



# **Return to Contact Training**

## **Phase 2**

# **Guidance for the permitted use of limited contact in Taekwondo Clubs**

**2<sup>nd</sup> Edition**

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

# Contents

- 1. Introduction & Return to Play Roadmap**
- 2. Transitioning from Phase 1 to Phase 2**
- 3. What should I do to implement Phase 2?**
- 4. Conducting Covid-19 Risk Assessments**
- 5. Template – Phase 2 additions for Risk Assessments**
- 6. Guidelines to prepare a Covid-19 Implementation Plan**
- 7. Template – phase 2 additions for Implementation Plan**
- 8. Summary**

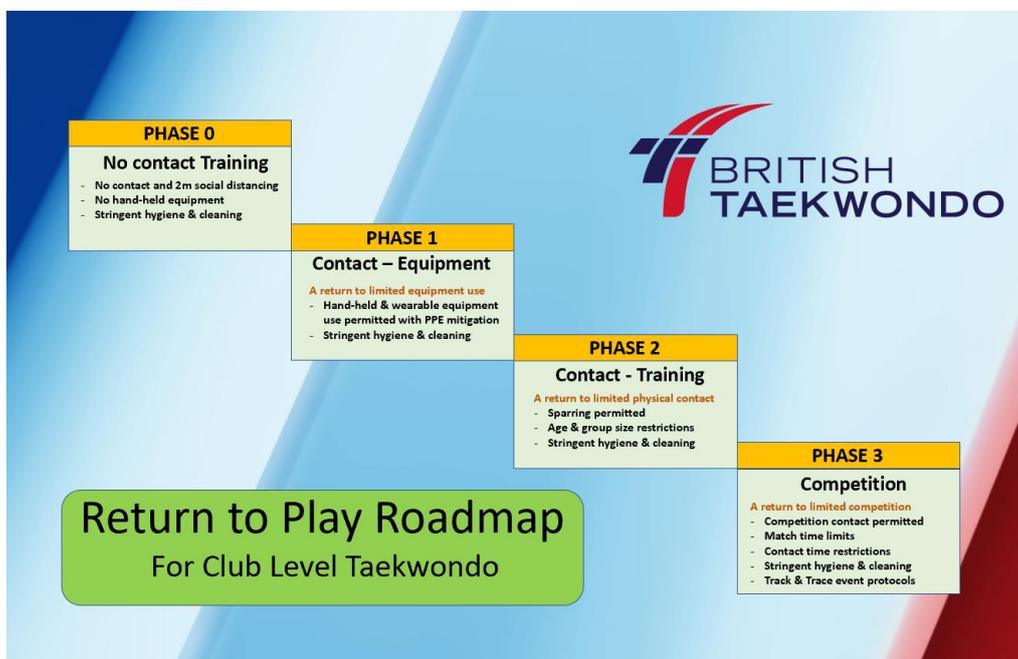
## 1. INTRODUCTION

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

This roadmap sets out the phased approach British Taekwondo clubs should take, as Covid-19 social distancing and hygiene measures are gradually eased by the government, and will aim to guide clubs from the complete lockdown and fully closed scenario we have endured, back towards the 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.

The framework is broken down into 4 simple phases, which will permit clubs to open and operate with confidence as governments relaxes social distancing rules. These phases should be read and applied in tandem with any specific rules relating to government relaxation dates or steps.

*Should restrictions be reintroduced if incidences of the virus arise, this phased approach can be reversed as appropriate and at any time during the pandemic response period.*



**Phase 0, “A return to training”** contains the initial comprehensive guidance clubs need to understand the challenges and requirements to successfully reopen. This includes detailed risk assessment and implementation plan templates that make the process as easy and clear as possible.

**Clubs should always refer to the Phase 0 guidance for this core information when moving from phase to phase.**

## 2. TRANSITION

**Transition from one phase to the next will only take place when it is prudent to do so, when government announce and British Taekwondo publish.**

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 measures further under different jurisdictions.

In England, the government has introduced a Step-by-Step approach to relaxation, as detailed in the table below.

Taekwondo's Return to Play framework of what is permitted, has been approved by DCMS and Sport England, so BT clubs and coaches can be assured they are operating correctly and safely.

As lockdown measures ease step by step, the permitted phases will also ease, and British Taekwondo will keep clubs up to date as things change.

