**TEMPLATE FOR A COVID-19 IMPLEMENTATION PLAN**

British Taekwondo have provided the template to assist clubs in the preparation of the initial Covid-19 Implementation Plan. **This is contained within the Phase 0 Return to Training guidance.**

**This phase 2 template only contains the new additional and most common control measures identified for permitted limited contact such as sparring.**

**These additional rows should be copied and pasted into your existing updated and completed Covid-19 Implementation Plan under the relevant section**

The green guidance text within the templates will hopefully help you think about all these areas – please delete this green text when you are satisfied that you have addressed the points raised.

**Covid-19 Activity Implementation Plan – Additional Phase 2 Measures**

**This document contains the new Control Measures relating to Phase 2 Contact and limited contact permitted for sparring purposes during Training that this BT Club is putting in place to protect its Coaches, Members and Supporters from the Covid-19 hazard whilst attending our Taekwondo Activity.**

**Please add / copy and paste the rows below into the sections within your existing Implementation plan template**

|  |  |
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| **BEFORE PEOPLE COME TO THE CLUB** | |
| **Club information about new Controls Measures and changes to the Club operation** | | | |
| **Additional Control Measures** | **Additional effects on Club participants** | | **Check** |
| Any extra measures relating to permitted limited contact during training for members with higher risk and/ or with underlying health conditions? | **Members with a higher risk and/or underlying health conditions should not participate in activity if it entails working closer than 2 metres with others from different households**  Children’s groups should be fully segregated and socially distanced from any adult training - at all times  Children with a higher risk and/or underlying health conditions should maintain 2 metre social distancing from all other people from different households at all times.  All adults must train fully socially distanced from everyone else.   * 1:1 (1 adult / 1 adult coach) permitted for pad work with coach wearing PPE * Coach cannot move between individual adults or groups of children within the same session when using pads   Detail any additional things you will do to provide additional social distancing and hygiene protection for specific cases if needed  (Remember to protect people’s data or hide personal information when recording individual persons risks.) | |  |
| Can I bring my own personal training equipment? | Yes – but members should ensure that anything brought to the club it is cleaned thoroughly before coming to training and kept away from everyone from different households whilst in the venue when not in use | |  |
| Is there anything else I need to know or prepare before I come to the session? | Remove this text and detail here any further changes that the club has introduced relating to permitted limited contact that affect the participants of your club- so they know beforehand | |  |
|  | Add additional rows as needed | |  |

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| **TAEKWONDO TRAINING** |
| **Information on how we will practise Taekwondo during the Class** | | | |
| **Additional Control Measures** | | **Additional Effects on Club participants** | **Check** |
| Do I have to join in with sparring exercises that bring me closer to other people and could increase risk? | | No – the coach will inform everyone that sparring is about to commence, and child participants can choose to join in or opt out  No sparring or contact is currently permitted for adults |  |
| What are the guidelines when sparring?  What are the club doing to minimise potential transmission of the virus in people getting closer than 2m and sparring? | | Children (Under 18) can spar  Adults cannot spar under Step 3  The club should maintain same groups for every session to avoid mixing  (Population Management)  All adults segregated, and socially distanced from everyone at all times (except for 1:1 pad work with a coach) |  |
| Can I shout when sparring (kihap) | | No – kihap or shouting when training is not allowed to reduce the risk of aerosol transmission of the virus |  |
| Can I wear the clubs Taekwondo protective equipment (Pad’s, chest protectors, head gear)?  List the range of equipment the club has | | Members can wear the club’s wearable protective equipment for training purposes only after confirming it has been cleaned thoroughly between users from different households. |  |
| Can I wear my own Taekwondo protective equipment (Pad’s, chest protectors, head gear)? | | Yes – this is preferable to using the club’s equipment to reduce risk.  Own personal equipment should be kept separate from other members equipment at all times. |  |