.
2	Damage to foot	2	2	4	Instructor demonstrating correct holding & kicking technique	1	2	2	Monitor kicking techniques.
3	Loss of Balance	2	2	4	Check - Use of TKD Shoes and Mats/Floor coverings may cause loss of balance	1	2	2	Instructor decision on use on TKD Shoes and WT Mats.
4	Pulled Muscle	3	2	6	Slow stretching to begin then a gentle progressive build-up and slowdown of strenuous activity	2	2	4	Instructor awareness of individual member capabilities
5	Twisted Ankle	2	2	4	Ensure floor is clear/flat.	1	2	2	Clear floor space
6	Fall/Slip Injury	3	2	6	Use WT-approved Mats whenever practical/possible	2	2	4	WT-approved Mats whenever practical/possible

BRITISH TAEKWONDO ACTIVITY-SPECIFIC RISK ASSESSMENT

Taekwondo Activity: Self Defence in Class (1&3 Step Sparring / Restraints/ Throws/ Falling & Rolling Techniques / Weapons defence)

Nº	Risk	P	I	P×I	Mitigation	P	I	P×I	Control
1	Strike to Face or Body	3	3	9	Use of full WT Body PPE preferred Use of Fake/Dummy Weapons only and only to be taught from 2 nd Kup First Aider/Kit on hand	2	3	6	Full WT Body PPE preferred First Aider/Kit on hand Fake/Dummy Weapons
2	Broken Bone	2	3	6	Excellent instruction and demonstration of correct / appropriate techniques for Grade Use of full WT Body PPE preferred	1	3	3	Instructor supervision First Aider/Kit on hand
3	Falling Badly	3	3	9	Use WT-approved Mats whenever practical/possible	1	3	3	WT-approved Mats whenever practical/possible
4	Eye injury	2	3	6	Consideration of techniques involving face/eye area First Aider/Kit on hand	2	3	6	Instructor supervision First Aider/Kit on hand
5	Twisted Joint	3	3	9	Excellent instruction and demonstration of correct / appropriate techniques for Grade	2	3	6	Instructor supervision First Aider/Kit on hand
6	Bruising	3	2	6	Use of full WT Body PPE preferred First Aider/Kit on hand	2	2	4	Full WT Body PPE preferred First Aider/Kit on hand
7	Winded	3	2	6	Appropriate techniques	2	2	4	First Aider/Kit on hand

BRITISH TAEKWONDO ACTIVITY-SPECIFIC RISK ASSESSMENT

Taekwondo Activity: Breaking Wood/Plastic Boards/Bricks (Hand held Boards)

Nº	Risk	P	I	P×I	Mitigation	P	I	P×I	Control
1	Hand/Foot Injury	3	3	9	Correct technique for grade of member First Aider/Kit on hand	2	3	6	Instructor supervision. First Aider/Kit on hand
2	Broken Bone	2	3	6	Correct technique for grade	1	3	3	Instructor supervision
3	Falling Badly	2	2	4	Correct technique for grade	1	2	2	Use WT-approved Mats whenever practical/possible.
4	Eye injury from flying boards	2	3	6	Correct holding Technique Correct number of holders: 2 Minimum with 2×1" and 4×2" +	1	3	3	Ensure holders are competent and trained Correct number of holders: Minimum of 2 Holders. Guide: 2×1" / 4×2" +
5	Eye injury from wood splinters /dust Applies to wood boards/bricks only.	2	3	6	Consider if wood/material is dusty or dry Dampen wood to control dust	1	3	3	Instructor supervision First Aider/Kit on hand. Use eye protection if concerned.
6	Bruising	3	2	6	Correct technique for grade	3	2	6	Instructor supervision
7	Young People/Frail People	3	3	9	Minimal foot only breaking for 14 years and below. 15-year-olds may break with the correct technique for their grade. Consider long term damage. Watch for frail body types through increased Instructor guidance	2	3	4	Increased Instructor supervision
8	Spectators	3	3	9	Aim Techniques away from people. Clear a 'no-go area'	2	3	6	Increased Instructor supervision. Monitor no-go area.