## Current approved schedule in England

(For Scotland, Wales & Northern Ireland – other specific guidance will be issued to keep BT clubs up to date)

<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>	<u>Under 18's</u> Yes Outdoor - all training	<u>Under 18's</u> Yes Indoor - all training	Details to be announced
	<u>Adults</u> Yes Outdoor socially distanced group exercise sessions (No contact)	<u>Adults</u> Yes Indoor individual socially distanced training only (no adult group classes)	
	No adult spectators	No adult spectators	
<b>Phase 1</b>  <b>Hand-held equipment permitted</b>	<u>Under 18's</u> Yes Outdoor – all training	<u>Under 18's</u> Yes Indoor - all training	Details to be announced
	<u>Adults</u> Yes Outdoor 1:1 training only (1 coach/ 1 adult member)	<u>Adults</u> Yes Indoor 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>	<u>Under 18's</u> Yes Outdoor – all training	<u>Under 18's</u> Yes Indoor - all training	Details to be announced
	<u>Adults</u> No	<u>Adults</u> No	
	No adult spectators	No adult spectators	
<b>Phase 3</b> <b>Competition</b>	Not currently permitted	Not currently permitted	Not currently permitted

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

This should enable clubs to simply update their existing Covid-19 risk assessments and implementation plans, relating to Phase 1 and Phase 2. A separate event-based risk assessment and Covid Plan will be required for Phase 3 and British Taekwondo will publish detailed guidelines for this separately at the appropriate time.

# THIS DOCUMENT CONTAINS PHASE 2 GUIDANCE

## PHASE 2 – Limited Contact Training

### TRAINING WITH SOME CONTACT IN A CLUB ENVIRONMENT (NO COMPETITION)

Within these Phase 2 guidelines, clubs can now permit, under strict circumstances, limited contact between children from different households as long as they follow strict social distancing, PPE and hygiene measures as set out in the additional risk assessment templates included in this Phase 2 document.

This will permit clubs to operate within the following basic principles:

#### Training indoors is permitted with:

- **2m social distancing** guidance in place for all individual adults from different households at times when general training on their own.
- **No contact** permitted between adults from different households for sparring or similar activity
- **Limited time & use of hand-held targets only, with adult coach holders using Face masks & gloves**
- **Contact** permitted between children from different households for sparring or any other organised Taekwondo activity
- **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

**ADDITIONAL RISK ASSESSMENT & IMPLEMENTATION PLAN TEMPLATE INSERTS FOR PHASE 2 ACTIVITY CAN BE FOUND WITHIN THIS DOCUMENT AND SHOULD BE ADDED INTO A CLUBS EXISTING PHASE 0/1 DOCUMENT**

## Detailed Explanatory notes for Phase 2 implementation

<b>Training indoors permitted with</b>	
<p><b>2m social distancing</b> guidance in place for all adults from different households</p>	<p>No social distancing required for children            All adults must remain 2m apart at all times when training alone.            Any form of “class” for groups of adults from different households is not permitted under Step 1 or 2 of the government’s rules.            Individual training or 1:1 with a coach for the purposes of pad work only.</p>
<p><b>Contact is permitted for children U18</b>  <b>No contact</b> permitted between adults from different households</p>	<p>Contact (such as sparring) is now permitted for children at Phase 2            - Children’s groups should be restricted to 15             No sparring, other touching or group exercise activity is permitted yet between adults from other households.            1:1 (1 adult &amp; 1 coach pad work training is permitted under strict circumstances as described in Phase 1 guidance</p>
<p><b>Limited use of wearable equipment</b></p>	<ul style="list-style-type: none"> <li>- No restrictions on children’s activity</li> <li>- Adults can wear their own equipment for individual training (on their own) for familiarity and safety against falls etc, and for 1:1 pad work with a coach but no person-to-person contact is permitted under Phase 2 guidance between adults from different households</li> </ul>

### 3. WHAT SHOULD CLUBS DO TO IMPLEMENT **PHASE 2?**

#### A) REVIEW AND UPDATE YOUR RISK ASSESSMENT

Before introducing any new training methods and equipment, clubs should first **review their existing Covid-19 Activity Risk Assessment**, prepared when the club was able to reopen under Phase 0 guidance.

(If this is the first time you are doing this then you should start the process and complete the Phase 0 risk assessment and implementation plan and add the additional rows contained within the risk assessments and implementation plan templates for Phase 1 & Phase 2)

This review should consider if any of the most recent government relaxation measures:

- Alter or remove the existing risks or any of the mitigations needed
- Create new risks (e.g.: for vulnerable people in or associated with your club)

Clubs should also ask their **venue for their latest Covid-19 plan and check to see if any changes** have occurred that could impact on your club activity.

