

## USE AND CARE OF YOUR NEW SAFETY EQUIPMENT

Please remember to bring your full safety kit to every session.

### NOTE FOR PARENTS

It is vital that you help your child to practice putting their kit on and off at home. We cannot help them to do this in class and often too much time is taken getting ready to spar – meaning far less time sparring! It is also important that your child takes care when putting their equipment back in its' bag – kit is often left behind or placed in the wrong child's bag.

Please regularly check that your child's equipment still fits, especially the sparring boots (sparring boots are too small if the toes are visible from the outside of the boots) as feet grow the fastest; if the boots are too small they likely need new gloves as well. If in doubt please ask us to check. Both damaged and poorly fitting equipment can lead to injury to the wearer, their opponent or both.

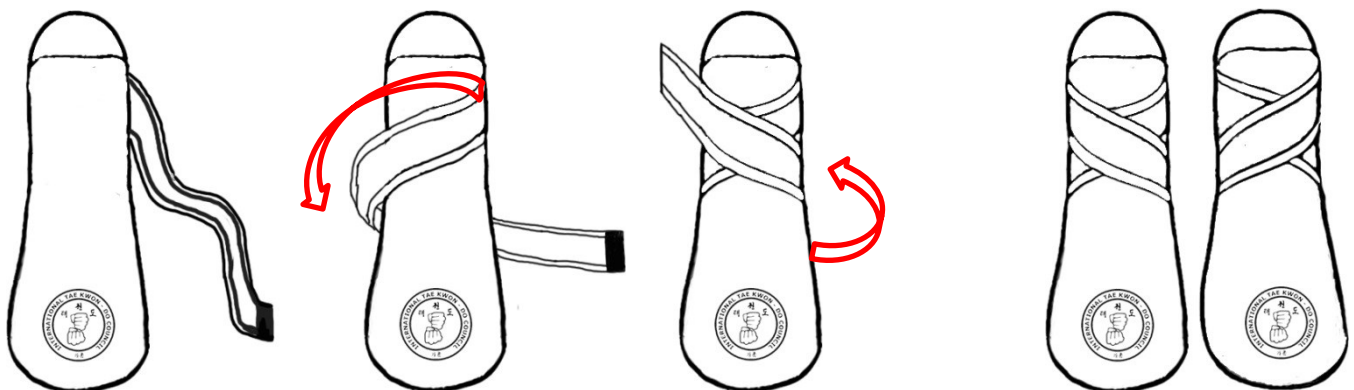
We often experience resistance to wearing gum shields from children (many excuses are heard!). Gum shields are necessary for prevention of damage to teeth, injury to the jaw or even brain injury.

**Please tell your children to wear their gum shields.**

### HOW TO PUT ON SAFETY EQUIPMENT (SPARRING KIT)

All of the equipment is adjustable and will have been fitted to you / your child prior to purchase. Most of the kit is easy to put on, ask for a demonstration if you're unsure. Please write the owner's initials onto the labels of every piece (we are in discussion with the manufacturer about making the labels bigger for this purpose).

- **HELMET:** These come with two options of chin strap – adjustable Velcro or elastic.
- **SHIN GUARDS:** These go underneath the dobok.
- **SPARRING GLOVES:** Ensure thumb and all fingers are fully pushed into the gloves.
- **GROIN GUARDS:** These go on the outside of the dobok, your legs go through the front holes. Whilst not standard issue or requirement, there is also a female version available.
- **GUM SHIELD:** Gum shields need to be moulded to fit the mouth by following the instructions on the back of the box. Anyone with an orthodontic brace requires a specialised gum shield – please discuss with your orthodontist.
- **SPARRING BOOTS:** To put on the boots -
  1. Undo the elastic and place the foot in the boot.
  2. Pull the elastic over the top of the boot then wrap it underneath the boot/foot.
  3. Wrap the elastic back across the top of the boot (criss-cross pattern).
  4. Secure the Velcro at the back of the boot.
  5. There are two toe loops under the boot, one for the big toe, the other can go over which toes are comfortable for the wearer.



### SUPPLEMENTARY KIT

It is acceptable to wear elasticated pull on forearm protectors – these can be worn (under the dobok) in class and at most competitions. Ladies may also like to wear a chest protector – we currently do not have a supplier for these but can advise – please ask.



## HAIR STYLES

If you / your child have long hair it is important to consider how the hair will fit into a sparring helmet. Whilst pony tails may be pulled through gaps in the helmet (please practice at home), buns that sit on the top or back of the head will not fit and the hairstyle will need to be changed mid class (we cannot help with this). All hair grips and clips must be removed before wearing a helmet as these could cause head injury with heavy impact. The wearing of hair beads cannot be allowed at any time during class for the same reason - in addition there is the risk of eye injury when the head is turned. It is your responsibility to alter hairstyles as necessary before class – we cannot check every head before sparring.

## GLASSES AND HEARING AIDS

If you/your child wears glasses or hearing aids these must be removed for sparring. There are sparring-safe prescription goggles/glasses available – consult your ophthalmologist. If you are hearing impaired please ensure the instructor and your opponent is aware so agreed hand signals can be used where necessary.

## JEWELLERY

Jewellery or watches should not be worn in class and especially not during sparring. New piercings should be covered by tape as a temporary measure whilst they are healing.

## KEEP FINGER AND TOENAILS SHORT

Please check the length of finger and toe nails before each class; injuries caused by long or sharp nails are the most common injuries seen in TaeKwon-Do classes! Nails should be kept as short as possible. Toenails can be especially sharp and can easily cause serious cuts, with the face and eyes most at risk! We notice that it is often teenage boys who can neglect the length of their toenails – so parents, please encourage regular trimming.

## KEEP IT CLEAN

Sparring kit can quickly become very smelly if not regularly cleaned! It is recommended that you regularly give your sparring kit a wipe with a damp cloth using warm, soapy water. Allow the kit to dry thoroughly (we recommend the washing line) before returning it to your kit bag. Don't neglect to wash your equipment bag regularly too.

Your gum shield and case should be thoroughly cleaned each time you use it – we recommend saving an old toothbrush for the purpose, then cleaning using soap and water before thoroughly rinsing, allowing it to dry and storing back in the case.

A good way to prevent your kit becoming smelly is to invest in a string bag – this allows the kit to dry after use and prevents bacteria/mould growing. We sell them – just ask.

## CHECK FOR DAMAGE

You should regularly check your kit for signs of rips or tears. If this occurs in kit that is less than 12 months old please bring it back for us to take a look. Equipment that is 12 months+ can start to show signs of wear. Any splits or tears in the equipment may lead to injury – the kit is designed to minimise injury to both the wearer and their opponent.

- Check kit around the joints where the area is regularly stressed and may be liable to split.
- Check that any elastic straps have not lost their elasticity (often due to age) meaning the item is no longer firmly held in place.
- Check that Velcro closures haven't become so clogged with 'fluff' that they no longer function (kit that constantly pops open can become very frustrating in class) – some time spent de-fluffing with tweezers may help!

Whilst it is acceptable to tape up small amounts of damage for use in class, this is only a temporary measure – replace damaged kit as soon as you are able. At competitions, no rips, tears or taping of kit will be accepted; make sure to check your kit in plenty of time.

