

## **Amendments Required to the Taekwondo Association COVID-19 Protocols**

- Single use disposable cloths must be used for sanitizing of equipment between users, where equipment must be shared.
- Temperature checks and contact information (name and contact number) should be captured in a secure book and maintained for a period of 4 -6 weeks for all students, instructors and parents attending.
- Parents should be discouraged from attending to watch but may be permitted provided they can exercise physical distancing of 6 feet.
- Where possible, have one door for entry and one door for exit.
- Hand washing or sanitizing should be done upon entry/arrival and at the end of training sessions.
- 2m physical distancing should be observed in all directions (front, back and sides) by the students during training. There should be designated 2m x 2m (6-ft x 6-ft) square for training, there should also be a 1-m (3-ft) space between one individual training “box” and another individual training “box” on all sides. Floor markers can be used.
- Coaches should remain at least 2m from the nearest student at all times.
- Indoor training should be done with windows and doors open for maximum ventilation. Outdoor training should be encouraged.
- Only poomsae (forms) and kyukpak (breaking) can be practiced. Kyukpak training can be with the use of freestanding equipment only (not requiring human assistance) for the purpose of practiced. Any equipment should be should be disinfected between participants.
- No kyorugi (sparring) can be practiced.
- No kihaps (yelling) can be practiced
- There should be no sharing of water bottles or personal items. Participants should be encouraged to bring their own water and avoid the use of water coolers unless using single use cups.
- Athletes should, wherever possible, arrive dressed for class.
- General sanitizing of the changing rooms, bathrooms, frequently touched areas and dojang floor, with an approved sanitiser (capable of destroying the virus that cause COVID-19), should be done prior to and after each class.
- Handheld kicking targets and kicking shields should not be used. They cannot be used with a proper 6ft (2m) distancing.
- Athletes and coaches when sneezing or coughing should turn away from each other and sneeze/cough into their elbows or a tissue. Persons should immediately clean and sanitize their hands (and arms) and dispose the tissues in a covered garbage bin.