



British Taekwondo Council

Administration

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BTC COVID-19 Update 5th January 2021

[Sport and Physical Activity Protection Levels, Scotland](#)

[Sport, Exercise and Outdoor Activity, Wales](#)

[Coronavirus \(COVID-19\) Regulations Guidance: Sports, Northern Ireland](#)

The BTC guidance detailed below is applicable to [England](#) only and aligns with [Sport England](#) guidelines.

Phase	0 - Return to Club Training (non-contact, socially distant)	1 - Using Equipment
Tier 1	Permitted (insured) Outdoors: U18 (unlimited, 2m); Adults (30 max, 2m) Indoors: U18 (2m); Adults (6 max, 2m)	Permitted (insured) U18s (numbers not restricted, 2m) & Adults (bubbles 6 max, 2m)
Tier 2	Outdoors: U18 (unlimited, 2m); Adults (30 max, 2m) Indoors: U18 (2m); Adults (household/support or 6 max training bubbles, 2m)	Not currently permitted (not insured)
Tier 3	Outdoors: U18 (unlimited, 2m) & Adults (30 max, 2m) Indoors: U18 (2m); Adults (household/support/training bubbles only or 1:1)	Not currently permitted (not insured)
Tier 4	Outdoors: U18 (unlimited, 2m); Adults (household/support bubbles only or 1:1) Indoors: Not permitted (not insured)	Not currently permitted (not insured)
National Lockdown	Outdoors: Organised sport for disabled people permitted; 1:1 with one other person from another household Indoors: Not permitted (not insured)	Not permitted
Mitigations	<ul style="list-style-type: none"> Local Tier restrictions to be adhered to Phased Safe Return to Play Taekwondo Activities Plan COVID-19 Risk Assessment with mitigations in place Maximum number of participants based on venue capacity of 100ft² (4m²) per person Adhere to social distancing and hygiene rules Focus on return to fitness Focus on aspects of TKD syllabus which do not involve face-to-face activity or contact No direct personal contact Encourage regular hand sanitising/ washing regime Social distancing must be maintained for all participants during training described above Gradings must be modified in line with Tier Track & Trace compliance (contact information, attendance, health monitoring) First aid should be administered in line with COVID-19 secure guidelines Information to be shared with members via verbal instructions, email, website and social media posts 	<p>Date: 04 January 2021</p> <ul style="list-style-type: none"> Local Tier restrictions to be adhered to COVID-19 Risk Assessments to be reviewed with mitigations in place Maximum number of participants based on venue capacity of 100ft² (4m²) per person 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) Consistent household/support/training bubbles (as defined by Tier) to be maintained for all training sessions 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. Household/support/training bubble members may hold pads or shields for each other if appropriately matched (height, weight, experience, ability) Equipment described above should be cleaned between users and sessions No shared personal equipment No direct personal contact Encourage regular hand sanitising/ washing regime Social distancing must be maintained for all participants other than during training described above Gradings must be modified in line with Tier Track & Trace compliance (contact information, attendance, health monitoring) First aid should be administered in line with COVID-19 secure guidelines Information to be shared with members via verbal instructions, email, website and social media posts