



# Return to Play Framework

**Phase 0-3**

**Covid-19 guidance for the  
phased return of grass  
roots Taekwondo training  
and competition**

Version 2

Updated 29<sup>th</sup> March 2021

# Contents

1. INTRODUCTION
2. PHASE TRANSITION
3. TAEKWONDO RETURN – PHASES 0 – 3
4. COMPLIANCE & SANCTION
5. SUMMARY

## 1. INTRODUCTION

British Taekwondo, alongside the British Taekwondo Council and other combat sports has worked with Sport England & DCMS colleagues to develop an approved return to play roadmap for grass roots clubs and their members.

The DCMS approved framework for Taekwondo sets out the phased approach British Taekwondo clubs should take, as Covid-19 mitigation measures are gradually eased by the government, and will aim to guide clubs from a complete lockdown and fully closed scenario, back towards a range of normal club and domestic event activity, whilst ensuring clubs have the additional and vital Covid-19 secure measures in place to operate safely

### FRAMEWORK FOR TAEKWONDO

**The overarching combat sports framework is broken down into 4 simple step by step phases. This will permit Taekwondo clubs to open and operate with confidence, as government agencies relax rules for sporting & physical activity.**

This phasing methodology recognises the diverse nature of Taekwondo as a Martial Art & combat Sport and identifies and mitigates risk of virus transmission, through a range of simple and practical measures recommended by public health bodies, including social distancing, use of PPE and population control within every phase.



**Phase 0 - “A return to training”** contains the initial and full detailed guidance that a British Taekwondo club needs, to understand the challenges and requirements to successfully and safely operate in a Covid secure manner.

**This includes the following simple to follow guidance modules for club officers:**

- The detailed, base line information for clubs to understand the Covid-19 virus
- Where clubs and coaches can access further information from reliable sources
- Basic principles to Safeguarding health in the club environment
- Covid secure obligations and advice for club venue owners and tenants
- Covid secure obligations and advice for volunteer led clubs and coaches
- Guidelines for clubs to conduct a Covid-19 Risk Assessment
- Helpful examples of a robust, proportionate, and appropriate Risk Assessment
- Handy template to conduct a specific Taekwondo club Covid Risk Assessment
- Guidelines for clubs to complete and share a Covid secure “Implementation Plan”
- Handy template to complete a club specific Implementation Plan.
- Concise information on Covid secure protocols for First Aid & Injury reporting
- A series of helpful call to action printable poster templates to display in the club
- Examples of “what a good Covid secure Taekwondo session looks like”
- Clear response guidance in the event of a Covid-19 occurrence within the club

**Clubs are advised at every stage to refer to this Phase 0 guidance for foundation information when opening a Covid secure club for the first time or when moving from phase to phase.**

**For ease of use for clubs and coaches, phase 1 – 3 documents will contain additional and relevant information only, including additional risk assessment examples, risk assessment templates and implementation plan templates for the specific phases only.**

## **2. PHASE TRANSITION**

**Transition from one phase to the next will only take place when it is prudent to do so and when governments and agencies announce transition dates.**

This could occur at any time and depends on a range of factors including approval from DCMS or other official bodies, or when Home Nation governments relax / tighten measures further under different jurisdictions.

**To assist British Taekwondo clubs with phase transition, simple additional risk assessment and implementation plan sections have been created, to be added to the existing risk assessment and implementation plan templates.**

This should enable clubs to efficiently update their existing Covid-19 risk assessments and implementation plans.

**This gives clubs and coaches a clear understanding of the additional measures and action required when moving from phase to phase without onerous and confusing administration.**

<b>Step &amp; Phase system in England (as published 26<sup>th</sup> March 2021)</b>			
	<b>Step 1</b>	<b>Step 2</b>	<b>Step 3</b>
	29 <sup>th</sup> March	(No earlier than 12 <sup>th</sup> April) Government to announce exact date	(No earlier than 17 <sup>th</sup> May) Government to announce exact date
<b>Phase 0</b>	<b>Under 18's</b> Yes <b>Outdoor</b> - all training	<b>Under 18's</b> Yes <b>Indoor</b> - all training	Details to be announced
	<b>Adults</b> Yes <b>Outdoor</b> socially distanced <u>group</u> exercise sessions (No contact)	<b>Adults</b> Yes <b>Indoor</b> <u>individual</u> socially distanced training only (no adult group classes)	
	No adult spectators	No adult spectators	
<b>Phase 1</b>  <b>Hand-held equipment permitted</b>	<b>Under 18's</b> Yes <b>Outdoor</b> – all training	<b>Under 18's</b> Yes <b>Indoor</b> - all training	Details to be announced
	<b>Adults</b> Yes <b>Outdoor</b> 1:1 training only (1 coach/ 1 adult member)	<b>Adults</b> Yes <b>Indoor</b> 1:1 training only (1 coach/ 1 adult member) No adult group classes	
	No adult spectators	No adult spectators	
<b>Phase 2</b>  <b>Limited contact in Training permitted</b>	<b>Under 18's</b> Yes <b>Outdoor</b> – all training	<b>Under 18's</b> Yes <b>Indoor</b> - all training	Details to be announced
	<b>Adults</b> <b>No</b>	<b>Adults</b> <b>No</b>	
	No adult spectators	No adult spectators	
<b>Phase 3</b> <b>Competition</b>	Not currently permitted	Not currently permitted	Not currently permitted

