



British Taekwondo Council

Administration

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BTC COVID-19 Update 19th July 2021

Easing of Lockdown Measures in Scotland with effect from 19th July 2021

Excerpt from SGB's Return to Sport [guidance](#):

Table A: Sport & Physical Activity Protection Levels

effective: 16 July 2021

		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 operate for organised sport with maximum numbers noted below. At Levels 0-2 figures exclude coaches, officials, and other support staff*. Multiple bubbles can be used for training, events, and competition if appropriate guidance, set out within this document, is followed. Indoor and outdoor stadium, or equivalent events/competitions, involving spectators are subject to relevant Scottish Government guidance and approval. Any variation to these numbers must be approved by Scottish Government directly.				Local training/competition only. U12s: max 30 including coaches. Over 12s/adults max 15 including coaches.
		Maximum bubble size: 500 participants* Total Daily Limit: No limit	Maximum bubble size: 100 participants* Total Daily Limit: 1000 participants	Maximum bubble size: 50 participants* Total Daily Limit: 500 participants	Maximum bubble size: 30 participants Total Daily Limit: 200 participants	
	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 & PA permitted 12-17 years: Non-contact sport & PA permitted.
	Adults (18+ years)				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 Coronavirus (Covid-19): 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 Non-contact sport & PA permitted	Contact & non-contact sport & PA permitted Non-contact sport & PA permitted	Contact & non-contact sport & PA permitted Indoor individual exercise only	Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed.
	Adults (18+ years)		Contact sport & PA prohibited	Contact sport & PA prohibited	No contact or non-contact group activity	

effective: 16 July 2021

COACHING	Overview	General guidance is available within this document for coaches, leaders, personal trainers, deliverers and instructors, <i>herein referred to as coaches</i> . In addition Getting Coaches Ready for Sport provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.
	Indoor & Outdoor coaching	The local protection Level in place for sport and physical activity will dictate what activity can be coached, indoors and outdoors and to whom in that area. See indoor / outdoor above for further information. Coaches can take multiple sessions per day, however the numbers allowed in each session will depend upon the protection Level in place.
PERFORMANCE SPORT	Professional & Performance	Professional & performance sports with Resumption of Performance Sport guidance in place and approved by Scottish Government or sportsScotland is permitted at all Levels.
TRAVEL	Indoor / Outdoor Sport & Physical Activity	For further information please refer to Travel Guidance within this document.
HOSPITALITY & RETAIL	Clubs & Sports Facilities	Clubhouses and sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance appropriate to the protection Level in which they are operating. Further information is available at Coronavirus (COVID-19): tourism and hospitality sector guidance .
		Retail units operated by sports facility operators may reopen provided all specific Scottish Government guidance for retailers appropriate to the protection level in which they are operating is in place and adhered to. Further information from the Scottish Government is available at Retail Sector Guidance .
TOILETS, CHANGING & SHOWER ROOMS	Clubs & Sports Facilities	Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at Getting Your Facilities Fit for Sport . This is applicable at all levels where facilities remain open.
		Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines
WORKFORCE	Contractors & Staff	Sports facility operators must ensure that Scottish Government guidance on workforce planning in sport & leisure facilities is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.
	Meeting Rooms	Although gym and leisure facilities can open up to Level 3, we would encourage providers to consider whether meetings and training must be completed in person or whether these can be completed online or via telephone. If it is essential that meetings and training takes place in person, Scottish Government guidance for general workplaces must be followed and a risk assessment should be completed.

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



In line with the BTC Health and Safety Policy, the [BTC Club Risk Assessment](#) tool has been reviewed and updated with NGB guidance on mitigations where safety measures are indicated. Club instructors are required to review and modify this template to reflect their club's arrangements. Facility providers may also require a copy of your updated club COVID-19 Risk Assessment.

Transmission of the COVID-19 virus remains high, and most children and young people have not been vaccinated. Those who have been vaccinated may still catch, experience mild or severe symptoms and transmit the virus. Anyone notified that they should self-isolate should not leave their place of isolation to participate in sport or physical activity. Anyone displaying any COVID-19 symptom(s) should NOT attend training.

Scottish Government is phasing the "FACTS" messaging out and replacing it with the following principles:

Protecting all of us, takes all of us. As restrictions are eased, it is vital that we don't give in. We should continue to:

- maintain and promote good ventilation
- wear face coverings in certain settings
- physically distance in certain settings
- use good hand and respiratory hygiene and surface cleaning

Facility operators and sport and physical activity deliverers should have in place Test & Protect procedures.

BTC Executive
19th July 2021

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