Once you have updated your Activity Risk Assessment with general changes, it is then a simple task of adding in additional template rows relating to the use of equipment (Phase 1) and permitted contact at Phase 2.

***(These new rows of risks and suggested mitigation measures are available in section 5).***

#### B) REVIEW AND UPDATE YOUR IMPLEMENTATION PLAN

Once the update of the Risk Assessment is completed and clubs are fully aware of the venues own Covid-19 plan, policies, and procedures – you can then proceed to update the clubs Implementation plan using the risk findings and mitigations from the other documents.

Once that update is done – again, add the additional rows and measures within the plan relating to the use of equipment and permitted contact.

***(These additional rows and suggested measures are shown in section 7).***

#### C) INFORM YOUR MEMBERS AND SUPPORTERS

As explained in detail in the Phase 0 return to training guidance, you are obliged to inform your members, and anyone who may be coming to your session location of what to expect. This includes what to bring, what to do on arrival, how to move around the venue, what is expected of them whilst in the training hall and what they should do when leaving the building.

Any time you revise your Activity Risk Assessment and Implementation plan, clubs must inform every one of the changes. The simplest way to do this is issue the updated version of the implementation plan and send it by email to anyone who might come to your session location. If you have a club website, place it on that platform too.

It is very important that before you move to implement any phase 1 or phase 2 training practises or use any equipment that requires PPE – you must issue an updated implementation plan and send it to your members and supporters.

This way, everyone is aware, before they arrive, of what to do to keep everyone as safe as possible.

**It is then the responsibility of each participant to follow these guidelines.**

*If participants choose to disregard the procedures, you should ask them to leave the venue.*

## **4. GUIDELINES FOR CONDUCTING A COVID-19 RISK ASSESSEMENT**

The full guidance for conducting a Covid-19 Risk Assessment is contained within the Phase 0 Return to Training documents issued in July 2020. Clubs beginning a reopening process should refer to this document first and complete the base line Covid-19 Risk Assessment within that pack.

This is available on the British Taekwondo website.

**This phase 2 document covers the additional risks and recommended mitigation measures relating to permitted limited contact for sparring purposes.**

**Remember - If this is the first time you are doing this as you prefer to open the club, then you should start the process from the beginning and complete the Phase 0 risk assessment and implementation plan before moving to Phase 1 & Phase 2 additions.**

## **5. TEMPLATE FOR A COVID-19 RISK ASSESSEMENT**

British Taekwondo have provided the template to assist clubs in the preparation of the initial Covid-19 risk assessment within the phase 0 guidance.

That template helped clubs get started and included the most common and well-known risks and included the minimum base line control measures to protect everyone coming to a session location.

**This phase 2 template only contains the new most common risks identified when permitting physical contact between people.**

**These rows should be copied and pasted into your existing updated and completed Covid-19 Risk Assessment**

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 Risk Assessment – Additional Phase 2 Risks

This document only identifies the additional risks posed by Covid-19 to our club activities relating to Phase 2 limited contact for sparring during Training and identifies the extra Control Measures 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 copy and paste the rows below into your existing Risk Assessment template

<b>Identified Risks</b> (Add more rows as needed)	<b>Control Measures</b> (Add more rows and detail as needed)	<b>Check</b>
<p>Increased risk of transmission when moving closer than 2 metres</p>	<p><b>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</b></p> <p>Children’s groups should be fully segregated and socially distanced from any individual adult training on their own - at all times</p> <p>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.</p> <p>All adults must train on their own, fully socially distanced from everyone else.            No class-based activity with multiple adults from different households permitted.</p> <ul style="list-style-type: none"> <li>- 1:1 (1 adult / 1 adult coach) permitted for pad work with coach wearing PPE</li> <li>- Coach cannot move between individual adults or groups of children within the same session when using pads</li> </ul> <p>Detail additional risks and what 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.)</p>	

