

ITF ENGLAND

S t r o n g e r t o g e t h e r

ITF England Covid – 19 advice – supplementary information

SEPTEMBER 23rd 2020

Following the Prime Minister's statement on 22 September, UK Government has recently issued advice on the further measures that have been implemented in England.

When can I gather in groups of more than 6?

The specific wording of the detail relating to Taekwon do on the government website is as follows:

You can gather in a group exceeding 6 in the following circumstances

- **organised outdoor sport or licensed outdoor physical activity, and supervised sporting activity (indoors or outdoors) for under-18s. Organised indoor sport or exercise classes can take place in larger numbers, provided groups of more than 6 do not mix. Organised indoor team sports for disabled people can take place in any number.**
- **elite sporting competition and training**

Our interpretation is that:

- Any class that involves children under the age of 18 only is exempt from the rule of 6
- Organised Taekwon do classes can still go ahead, but do not allow groups of 6 students to mix. This wording is a little vague, so for clarity, keep to our previous advice and do not allow *any* mixing (which may break the social distancing rule of 2m) at all. Maintain a 2m x 2m space for individual students

ITF England is monitoring the actions which are being taken by other combat sports, and their advice is similar to ours. Comprehensive advice is contained in the ITF England - Covid-19 Start up advice on the ITF England website

https://www.itfengland.com/?page_id=111 , the main thrust of which is:

- Ensure you have maximised the ventilation in your training space, by opening doors and windows.

- Work out the maximum capacity of your space using the government's social distancing rules. Include parents, carers and spectators in this calculation. This may also be constrained by the leisure centre, school, local authorities that provide the space that you use.
- If possible, mark the spaces for students to stand on the floor.
- If your space allows it, employ an access and egress system so that students enter and leave through different doors. Students should enter the hall observing social distancing rules, sanitise and then take up a space. At the end of the class, they should sanitise and leave. Ensure the dojang is empty before the next class comes in.
- It may be that there is reduced capacity in your space. Shorter, more frequent classes with fewer students should be considered.
- All forms of sparring cannot be practiced with a partner as this is the highest risk of physical contact.
- Self- defence should not be practiced with a partner.
- Strength and conditioning, cardiovascular training and mobility training can be carried out as long as the individual is doing it by themselves.
- Power test and special technique can be practiced. Each point of contact should be cleaned after each impact.
- Instructors will have to adapt their warm- ups and any games they play to reduce physical contact.
- Instructors should minimise the number of spectators in their facilities and ensure they wear a face covering.
- A register of all students attending each class should be kept for track and trace purposes

This advice is of course in addition to the advice to wash hands, make space and wear a face covering in enclosed spaces

We now advise that no pad work should be carried out. Previously we have assessed that using freestanding kick bags with students wearing their own sparring equipment would be feasible as there is no physical contact between the skin and the bag (which would be regularly cleaned). In the interests of caution, we advise that pad work should not be practiced.

The use of face coverings for students and instructors is not mandatory in any of the government guidelines but is a matter of assessing the risk in your particular circumstance.

This advice can be superseded by any local restrictions which come into force, so please be vigilant.

So please be diligent in implementing your risk management procedures. We have a chance to give out positive messages to our students to encourage them to follow the guidance to reduce the transmission of the virus, so please communicate our approach to your classes and encourage them to be equally diligent.