

# TAGB TAE KWON-DO

Burnham-on-sea / Cheddar / Portishead

## Tae Kwon-Do Activity Specific Risk Assessment

Version: 1.0

This document identifies the risks posed by Covid-19 to our club activities and identifies the Control Measures this Club is putting in place to protect its Instructors and Member from the Covid-19 hazard whilst participating in our Tae Kwon-Do Activity.

**EDITION DATE: 30th July 2020**

<b>TAE KWON-DO ACTIVITY SPECIFIC RISK ASSESSMENT</b>	
<b>The Most Common Identifiable Risks</b>	
<b>Tae Kwon-Do Specific Activities</b>	<b>Suggested Risk Control Measure</b>
Warm Up/Cool Down	At least 2 metres between each member (unless from same household) A 3m x 3m block area is recommended for each participant to allow for movement and to mitigate against the risk of droplets of sweat passing between participants. Stretching and working singularly NOT in pairs / groups unless from same household. Use side by side or back to back in all cases when you can (rather than face to face)
Basic Techniques (on spot or up and down)	Maintain distancing as above except for people from same household
Patterns	Maintain distancing as above except for people from same household
Free Sparring	Not currently permitted except from people from same household
Foot Technique / 1-2-1 Kicking	Practice techniques (attack & defence) but only at a 2-metre distance unless with people from same household
Self Defence	Members must renew their membership before attending training. This can be done in advance using online payment.
Breaking	2 people are usually needed for holding; therefore, this is not currently allowed.
Pad Kicking (e.g. Pads / Paddles, Kick Shields, etc.)	Not currently permitted except from people from same household