



MEMBER HEALTH & SAFETY IN 2024

10 TIPS TO ENSURE YOUR CLUB IS READY FOR 2024

1. Make sure your British Taekwondo Club Registration is up-to-date and check that all Club Instructors/Coaches have up-to-date British Taekwondo Membership, Instructor Insurance and a current criminal records check/disclosure (or know when to renew it).
2. Check that your members have up-to-date British Taekwondo Membership or know when to renew it. This enables continued access to British Taekwondo insurance cover.
3. Review your list of Member Emergency Contact Numbers – is it up-to-date?
4. Check your list of Members for any declared/known medical issues, remind yourself and your Assistants and be aware of these conditions when training.
5. Before starting your next lesson – do a Risk Assessment on the venue – has anything changed? Are measures in place to protect against any known hazards?
6. When starting your next session – brief your members on Fire Exits, Emergency Alerts, Hazards, Medical provision etc.
7. Check you have medical cover for every session and/or check your Emergency First Aid at Work Certificate is still valid (or arrange to refresh).
8. Check your First Aid kit – has it been used? Check it is fully stocked.
9. Do the free online, 15-minute [TeachAids CrashCourse concussion education on the British Taekwondo website](#) – be more aware of the impact of concussion injuries.
10. Continue to report any injuries which require review by a GP, A&E or Dentist; also, whenever a member misses work or school due to the injury, and finally whenever there is a concussion injury where you have issued a Head Injury Suspension/Protection Notice.

[Review the Health & Safety section on the website.](#)

Be Safe Not Sorry