

**PHYSICAL EDUCATION ACTIVITY CLASS
TAEKWONDO RISKS**

**SERIOUS, CATASTROPHIC, AND EVEN FATAL INJURY MAY RESULT FROM PARTICIPATION IN ANY SPORT
OR PHYSICAL ACTIVITY.**

The vast majority of participants in physical education and sport activity participate safely by following certain safety guidelines such as those described in this document.

Fitness and fun are common outcomes in physical activity, but there also is physiological stress on the participant. **IF YOU HAVE ANY PHYSICAL CONDITION WHICH LIMITS YOUR PARTICIPATION, CHECK WITH YOUR PHYSICIAN BEFORE BEGINNING THIS CLASS.**

All movement activities contain RISKS FOR THE PARTICIPANT INCLUDING, but not limited to: sprain, fracture, and/or ligament damage; falling or other contact resulting in brain damage; paralysis; even death.

SOME OTHER RISKS SPECIFIC TO, BUT NOT LIMITED TO, **TAEKWONDO** AND SUGGESTIONS FOR REDUCING THESE RISKS ARE IDENTIFIED HERE:

Cardiovascular risk. Vigorous physical activity places stress on body systems, especially heart and lungs. Begin and continue vigorous activity by following guidelines suggested by the course instructor. If any symptoms of cardiovascular difficulty appear, stop activity immediately and seek appropriate help. Begin your program gradually and increase the work done only gradually.

Injury to head, trunk and limbs may result from use of sport equipment, facilities, or from contact with another person. Use equipment and the facilities only in the way they are designed to be. Maintain a safe distance from others during all activity.

Exhaustion or dehydration. Fatigue is common with vigorous activity. Take appropriate rest breaks and rehydrate as needed. Wear appropriate clothing for each activity. Be especially careful under hot conditions. Warm up appropriately.

Risk of injury from personal jewelry. Watches, rings, earrings, necklaces, and bracelets can get in the way of activity and potentially cause damage to yourself or another participant, in addition to the risk of damaging the jewelry itself. Remove all jewelry before participation.

Injuries from weapons, contact training and sparring: ALWAYS follow the teacher's instructions when training with a partner, sparring and training with weapons! Never horseplay, train with weapons or spar in the classroom without the instructor's consent and supervision.

Other conditions and safety procedures. ADHERE TO ANY OTHER WARNINGS AND SAFE PARTICIPATION INSTRUCTION AS GIVEN BY THE INSTRUCTOR DURING THIS COURSE.

Do you have questions about safe play or risks associated with **taekwondo**? Ask the course instructor.

NOTE: You must read, sign, and date the "Physical Education Assumption of Risk and Release" for this class and return it to your instructor to: Participate, attend, be given attendance points, and/or remain enrolled in this course.