



British Taekwondo Council

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BTC COVID-19 Update 25th March 2021

Easing of Lockdown Measures in England

Combat Sport Framework:

Phase 0 (non-contact, socially distanced activity only)

Phase 1 (return to equipment training)

Phase 2 (return to contact training)

Phase 3 (return to competition)

Step 1 (As of 29 March*)

- Children can return to indoor organised combat sport at phase 2 (contact). This is only where the activity is for the purpose of education or as part of their wraparound care, following wider [DFE](#) and [out of school guidance](#). More information can also be see in the [FAQs on our website](#).
 - [BTC](#): If an instructor is paid by the education provider to provide TKD activities, NOT as a club paying to hire facilities.
- U18s can return to outdoor organised combat sports at phase 2 (contact) of the combat sport framework.
- Adults can return to outdoor organised combat sports at phase 1 (pad work) of the combat sport framework.
- Where the activity is organised there is no limit on numbers of participants, but must be in line with DFE/out of school setting guidance for children. Definition of organised: Organised sport and physical activity must be formally organised by a qualified instructor, club, national governing body, company or charity and follow sport-specific guidance where appropriate. If it does not follow this definition, the session would constitute as informal and must follow general government guidance on social gathering and social contact limits.

Step 2 (No earlier than 12 April*)

- Same rules as step 1 for outdoor activity for both adults and U18s
- U18s can return to organised indoor combat sport at phase 2 (ie contact) children's indoor participation no longer limited by education and wrap around care rule but it is recommended that they work **in groups of 15** in line with the DFE guidance.
 - [BTC](#): Max 15 children in group plus at least 1 coach/instructor(s).
- Adults can return to organised indoor combat sport at phase 1 (1:1 in line with the broader guidance that indoor facilities can open for individual use only).
 - [BTC](#): The instructor can wear PPE and rotate between participants, cleaning the pad between each student.
 - [BTC](#): Adults can adopt 1:1 training within the class as designated by the instructor. The adults holding the pad for their training partner must wear PPE and the pad be cleaned during transfer from one partner to the other. The BTC strongly advise that the adult training partners must remain the same in all sessions until the next phase



review. Ideally, the instructor will partner adults together, these pairs remaining consistent in all training sessions and settings.

- Adults and children would be able to take part in their activity in the same facility provided they have separate coaches/instructors for their sessions, remain socially distanced, comply with ventilation guidance as detailed in the BTC COVID-19 Risk Assessment.

BTC Executive

*subject to change based on the Chief Medical Officer's decisions as to when it is safe to open up

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

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Who remains the authority on all correspondence