



# UK **T**aekwondo Development Council

**New Starter**  
Safety Guidance SG-6

### New Starter – Checklist

The following checklist acts as an *aide memoire* for the information that should be provided to any new student prior to their first lesson.

#### **1. Health Assessment**

Enquire about any health problems, injuries, limitations that may affect training

#### **2. Health advice**

Inform the student of the physical fitness requirement

Inform the student of the rigorous warm-up and stretching activities

#### **3. Safety advice**

Inform the student about the safety requirements (jewellery, chewing gum, footwear, long hair etc)

#### **4. Lesson Plan**

Explain/ provide an overview of a typical lesson

#### **4. Instruction**

Inform the student that they are only to perform the tasks they are shown by the instructor.

Inform the student that they will be under the supervision of an experienced (black-belt) instructor

#### **5. Emergencies**

Inform the student of the emergency procedures (fire drills, escape routes, alarms assembly points etc)

Inform the student of the first aid provisions

Obtain an emergency contact number (parent/carer/relative) for each student

#### **6. Equipment/Clothing**

Inform the student of the requirement for loose clothing (e.g. tracksuit/tee-shirt) or dobok

#### **7. Personal hygiene**

Explain the requirements for personal hygiene (finger nails, toe nails, hair etc)

Student's Name \_\_\_\_\_

Instructor \_\_\_\_\_ Date \_\_\_\_\_

The Instructor named above has run through the points above and provided the opportunity for me to ask questions relating to those points and any other questions/ concerns.

Student's Signature \_\_\_\_\_