

BRITISH TAEKWONDO COUNCIL

BTC Safe Return to Play - Indoor TKD Activity Guidelines Phase One - 25th July 2020

In line with Government, Sport England and HSE information, advice or guidance, and supported by our insurers, the British Taekwondo Council, the National Governing Body for Taekwondo recognised by Home Country sports councils, detail the following steps to assist BTC Registered Clubs in the safe return to indoor activity, aligned with the COVID-19 guidance and risk assessment tool already circulated to BTC Registered Club Instructors via the BTC Member Organisations. The expectation is that indoor activity will resume on 25th July 2020. If this date changes, so will the effective date of this guidance. BTC registered clubs should comply with these requirements over and above all other BTC policies and procedures, which are the minimum operating standard at all times.

BTC registered clubs should:

1. Undertake a club COVID-19 risk assessment
2. If operating in a hired venue, request a copy of the facility provider's COVID-19 risk assessment and have a clear understanding of their safety measures and requirements
3. Resuming indoor activity from 25th July 2020 only if and when they are confident they are compliant with COVID-19 safety measures; the safety of all participants (ie students, instructors, spectators/guardians) is paramount
4. Require that anyone displaying, or having had contact with anyone displaying, symptoms of COVID-19 coronavirus does not attend the club
5. Clearly communicate with members and spectators/guardians the club rules regarding:
 - a. Class times
 - b. Membership and contactless payment
 - c. Record contact details to support [NHS Test and Trace](#) (hold records for a minimum of 21 days for trial sessions)
 - d. Waiting arrangements prior to classes
 - e. Safe entry to and exit from classes, eg timings, one-way system
 - f. Hand washing and sanitising arrangements
 - g. Observing 2m social distancing measures, both outside and in the class (BTC COVID-19 Risk Assessment template assists in calculating numbers of participants in a given space)
 - h. Ensure good ventilation, fresh air if possible or air-conditioning drawing fresh air rather than recirculating air
 - i. No pad work, sparring or Taekwondo activities which might involve close contact with anyone outside your household (or "bubble" as defined by Gov.uk)
 - j. No excessive exertion or kihaps to be expressed to reduce respiratory droplets
 - k. No shared equipment, every student should use their own equipment (except with anyone in your household (or "bubble" as defined by Gov.uk)
 - l. Training activities should be undertaken side-by-side or back-to-back, rather than face-to-face
 - m. Students should attend and leave wearing their training uniform, use of changing facilities is not permitted
 - n. Students should be encouraged to observe good personal hygiene in regular hand washing and showering before and after classes
 - o. Regular cleaning and checks of toilet facilities
 - p. Sessions should be planned, delivered and reviewed to be engaging and inclusive
 - q. If more than one occurrence of COVID-19 is linked to the club, the club must immediately close, follow the relevant NHS guidance on isolation and provide information as required to support Test and Trace