



12 – Health Guidance

Medical

If a Coach/Instructor has reason to believe that a member has a medical or health problem they should tactfully advise the member to visit their GP before training commences.

Known/Declared Conditions

Students must identify existing medical conditions to Instructors when they join British Taekwondo through its membership hub.

The Coach/Instructor should make a note these declared conditions and discuss them with the member so that they are both clear on:

- What symptoms might occur or be seen in class
- What the Coach/Instructor or member needs to do if the symptoms occur
- If there are any drugs/inhalers/injections/medicine which the Coach/Instructor needs to administer
- Where these drugs etc. will be during each session

Typical conditions that are commonly seen are:

- Asthma
- Hay fever
- Diabetes
- Attention Deficit Disorder
- Dyslexia
- Epilepsy
- Deafness
- Speech impediment
- Restricted Vision
- Back Problems
- Knee/Hip/Ankle problems
- Blood clotting disorders (such as haemophilia)

The Coach/Instructor must be able to discuss/understand these, work their sessions around the member, know the symptoms and apply any treatments

British Taekwondo Member Health & Safety Guidelines

Unknown/Undeclared Conditions

Occasionally a member may forget to declare a medical problem or they may not even know of a problem. This can lead to serious consequences for both the member and Coach/Instructor if the condition arises whilst training.

A qualified First Aider should initially deal with any problems, as a first responder, however, if there is any potential for loss of life or serious injury the Coach/Instructor should dial 999 immediately.

Unknown conditions could include any of the typical known conditions plus: -

- Heart conditions/Stroke
- Fainting
- Choking
- Sudden bone injuries through Osteoporosis
- Bleeding

If in any doubt the Coach/Instructor should immediately dial 999 urgently

Lifestyle

British Taekwondo promotes Taekwondo as a healthy active martial art and sporting activity.

It is vital therefore that Clubs, Coaches/Instructors and Members promote a healthy lifestyle.

It is important that Taekwondo Coaches/Instructors promote and demonstrate a healthy lifestyle by developing, communicating and publicising some of the key features of the art, such as:

- Fitness
- Relaxation
- Meditation
- Self-control
- Self Esteem
- Confidence
- Weight control
- Balance
- Flexibility
- Breathing control
- Wellbeing
- Olympic spirit
- Indomitable spirit

Clubs, Coaches/Instructors and Members should actively discourage Taekwondo's association with unhealthy lifestyle features and should work towards helping to eliminate these from society generally. Association with the following should be discouraged:

- Smoking
- Excessive Alcohol
- Drug taking
- Junk Food
- Performance-enhancing drugs (per BT and UK Anti-Doping guidelines)

British Taekwondo Member Health & Safety Guidelines

Weight Loss/Gain

Body shapes and sizes come in many varieties and this is no different for people who train in Taekwondo. On occasions a member may wish to reduce or increase their body weight.

This is best achieved on a gradual basis of 1-2lbs (0.5-1.0kg) per week based on a calorie consumed versus a calorie burnt model - whilst eating a healthy diet.

Members who compete in Kyorugi may wish to reduce or increase their weight to meet a certain weight category (e.g., Senior Female -67kg).

In these cases, where loss or gain may be greater than that recommended above, members should achieve this in a gradual and timely manner without sudden 'crash' dieting which is never recommended by BT.