



First Aid Policy

Version: V2

Effective Date: 08th May 2026

Review Date: 08th May 2029

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1. Introduction

Taekwondo Council UK (TCUK) is committed to promoting:

- participant welfare,
- safeguarding,
- injury prevention,
- safe participation,
- and responsible risk management.

This policy outlines the minimum expectations relating to first aid training, first aid provision, accident response, and injury management across TCUK-affiliated activity.

This policy forms part of TCUK's wider safeguarding, participant welfare, and safe practice framework.

2. Purpose

The purpose of this policy is to:

- support safe participation,
 - promote appropriate first aid provision,
 - reduce risk of injury and harm,
 - support participant welfare,
 - establish minimum first aid expectations,
 - and support consistent risk management arrangements across TCUK-affiliated activity.
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3. Scope

This policy applies to:

- affiliated clubs and associations,
- instructors,
- assistant instructors,
- officials,
- volunteers,
- event organisers,
- and individuals involved in TCUK-affiliated activity.

This policy applies across:

- training sessions,
 - competitions,
 - seminars,
 - demonstrations,
 - camps,
 - gradings,
 - events,
 - and related Taekwondo activities.
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4. First Aid Training Requirements

4.1 Instructor First Aid Training

Instructors and individuals responsible for activity delivery should maintain appropriate first aid awareness and training relevant to their role and activity.

TCUK strongly recommends that newly qualified instructors complete an appropriate in-person first aid course wherever reasonably practicable.

Online-only training should not normally replace practical first aid training where face-to-face provision is reasonably available.

4.2 Renewal and Refresher Training

Individuals remain responsible for ensuring that:

- qualifications remain valid where applicable,
- first aid knowledge is refreshed appropriately,
- and training remains relevant to their role and activity.

Periodic refresher training is strongly recommended.

4.3 Alternative Qualifications

Equivalent or higher-level first aid qualifications may be accepted where appropriate.

Alternative or blended learning arrangements may be considered subject to:

- safeguarding considerations,
 - insurance requirements,
 - operational suitability,
 - and TCUK approval where applicable.
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5. First Aid Provision

Appropriate first aid provision should be available during:

- training sessions,
- events,
- competitions,
- demonstrations,
- and other physical activities.

First aid arrangements should be proportionate to:

- participant age,
- activity type,
- contact level,
- risk assessment,
- safeguarding considerations,
- environmental factors,
- and participant welfare needs.

Where reasonably practicable:

- a suitably trained first aider should be available during physical activity.

First aid equipment should:

- be accessible,
 - appropriately stocked,
 - and suitable for the activity being delivered.
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6. Events and Competitions

Event organisers should ensure that:

- appropriate first aid arrangements are in place,
- emergency procedures are understood,
- higher-risk activities receive appropriate support,
- and risk assessments consider participant welfare and medical risk.

Larger or higher-risk events may require:

- additional first aid provision,
 - specialist medical support,
 - or enhanced emergency planning arrangements.
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7. Head Injuries and Concussion

All instructors and organisers should take reasonable steps to:

- minimise head injury risk,
- recognise signs of concussion,
- and respond appropriately to suspected concussion.

Any participant suspected of concussion or significant head injury:

- should be removed from activity immediately,
- should not return to activity on the same day,
- and should only return following appropriate medical advice and clearance where applicable.

Parents/carers should be informed as soon as reasonably practicable where a child or young person sustains a significant head injury or suspected concussion.

This policy should be read alongside the TCUK Safe Practice, Supervision & Student Ratios Policy and any applicable concussion guidance.

8. Recording Accidents and Injuries

Accidents, injuries, and significant welfare incidents should be:

- documented appropriately,
- stored securely,
- and managed in accordance with safeguarding, governance, and data protection obligations.

Serious incidents or safeguarding-related concerns should be reported through appropriate safeguarding procedures.

Current safeguarding contacts, reporting routes, guidance, and support information can be found via the TCUK safeguarding section of the website:

<https://tkdngb.co.uk/en/members-area/safeguarding>

9. Responsibilities

TCUK Responsibilities

TCUK may:

- provide guidance and support,
- maintain minimum welfare and safeguarding expectations,
- support governance oversight,
- and review compliance where appropriate.

Affiliated Organisation Responsibilities

Affiliated organisations are expected to:

- maintain appropriate first aid arrangements,
 - support participant welfare,
 - maintain relevant records where appropriate,
 - and ensure activities are risk assessed and managed responsibly.
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10. Inclusion and Accessibility

TCUK is committed to promoting:

- inclusion,
- accessibility,
- participant welfare,
- and safe participation.

First aid and emergency planning arrangements should consider:

- medical needs,
- accessibility,
- additional support requirements,
- participant welfare,
- and reasonable adjustments where appropriate.

Current inclusion guidance and support information can be found via the TCUK inclusion section of the website:

<https://tkdngb.co.uk/en/members-area/inclusion>

11. Non-Compliance

Failure to maintain appropriate first aid, safeguarding, welfare, or risk management standards may result in:

- safeguarding intervention,
 - additional training requirements,
 - restrictions,
 - disciplinary action,
 - suspension,
 - or removal from recognised activity where appropriate.
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12. Governance and Review

This policy will be reviewed periodically to ensure continued alignment with:

- safeguarding standards,
 - participant welfare,
 - governance expectations,
 - health and safety considerations,
 - inclusion commitments,
 - and best practice.
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Conclusion

Taekwondo Council UK is committed to promoting safe, practical, proportionate, and welfare-focused first aid arrangements across all affiliated activity.

All individuals involved in TCUK-affiliated activity share responsibility for supporting participant welfare, injury prevention, and safe participation.

Approval

Approved operationally by: TCUK CEO & Safeguarding Team

Date: 08th May 2026

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Subject to formal Board ratification at the next Board meeting

Next Review Date: 08th May 2029