



## Welfare Officers Notice

As with all active sports there is always the risk of some injury so wearing the appropriate clothing and protective equipment when sparring is essential.

## Ensure Appropriate Equipment

- Taekwondo Uniform (Dobok) is required for training sessions. The uniform is light and allows for freedom of movement. Ladies should wear a white T-shirt under their uniform.
- Headgear is essential when sparring.
- Cups provide protection to the groin area.
- Always use a mouth guard to protect your teeth, mouth, and tongue.
- Forearm, shin and instep guards are necessary to protect your arms and legs.
- Appropriate gloves protect the hands.
- Body protector is essential to help protect the torso.
- If you wear glasses, use safety glasses or glass guards to protect your eyes.
- Avoid socks or footwear that may cause you to slip on matted floors. In many cases, going barefoot provides the most stability. Speak with your instructor about what type of footwear would be best for your activity and skill level.

## Health

If you have any medical conditions, ailments or injuries you need to notify the class instructor. If you are required to take any medication, please bring it with you but remember that if you need to take your medication you must be able to do this yourself.

## Hydration

Please bring water or an energy drink to training sessions to ensure adequate hydration.

## Hygiene

Please ensure fingernails and toenails are kept short and all jewellery removed or covered with tape or plasters.

If you have any issues or questions please speak with the club Welfare Officer