### 3. TAEKWONDO RETURN – PHASE 0 – 3

#### A Summary

#### PHASE 0 – No Contact Training

##### RETURN TO TRAINING GUIDANCE

**Phase 0** of the roadmap, guides clubs through the initial administrative and logistical process for **reopening** a club following an extended lockdown.

**This set of guideline documents, risk assessment and implementation plan templates, together with a range of helpful downloadable and printable posters is available for download on the British Taekwondo website.**

Under the governments assessment of virus controls and the easing of lockdown rules, combat sport based clubs are allowed to open, once they had completed the necessary Covid-19 assessment, implementation plans and communication that demonstrates they are ready to do so.

**Phase 0** for Taekwondo permits clubs to return within the following basic principles:  
**Summary of Training indoors permitted with:**

- **Exercise Class format** only
- Full **2m social distancing** guidance in place between people from different households
- **No contact** permitted between people from different households
- **No handheld equipment** use permitted between people from different households
- Stringent **hygiene measures** for all participants and people attending sessions
- Stringent **cleaning measures** for all free standing / hanging and shared equipment

*(Full details within the Phase 0 guidance, risk assessment and implementation plan templates)*

## PHASE 1 – Contact - Equipment Training



### TRAINING WITH HAND-HELD & WEARABLE EQUIPMENT

**Phase 1** sets out the range of new activities permitted within a club setting and relates specifically to the permitted use of hand-held and wearable equipment with population control, PPE and social-distancing measures, implemented to sufficiently mitigate the risks posed.

When receiving permission to move from Phase 0 to Phase 1, clubs must initially review and update their existing Covid-19 risk assessment and implementation plans with any base line changes. Once that's done, clubs can then move onto inserting the new additional risk assessment and implementation plan sections needed for hand-held and wearable equipment use.

Upon completion, the new updated implementation plan must then be shared with all members prior to any sessions to demonstrate that the club is Phase 1 ready.

The club may then move to Phase 1 training methods and equipment use with approved mitigation.

**Phase 1 will permit clubs to operate within the following basic principles:**

#### Training indoors permitted with:

- **Social distancing** rules in place for all adult participants training individually (no group classes for adults permitted under the governments step 1 & step 2 protocols)
- **No contact** permitted between any adults from different households for **sparring or any similar activity** at any time.
- **Limited time & use of hand-held targets** only, **with adult coach holders using Face masks & gloves** (coaches only permitted to hold – not other participants)
- **Population control measures in place**
- **Limited use of wearable equipment**
- Stringent **hygiene measures** for all participants and people attending sessions
- Stringent **cleaning measures** for all free standing / hanging and shared equipment

*(Full details within the Phase 1 guidance, risk assessment and implementation plan templates*

## PHASE 2 – Contact – Club Training



### CONTACT TRAINING IN THE CLUB SETTING GUIDANCE

**Phase 2** sets out the range of new activities permitted within a club setting and relates specifically to the **permitting of closer physical contact between participants for training and sparring purposes and for use within training sessions only** (no competition) with population control, PPE and social-distancing measure implemented to mitigate the risk posed.

When receiving permission to move from Phase 1 to Phase 2, clubs must initially review and update their existing Covid-19 risk assessment and implementation plans with any changes. Once that's done, clubs can then move onto inserting the new additional risk assessment and implementation plan sections needed for **limited contact sparring activity**.

Upon completion, the new updated implementation plan must then be shared with all members prior to any sessions to demonstrate that the club is Phase 2 ready.

The club may then move to Phase 2 training methods, equipment use and limited sparring.

