



Republic of Ireland Taekwon-Do Association (R.I.T.A.)

Substance Abuse Policy

In the R.I.T.A. the use of drugs, alcohol and tobacco shall be actively discouraged as being incompatible with a healthy approach to sporting activity.

Instructors\Assistants shall not smoke when taking a session or drink alcohol or still be under the influence of alcohol before taking a session.

In relation to our under-age teams the R.I.T.A. shall endeavour to organise receptions and celebrations in a non alcoholic environment and in a manner that is suitable for the age group concerned.

Where this is not possible, the School/instructor/coach will ensure **that under no circumstances whatsoever can any person under the age of 18 years consume alcohol and any and all appropriate steps should be taken to ensure that this policy is strictly adhered to.**