Members own personal equipment can increase risk of fomite (surface) transmission	Members ensure anything brought to the club it is cleaned thoroughly before coming to training and kept 2m away from everyone from different households whilst in the venue.	
Reduced social distancing when sparring  Population Management  List the potential transmission risks	<ul style="list-style-type: none"> <li>- Group sizes restricted to max 15 participants for children</li> <li>- Adult participants train on their own and segregated / socially distanced from everyone else. No sparring or close contact permitted other than 1:1 pad work with a coach (coach wearing PPE)</li> </ul>	
Increased risk of aerosol transmission between participants when shouting (kihap) during sparring	Shouting prohibited in sessions	
Increased risk of fomite (surface) transmission when using wearable equipment List the wearable equipment you have in the club and potential transmission risks  Detail any other possible transmission risks through sharing of equipment	<p>Any equipment should be thoroughly disinfected &amp; cleaned before and after use with each working group of children to minimise the risk of transmission</p> <p>Detergent or disinfectant solutions containing 1000ppm Chlorine should be used</p> <p>Detail any equipment you would not use as it is too high a risk</p> <p>Detail which equipment you will clean &amp; how you will clean</p> <p>Detail what you will clean, who will do it and how often you will clean</p> <p>Detail anything else you will do to minimise the risk of virus transmission</p>	
Add rows as needed for new risks	Add rows as needed for new control measures	

## 6. GUIDELINES TO PREPARE A COVID-19 IMPLEMENTATION PLAN

The full guidance for completing a Covid-19 Implementation Plan is contained with the **Phase 0 Return to Training Guidance**. Clubs beginning a reopening process should refer to this document first and complete the base line Covid-19 Implementation plan within that pack.

**This phase 2 document covers the additional control measures and effects on participants relating to permitted limited contact for sparring purposes.**

## 7. 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

<b>BEFORE PEOPLE COME TO THE CLUB</b>		
<b>Club information about new Controls Measures and changes to the Club operation</b>		
<b>Additional Control Measures</b>	<b>Additional effects on Club participants</b>	<b>Check</b>
Any extra measures relating to permitted limited contact during training for members with higher risk and/ or with underlying health conditions?	<p><b>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</b></p> <p>Children’s groups should be fully segregated and socially distanced from any individual adult training on their own - at all times</p> <p>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.</p> <p>All adults must train on their own, fully socially distanced from everyone else. No class-based activity with multiple adults from different households permitted.</p> <ul style="list-style-type: none"> <li>- 1:1 (1 adult / 1 adult coach) permitted for pad work with coach wearing PPE</li> <li>- Coach cannot move between individual adults or groups of children within the same session when using pads</li> </ul>	

	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	

## 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?	<p>No – the coach will inform everyone that sparring is about to commence, and child participants can choose to join in or opt out</p> <p>No sparring or contact is currently permitted for adults</p>	
<p>What are the guidelines when sparring?</p> <p>What are the club doing to minimise potential transmission of the virus in people getting closer than 2m and sparring?</p>	<p>Group sizes are restricted to max 15 children from different households.</p> <p>The club should maintain same groups for every session to avoid mixing (Population Management)</p> <p>Group sizes for children reduced</p> <p>All adults segregated, training alone (no class-based activity) and socially distanced from everyone at all time (except for 1:1 pad work with a coach)</p>	
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	
<p>Can I wear the clubs Taekwondo protective equipment (Pad's, chest protectors, head gear)?</p> <p>List the range of equipment the club has</p>	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.	

## 8. SUMMMARY

Until the government relaxes the lockdown rules further and to a point where normal training can resume, we all have a responsibility to follow the advice coming from health authorities designed to prevent transmission of the virus.

Especially for those from vulnerable groups or with underlying health conditions.

It is human nature to try and second guess or interpret advice, to suit individual needs but we would stress that this is government guidance and not something we can pick and choose to follow. Club leaders should:

- 1) **Always place the safety of all members and club supporters first**
- 2) **Adhere to the measures contained within your venues Covid-19 plan**
- 3) **Conduct your Covid-19 Taekwondo activity Risk Assessment**  
(Remember, this is in addition to your normal club Risk Assessment you should already have)
- 4) **Put together your clubs Covid-19 Implementation plan**
- 5) **Give everyone connected to your club a copy of your latest version of your implementation plan**  
**Ensure everyone knows what to do from the moment they leave home, arrive at the venue, and leave for home again.**
- 6) **Review and improve the plan regularly, especially when a control measure is not working as it should or new advice comes out that change's things**

Finally, but very importantly, please also consider the psychological impact that the extended lockdown might have had on members and the changes clubs have had to make, particularly children, who may be anxious about the return to training or environment in general.

- **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**

