



British Taekwondo Council

Administration

192 High Street, West Drayton

Middlesex. UB7 7BE ENGLAND

Tel: 01895 459949 • Fax: 01895 430257

Email: admin@tkdcouncil.com • Website: www.tkdcouncil.com

BTC COVID-19 Update 12th May 2021

Easing of Lockdown Measures in Scotland with effect from 11th May 2021

Excerpt from SGB's Return to Sport and Physical Activity [Plan](#):

Table A: Sport & Physical Activity Protection Levels

		Level 0	Level 1	Level 2	Level 3	Level 4
OUTDOOR SPORT Organised outdoor sport, competition, events and Physical Activity (PA)	Overview	An outdoor sporting 'field of play bubble' can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 30 people, can be used in training, competition, or small-scale sporting events if all guidance is followed (200 max per day unless with Scottish Govt exemption).				Local training/competition only. U12s: max 30 including coaches. Over 12s/adults max 15 including coaches.
	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	U12s: Contact sport permitted 12-17 years: Non-contact sport & PA permitted
	Adults (18+ years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Non-contact sport & PA permitted Contact sport & PA prohibited	Non-contact sport & PA permitted Contact sport & PA prohibited
INDOOR SPORT Organised indoor sport, competition, events and Physical Activity (PA)	Overview	The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and sport specific SGB Guidance . 'Group' activity refers to adults, who take part in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules. 'Individual exercise' refers to organised sport or physical activity which takes place within household rules i.e. 1:1 coaching. For further information see definitions within this guidance.				
	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed.
	Adults (18+ years)		Non-contact sport & PA permitted Contact sport & PA prohibited	Non-contact sport & PA permitted Contact sport & PA prohibited	Indoor individual exercise only No contact or non-contact group activity	

Scotland is currently operating under [Level 3](#) measures:

- **U18s:** All organised sports and activities are permitted, provided appropriate safety measures are followed.
- **Adults:** Organised outdoor non-contact sports, personal training and coaching are permitted, provided appropriate safety measures are followed. Outdoor contact sports are not permitted, except for professional sport.
- Exercise is permitted indoors in gyms and indoor sports facilities, abiding by the rules on meeting other households. No group exercise classes or sports (contact or non-contact) are permitted indoors.
- You can meet in groups of up to 6 adults from 6 households for exercise outdoors (under 12s do not count towards the number of people meeting or households), and travel to any other Level 3 area for that purpose.

From **Monday 17th May 2021**, most areas in Scotland will be operating at [Level 2](#). Some islands will move to Level 1. Moray is likely to remain at Level 3.



- **U18s:** All organised sports and activities are permitted, provided appropriate safety measures are followed.

BTC: U18s may participate in all aspects of TKD activity, outdoors and indoors.

- **Adults:** All organised outdoor sports, personal training and coaching are permitted, provided appropriate safety measures are followed.

BTC: Adults may participate in all aspects of TKD activity outdoors.

- Organised exercise (such as exercise classes and non-contact sports) is permitted indoors, provided appropriate safety measures are followed. Indoor contact sports are not permitted, except for professional sport.

BTC: Adults may only participate in non-contact TKD activity indoors (ie no pad work or sparring).

Please check the [updated BTC Risk Assessment](#) for guidance on group sizes and mitigations where safety measures are indicated.

BTC Executive
12th May 2021

This reply is sent from the secretary generals' office, for and on behalf of the British Taekwondo Council.

Located: **TKD Centre, 192 High Street, 1st Floor, West Drayton, Middlesex. UB7 7BE ENGLAND**
Who remains the authority on all correspondence