HEAD INJURIES IN TAEKWONDO

# THE DO JANG INSTRUCTOR'S ROLE

Alberta Taekwondo Association

You don't diagnose concussion, but you are often the first adult to see it. Your four jobs:

## 1 PREVENT

- Headgear and mouthguard at every practice
- Supervise all sparring and acrobatics
- Match partners by height, weight and skill
- Demo and freestyle poomsae: spotters, crash mats, a cleared floor and planned sequences

## 2 RECOGNIZE

- Staggering or poor balance
- Vacant stare, can't focus
- Slow or uncoordinated movements
- Headache, nausea, dizziness, "not feeling right"
- Use the **Concussion Recognition Tool 6 (CRT6)**

## 3 REMOVE

- **Stop the activity right away**
- No return that day, even if they feel better
- Don't leave them alone; hand them to a parent or responsible adult
- Every suspected concussion sees a medical doctor

## 4 SUPPORT

- Back to school before back to full contact
- Step-by-step return, at least 24 hours per step
- Written medical clearance before full-contact sparring
- "Just not right" weeks later? Symptoms over a month need specialized care

## RED FLAGS: CALL 911

Neck pain · Double vision · Weakness or tingling in arms or legs · Severe or worsening headache · Seizure · Loss of consciousness · Vomiting more than once · Growing confusion or agitation. **Don't move an athlete with neck pain.**

**WHEN IN DOUBT, SIT THEM OUT.**

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