



# British Taekwondo Council

## Administration

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## BTC TIER AND PHASE GUIDANCE 4th January 2021

This guidance is applicable for [England only](#).

Updates for Scotland, Northern Ireland and Wales will be issued  
Tuesday 5th January 2021

Phase	0 - Return to Club Training (non-contact, socially distant)	1 - Using Equipment
Tier 1	<b>Permitted (insured)</b> <b>Outdoors:</b> U18 (unlimited, 2m); Adults (30 max, 2m) <b>Indoors:</b> U18 (2m); Adults (6 max, 2m)	<b>Permitted (insured)</b> U18s (numbers not restricted, 2m) & Adults (bubbles 6 max, 2m)
Tier 2	<b>Outdoors:</b> U18 (unlimited, 2m); Adults (30 max, 2m) <b>Indoors:</b> U18 (2m); Adults (household/support or 6 max training bubbles, 2m)	Not currently permitted (not insured)
Tier 3	<b>Outdoors:</b> U18 (unlimited, 2m) & Adults (30 max, 2m) <b>Indoors:</b> U18 (2m); Adults (household/support/training bubbles only or 1:1)	Not currently permitted (not insured)
Tier 4	<b>Outdoors:</b> U18 (unlimited, 2m); Adults (household/support bubbles only or 1:1) <b>Indoors:</b> <b>Not permitted (not insured)</b>	Not currently permitted (not insured)
Mitigations	<ul style="list-style-type: none"> <li>Local Tier restrictions to be adhered to</li> <li>Phased Safe Return to Play Taekwondo Activities Plan</li> <li>COVID-19 Risk Assessment with mitigations in place</li> <li>Maximum number of participants based on venue capacity of 100ft<sup>2</sup> (4m<sup>2</sup>) per person</li> <li>Adhere to social distancing and hygiene rules</li> <li>Focus on return to fitness</li> <li>Focus on aspects of TKD syllabus which do not involve face-to-face activity or contact</li> <li>No direct personal contact</li> <li>Encourage regular hand sanitising/ washing regime</li> <li>Social distancing must be maintained for all participants during training described above</li> <li>Gradings must be modified in line with Tier</li> <li>Track &amp; Trace compliance (contact information, attendance, health monitoring)</li> <li>First aid should be administered in line with COVID-19 secure guidelines</li> <li>Information to be shared with members via verbal instructions, email, website and social media posts</li> </ul>	<p><b>Date:</b> 04 January 2021</p> <ul style="list-style-type: none"> <li>Local Tier restrictions to be adhered to</li> <li>COVID-19 Risk Assessments to be reviewed with mitigations in place</li> <li>Maximum number of participants based on venue capacity of 100ft<sup>2</sup> (4m<sup>2</sup>) per person</li> <li>Contact training solely for the use of handheld and static equipment (eg. kick shields and focus pads, bags, special technique holders and plastic or wooden boards)</li> <li>Consistent household/support/training bubbles (as defined by Tier) to be maintained for all training sessions</li> <li>Instructors must operate socially distant from all bubbles and not hold equipment for any bubbles in order to safely deliver classes in a club session.</li> <li>Household/support/training bubble members may hold pads or shields for each other if appropriately matched (height, weight, experience, ability)</li> <li>Equipment described above should be cleaned between users and sessions</li> <li>No shared personal equipment</li> <li>No direct personal contact</li> <li>Encourage regular hand sanitising/ washing regime</li> <li>Social distancing must be maintained for all participants other than during training described above</li> <li>Gradings must be modified in line with Tier</li> <li>Track &amp; Trace compliance (contact information, attendance, health monitoring)</li> <li>First aid should be administered in line with COVID-19 secure guidelines</li> <li>Information to be shared with members via verbal instructions, email, website and social media posts</li> </ul>