**Phase 2 will permit clubs to operate within the following basic principles:**

#### Training indoors permitted with:

- **2m social distancing** rules in place for all adult participants training individually (no group classes for adults permitted under the governments step 1 & step 2 protocols)
- **Limited time & use of hand-held targets only when Adult holders are using face masks & gloves**
- **Limited time & physical contact** permitted between adults from different households
- **Age & group size restrictions** between people from different households engaging in limited physical contact
- **Population control measures in place**
- Stringent **hygiene measures** for all participants and people attending sessions
- Stringent **cleaning measures** for all free standing / hanging and shared equipment

*(Full details within the Phase 2 guidelines, risk assessment and implementation plan templates)*

### CONTACT IN A COMPETITION EVENT GUIDANCE

**Phase 3** sets out the range of new activities permitted within a **Combat sport or Poomsae competition event setting**, following a further relaxation of the government rules and relates specifically to the procedures and mitigation measures that venues and hosts must put in place before hosting a Taekwondo competition.

**Under Phase 3, competition hosts will be allowed to arrange competitive combat sport and Poomsae competition, with some level of physical contact permitted between participants from different households.**

Events will be permitted only once hosts have completed a specific **Event Covid-19 risk assessment and created a robust implementation plan** that mitigates risk to participants, officials and spectators (if spectators are allowed) and has communicated these plans with everyone likely to attend the event, setting out that they are Covid-19 secure.

**Phase 3 will permit event hosts to operate within the following basic principles:**

- **Venue has confirmed it is fully Covid-19 secure compliant**
- **Venue has approved the events own Covid-19 event implementation plan**
- **Adherence to latest social distancing rules for all non-competitors**
  - Spectators only allowed if government and venue rules permit it
  - All officials placed 2m apart when not wearing masks
  - All technical officials, coaches and team staff **required to be within 1m+** (but not required to touch others or exchange items) **to wear face mask**
  - All technical officials, coaches and team staff **required to be within 1m+** (and required to touch others) **to wear face mask and gloves** (gloves to be disinfected or changed between each person touched)
- **Stringent hygiene and cleaning protocols in place**
  - All shared technical & IT equipment wiped down between users (equipment used by technical officials, volunteers, and staff)
  - All shared competition equipment (used by competitors) disinfected between users.



- **Competition contact rule adaptations such as:** (actual restrictions subject to confirmation)
  - Match & performance time reduced to limit risk
  - Clinch (combat only) or close physical contact restrictions
  - Referee command and signal changes
  - Referee contact restrictions
  - Head kick restrictions (combat only) to avoid close contact with nose and mouth.
  
- **Comprehensive Track & Trace data collection system** with complete and secure data capture of contacts and all match opponents by competition management system (should government track & trace agencies require information).

*(Full details within the risk assessment and implementation plan templates)*

**PHASE 3 “CONTACT IN A COMPETITION EVENT GUIDANCE” IS STILL BEING CONFIRMED AND WILL BE SHARED WHEN RELEASED AND APPROVED BY DCMS**

## 4. COMPLIANCE & SANCTION

By opening, British Taekwondo clubs understand and accept that they are entitled to operate during the Covid-19 pandemic period only under strict adherence to the approved government step & the combat sports phase in operation from time to time, and within the additional constraints of any measures applied by the National governments, local authorities and venues.

Any club operating outside the phase guidance or government / local restrictions is doing so in breach of British Taekwondo rules of insurance.

Specifically:

- Coaches found to be operating in breach, would not be covered by their professional indemnity insurance or personal member to member cover.
- Any member found to be operating in breach, would not be covered by their member to member or personal accident cover.

In addition:

- Clubs found to be operating in serious and repeated breach, can be reported to local health and public order authorities.
- Clubs issued with Covid breach sanctions by local health or public order authorities risk further sanction by British Taekwondo.

## 5. SUMMARY

Throughout the Covid pandemic period, British Taekwondo clubs have operated sensibly and safely, when venue availability and lockdown measures permitted, and provided crucial physical and mental wellbeing benefits to members, many in BAME and deprived socio-economic regions of the country.

British Taekwondo is confident that our club network will again act with the best interests and health of its members in mind as we emerge from the pandemic, and ask all club coaches and administrators to regularly update the risk assessments and implementation plans at every step and phase change, to ensure compliance and safety.

- **Keep checking the latest government rules**
- **Remember there may be differences in your Home Nation so check your government and sporting body websites.**
- **Check the BT website for updates as the guidance will change as government measures change**

**Keep Active**

**Keep Safe**