



British TaeKwon Do Council

TKD Centre, 192 High Street (1st Floor), West Drayton, Middx. UB7 7BE
Tel: 01895 459949 ~ Fax: 01895 430257 ~ Email: admin@tkdcouncil.com

NEW STARTER CHECKLIST

1. **HEALTH ASSESSMENT**
Check any health problems, injuries that may affect training.
Comments:
2. **HEALTH & SAFETY ADVICE**
Advice of physical fitness required, level of fitness, check suitability.
Comments:
3. **HEALTH RISK – TAEKWON-DO**
Martial art that involves a certain amount of physical contact and fitness, very rigid warm up sessions.
Comments:
4. **NEW STARTER PRESENCE**
Ensure and make sure new starter is visible and monitored at all times. Explain this to them and check they understand.
Comments:
5. **ADEQUATE SUPERVISION**
Explain that a senior grade will observe.
Comments:
6. **VIGOROUS ACTIVITY**
Make sure new starter is aware that they must not attempt anything other than what they are directed to do.
Comments:
7. **OTHER**
Comments:

Signed:

Student

Date

Parent/Guardian (if under 16 years)

Date

Instructor

Date