BRITISH TAEKWONDO ACTIVITY-SPECIFIC RISK ASSESSMENT

Taekwondo Activity: Breaking Wood/Plastic Boards/Bricks etc. (Frame/Horse held Boards)

Nº	Risk	P	I	P×I	Mitigation	P	I	P×I	Control
1	Hand/Foot Injury	3	3	9	Correct technique for grade of member First Aider/Kit on hand	2	3	6	Instructor supervision. First Aider/Kit on hand
2	Broken Bone	2	3	6	Correct technique for grade	1	3	3	Instructor supervision
3	Falling Badly	2	2	4	Correct technique for grade	1	2	2	Use WT-approved Mats whenever practical/possible.
4	Striker hitting part of the frame rather than the Board resulting in hand/foot injury	2	3	6	Correct technique for grade. Technique should not swing through board and continue to hit the frame. Correct technique for frame	1	3	3	Instructor supervision. First Aider/Kit on hand+
5	Board Holding frame incorrectly assembled or worn/broken	1	3	3	Thorough inspection of the frame before use. Check after moving or reassembly	1	3	3	Instructor supervision First Aider/Kit on hand.
6	Bruising	3	2	6	Correct technique for grade	3	2	6	Instructor supervision
7	Young People/Frail People	3	3	9	Minimal foot only breaking for 14 years and below. 15-year-olds may break with the correct technique for their grade. Consider long term damage. Watch for frail body types through increased Instructor guidance	2	3	4	Increased Instructor supervision
8	Spectators	3	3	9	Aim Techniques away from people. Clear a 'no-go area'	2	3	6	Increased Instructor supervision. Monitor no-go area.

BRITISH TAEKWONDO ACTIVITY-SPECIFIC RISK ASSESSMENT

Taekwondo Activity: Kick Bob Exercises

*Kick Bobs are soft/padded target areas on a flexible connection to a fixed (weighted) base.
They are designed to be kicked and punched by members of all ages without injury.*

Nº	Risk	P	I	P×I	Mitigation	P	I	P×I	Control
1	Defective/ Damaged Equipment	1	3	3	Must be CE Approved and correctly erected without damage	1	2	2	Check Model & Instructions. Review condition
2	Using incorrect techniques	3	2	6	Instructor supervision and demonstrating correct techniques /method	2	2	4	Instructor/ Coach always in attendance
4	Damage to foot/shin	3	2	6	Instructor/Coach to demonstrate correct kicking technique	2	1	2	Demonstrate correct techniques Use of WT PPE
5	Loss of Balance	2	2	4	Ensure floor is flat and clear & correct footwear WT-approved Mats	1	2	2	Instructor /Coach decision on use on TKD Shoes/Trainers or bare feet.
6	Pulled Muscle	2	2	4	Gentle stretching to begin	1	2	2	Instructor/ Coach awareness of individual member capabilities
7	Twisted Ankle	2	2	4	Ensure floor is flat and clear & correct footwear	1	2	2	Instructor/ Coach decision on use on TKD Shoes/Trainers or bare feet.
8	Fall/Slip Injury	2	2	4	Use WT-approved Mats	2	1	2	Use of WTF- approved Mats

BRITISH TAEKWONDO ACTIVITY-SPECIFIC RISK ASSESSMENT

Instructors should check the 'Model/Generic' Risk Assessments (provided by BT) against their own circumstances. These should be signed by the instructor if appropriate to their specific activities. Additional risks can be assessed using this Form.

Taekwondo Activity

Nº	Risk	P	I	P×I	Mitigation	P	I	P×I	Control
EG	<i>Example: Clash of legs whilst kicking</i>	3	2	6	<i>Members must wear leg guards</i>	2	2	4	<i>Ensure students always put on pads before sparring</i>
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