



Member Health & Safety Update

You may have noted the April 2023 publication of the UK Government's Concussion Guidelines for Non-Elite (Grassroots) Sport. These have now been added to the [British Taekwondo Health & Safety section of the website](#) and as a [PDF download here](#).

British Taekwondo welcomes the release of these guidelines and fully supports the objectives and methodology which dovetail into British Taekwondo's own Concussion and Head Injury management procedures.

British Taekwondo fully support the **"IF IN DOUBT, SIT THEM OUT"** motto.

For simplification, the British Taekwondo concussion and head injury model and procedures are as follows: -

RECOGNISE the signs and symptoms of concussion

This is achieved through British Taekwondo's free to use online concussion education tool – [TeachAids - CrashCourse](#). All British Taekwondo Referees, Instructors and Coaches will be required to pass this module during Referee and Coach education Courses. It is also freely available to members, parents etc. who wish to better understand how to recognise and deal with concussion in sport.

REMOVE from play anyone suspected of being concussed

It is the responsibility of any British Taekwondo Coach or Instructor to recognise when concussion has occurred and immediately remove the member from further harm. In a competition scenario this decision will normally be made by the BT Referee, the Event Medic or by a Player's own Coach

REPORT and RECORD the incident

Part 1 of the **British Taekwondo Accident Report Form** must be completed if a head injury or concussion has occurred. This is returned to British Taekwondo Membership Services for record and insurance purposes.

Part 2 of the Report Form – the **Head Injury Suspension/Protection Notice** – is given to the injured party (or parent/Coach) immediately, giving them clear information on concussion

symptoms and recovery periods. The Notice will give them a Suspension period based on their age and in line with **World Taekwondo (WT) protocols-**

- **17 Years + 30 Days**
- **15 & 16 Year 40 Days**
- **14 Years > 50 Days**

REST and RECOVER

The Head Injury Suspension/Protection Notice gives specific information on how to rest and recover from a concussion injury particularly in the first 24 hours, the first 2 days and during the last 8 days of recovery. Again, this is in line with WT protocols and best practice.

Note: During a Suspension period you will not be allowed to take part in any BT sanctioned events. This will be checked during the Event Audit process.

RETURN safely to play

Following the rest and recovery period and during the last 8 days of any suspension period a member/player can make a gradual return to full play as follows-

- 2 x Light exercise x 15 mins (e.g., walk, swim, jog)
- 2 x Taekwondo basics x 45 mins (e.g., stretch, kicks)
- 2 x non-contact and resistance training
- 2 x Full contact/full training

Remember, its up to everyone in British Taekwondo to better understand the signs and symptoms of Concussion. If we recognise it then any Instructor, Coach, Referee, Medic or Member can act on it by implementing the simple steps above.

In addition, just for your information, British Taekwondo are currently looking for Event Hosts who would be prepared to trial a non-head contact style of competition. This would be a "Body Shot only" style of Taekwondo using WT Para TKD Rules with the addition of punches. More on this to follow soon.

Stay safe out there

Tom Stammer

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