

Coronavirus (Covid-19) Guidance for Ottery TKD & Sidmouth TKD School

The Corona Virus Disease 2019, or COVID-19, has been around now for 9 months and has changed the way we live. We now know it is spread via droplets, mostly from saliva and sputum. It can affect the lungs, airways and kidneys in a similar way to flu. It has been responsible for >45,000 deaths in the UK, mostly in the elderly or people with multiple other diseases. In the South West we have been lucky to have one of the lowest rates in the UK, however conversely that means fewer people here will have immunity to the disease.

As a practitioner of TKD you are considered to be at a lower risk of adverse effects of this virus, however this does not guarantee your safety nor that of the parents or grandparents you come into contact with outside the Dojang. **It is imperative that we do not contribute to the spreading of this disease, however maintaining the mental and physical health of all out students remains a priority.** Therefore, in keeping with the recommendations from Public Health England, British Taekwondo Council and TAGB guidelines, we are implementing the following precautionary measures.

1. No student will be allowed to participate if they have displayed any symptoms of cough, shortness of breath or fever within the last 48 hours, or have been instructed to self-isolate by the NHS Track and trace service.
2. All students have to be punctual. Late arrivals will not be admitted until cleared by Instructor and/or maximum number of students have not been achieved.
3. Students will be required to wear footwear for all training sessions until such time that BTC guidelines allow us to train barefoot; students then will be permitted to wear appropriate footwear for training session if they prefer. This is mandatory for anyone with breaks in the skin of their feet. Please make sure these are clean and suitable.
4. A register will be taken at every session; there will be no parents/guardians/spectators allowed inside the dojang to easily facilitate tract and trace if necessary.
5. Upon arrival temperature will be checked using infrared thermometer. Anyone displaying symptoms of COVID-19 in the dojang should immediately return home and contact NHS 111 online for advice and guidance, <https://111.nhs.uk/covid-19/>
6. Upon entry to the dojang, you must use sanitiser and/or wash hands with soap and water for 20 seconds.
7. As the kitchen will be out of bounds to everyone, students have to bring their own water bottle and will be assigned a spot. There will be no food consumed inside the dojang.
8. Use of toilet will be one at a time, only if necessary. Clean hands prior to touching door handles, toilet flush and taps; wash hands with soap and water for 20 seconds.
9. Training will be non-contact; side by side and/or in rows, not face to face with physical distancing 2-m apart with maximum number of students depending on venue.

Non-contact activities include patterns, line work, drills, step sparring (in line rather than in pairs), breaking with fixed or sturdy freestanding holders, power with targets securely fixed



rather than held. Members of one household may hold kick shields, focus pads and breaking boards for each other if assessed as safe to do so in the usual way. No sparring, free or step, requiring contact until the national COVID-19 alert rating reaches Level 2 (possibly with conditions) or Level 1 (no special measures required).

10. Students are responsible for ensuring that all equipment they bring and used with members of their household (such as focus pads, shields, etc) is cleaned between every session and that Doboks and t-shirts are washed at a minimum of 40°C between every training session.
11. Students will be individually dismissed. There will be will a one-way system; a designated door will be the exit.
12. Instructor/s or designated person will open all doors prior to training so that students will not need to touch them.
13. Instructor/s or designated person will perform a clean down after each session

Please inform us of any ailments you may have as soon as possible.

Ottery St Mary & Sidmouth TKD

This advice has been produced in conjunction with medical advisors

Venue: Ottery Scout Centre **Maximum number of students:** 19*

Venue: Stowford Community Centre **Maximum number of students:** 16* (half of hall)

Venue: Stowford Community Centre **Maximum number of students:** 36* (whole hall)

Venue: Sidbury Village Hall **Maximum number of students:** 12*

*Maximum number of students calculated using BTC Club Covid-19 Risk Assessment 2020 calculation for maximum number of participants less 2 Instructors



Child Protection
in Sport Unit

