

# **UNIVERSITY OF LEICESTER TAE KWON DO CLUB**

## **CODE OF PRACTICE**

Our aim is to make Tae Kwon Do enjoyable and safe at the same time. The code of practice set out below is to ensure this.

### **SPARRING**

Tae Kwon Do is a martial art and a degree of physical contact is necessary in order to participate fully.

The instructor or a senior member must supervise all sparring and their commands must be obeyed.

Contact is allowed only when permitted by the instructor and should be kept to a minimum at all times to avoid injury.

Members must bear in mind that sparring can be dangerous and must exercise control when executing attacks and blocks.

When sparring, protection must be used on the hands and feet of the attacking person. Groin guards, head guards and shin pads are highly recommended. Members must ensure that their training equipment is in good condition.

A student must never lose their temper whilst sparring.

### **SAFETY**

Every club session must start with warming up and stretching to prevent injury. Anyone arriving late must warm up and stretch on their own before taking part.

No one may train whilst ill or incapacitated without prior consultation with the instructor.

No jewellery or watches may be worn during club sessions. Toenails and fingernails should be kept short.

Any accidents or injuries must be reported immediately to the instructor and/or a committee member.

The club captain is responsible for ensuring that a first aid kit is available for training sessions.

### **EQUIPMENT**

We use a variety of equipment in addition to sparring gear. Focus pads, kick pads, breaking boards and the holder must not be used without instruction from the instructor, or a senior member. Members below Yellow Tag are not permitted to break.

### **SPORTSCARD & LICENCE**

All members must have a University Sportscard.

Above the level of Yellow Tag, they must also have a licence and insurance.

### **DISCIPLINE**

Any member who by his/her actions or behaviour puts others at risk, or brings the club into disrepute, may at the discretion of the instructor or captain and committee, be temporarily suspended or expelled from the club.