

# TEK HEALTH GUIDANCE

**TEAM ELITE KICKBOXING LIMITED T/A TEK KICKBOXING IS A COMPANY LIMITED BY SHARES, REGISTERED IN ENGLAND & WALES UNDER NUMBER 13693213; ITS REGISTERED ADDRESS IS 71 STATION ROAD, BEESTON, NOTTINGHAM, UNITED KINGDOM, NG9 2AW; ITS TRADING ADDRESS IS 71 STATION ROAD, BEESTON, NOTTINGHAM, UNITED KINGDOM NG9 2AW ITS VAT NUMBER IS 402159925; ITS EMAIL ADDRESS IS [INFO@TEAMELITEKICKBOXING.ORG](mailto:INFO@TEAMELITEKICKBOXING.ORG) AND TELEPHONE NUMBER IS +44 (0) 7766836153.**

IF A COACH HAS REASON TO BELIEVE THAT A MEMBER HAS A MEDICAL OR HEALTH PROBLEM THEY SHOULD TACTFULLY ADVISE THE MEMBER TO VISIT THEIR GP BEFORE TRAINING COMMENCES.

## **KNOWN/DECLARED CONDITIONS**

STUDENTS MUST IDENTIFY EXISTING MEDICAL CONDITIONS TO INSTRUCTORS WHEN THEY JOIN TEK KICKBOXING THROUGH THEIR MEMBERSHIP FORM.

THE COACH SHOULD MAKE A NOTE THESE DECLARED CONDITIONS AND DISCUSS THEM WITH THE MEMBER SO THAT THEY ARE BOTH CLEAR ON:

1. WHAT SYMPTOMS MIGHT OCCUR OR BE SEEN IN CLASS
2. WHAT THE COACH OR MEMBER NEEDS TO DO IF THE SYMPTOMS OCCUR
3. IF THERE ARE ANY DRUGS/INHALERS/INJECTIONS/MEDICINE WHICH THE COACH NEEDS TO ADMINISTER
4. WHERE THESE DRUGS ETC. WILL BE DURING EACH SESSION

## **TYPICAL CONDITIONS THAT ARE COMMONLY SEEN ARE:**

1. ASTHMA
2. HAY FEVER
3. DIABETES
4. ATTENTION DEFICIT DISORDER
5. DYSLEXIA
6. EPILEPSY
7. DEAFNESS
8. SPEECH IMPEDIMENT
9. RESTRICTED VISION
10. BACK PROBLEMS
11. KNEE/HIP/ANKLE PROBLEMS
12. BLOOD CLOTTING DISORDERS (SUCH AS HAEMOPHILIA)

ALL COACHES MUST BE ABLE TO DISCUSS/UNDERSTAND THESE, WORK THEIR SESSIONS AROUND THE MEMBER, KNOW THE SYMPTOMS AND APPLY ANY TREATMENTS.

## **UNKNOWN/UNDECLARED CONDITIONS**

OCCASIONALLY A MEMBER MAY FORGET TO DECLARE A MEDICAL PROBLEM OR THEY MAY NOT EVEN KNOW OF A PROBLEM. THIS CAN LEAD TO SERIOUS CONSEQUENCES FOR BOTH THE MEMBER AND COACH IF THE CONDITION ARISES WHILST TRAINING.

A QUALIFIED FIRST AIDER SHOULD INITIALLY DEAL WITH ANY PROBLEMS, AS A FIRST RESPONDER, HOWEVER, IF THERE IS ANY POTENTIAL FOR LOSS OF LIFE OR SERIOUS INJURY THE COACH SHOULD DIAL 999 IMMEDIATELY.

UNKNOWN CONDITIONS COULD INCLUDE ANY OF THE TYPICAL KNOWN CONDITIONS PLUS: -

HEART CONDITIONS/STROKE  
FAINTING  
CHOKING  
SUDDEN BONE INJURIES THROUGH OSTEOPOROSIS  
BLEEDING

IF IN ANY DOUBT THE COACH SHOULD IMMEDIATELY DIAL 999 URGENTLY

## **LIFESTYLE**

TEK KICKBOXING PROMOTES KICKBOXING AS A HEALTHY ACTIVE MARTIAL ART AND SPORTING ACTIVITY.

IT IS VITAL THEREFORE THAT COACHES AND MEMBERS PROMOTE A HEALTHY LIFESTYLE.

IT IS IMPORTANT THAT TEK COACHES PROMOTE AND DEMONSTRATE A HEALTHY LIFESTYLE BY DEVELOPING, COMMUNICATING AND PUBLICISING SOME OF THE KEY FEATURES OF THE SPORT, SUCH AS:

1. FITNESS
2. RELAXATION
3. MEDITATION
4. SELF-CONTROL
5. SELF ESTEEM AND BELIEF
6. CONFIDENCE
7. WEIGHT LOSS
8. BALANCE
9. FLEXIBILITY
10. BREATHING CONTROL
11. WELLBEING

TEK COACHES AND MEMBERS SHOULD ACTIVELY DISCOURAGE UNHEALTHY LIFESTYLE FEATURES AND SHOULD WORK TOWARDS HELPING TO ELIMINATE THESE FROM SOCIETY GENERALLY. ASSOCIATION WITH THE FOLLOWING SHOULD BE DISCOURAGED:

- SMOKING
- EXCESSIVE ALCOHOL
- DRUG TAKING
- JUNK FOOD
- PERFORMANCE-ENHANCING DRUGS (PER ANTI-DOPING GUIDELINES)

## **WEIGHT LOSS/GAIN**

BODY SHAPES AND SIZES COME IN MANY VARIETIES AND THIS IS NO DIFFERENT FOR PEOPLE WHO TRAIN AT TEK KICKBOXING. ON OCCASIONS A MEMBER MAY WISH TO REDUCE OR INCREASE THEIR BODY WEIGHT.

THIS IS BEST ACHIEVED ON A GRADUAL BASIS OF 1-2LBS (0.5-1.0KG) PER WEEK BASED ON A CALORIE CONSUMED VERSUS A CALORIE BURNT MODEL - WHILST EATING A HEALTHY DIET.

MEMBERS WHO COMPETE IN COMPETITION MAY WISH TO REDUCE OR INCREASE THEIR WEIGHT TO MEET A CERTAIN WEIGHT CATEGORY (E.G., SENIOR FEMALE -67KG).

IN THESE CASES, WHERE LOSS OR GAIN MAY BE GREATER THAN THAT RECOMMENDED ABOVE.