

**BRITISH TAEKWONDO COUNCIL  
NEW STARTER CHECKLIST**

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

**Note:**

*We confirm that all relevant information has been sought and provided to ensure health and safety in initial training sessions. Failure to disclose pre-existing conditions may invalidate insurance.*

	Signature	Print Name	Date
Student:			
Parent/Guardian: <small>(if student under 16yrs)</small>			
Instructor:			