



## 10 – Wearing of Spectacles in Taekwondo

### Hazard

- Shattering Glass
- Sharpe Plastic/Metal Frames

### Who could be harmed?

- Harm to self
- Harm to partner

### Risks

- Cuts to eye
- Member is unsighted
- Broken glass on floor
- Cuts/scratched from frames

### Risk Controls

- Wherever possible Glass/Metal/Hard Plastic glasses should not be worn during sparring and self-defence.
- If the quality of sight is sufficiently bad as to increase the potential harm to the wearer, then alternatives should be considered to reduce the risk as follows: -
  - **Prescription Safety Glasses (unbreakable Frames)**
  - **Flexible Plastic Frames with Plastic lens**
- The member is responsible for providing and wearing these alternatives
- Glasses should never be worn during full contact sparring