

ITF England Covid – 19 advice – supplementary information

- UK Government has recently published its guidelines for the reopening of gyms and sports facilities. The full guidance is here

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities#section-6-1>

The supplementary advice to ITF England Member organisations subsequent to these guidelines is as follows

- If you hire a hall, you should ask for a copy of the risk assessment and implementation plan for the facility. You should then marry your own Taekwon do specific risk assessment to this.
- If you own or are a tenant of a facility, you are legally obliged to conduct a Covid-19 secure risk assessment on your premises.
- From this risk assessment you are obliged to create a Covid-19 Method statement which details implementation of the risk assessment. All your students and parents should be given a copy of this and asked to follow it. An example of a Method statement is attached as an appendix.
- In order to assist track and trace you should keep a register of those attending classes. Apps such as “appointfix” or “team up” can be used to pre-book classes and maintain a register.
- Government advice is to avoid shouting as this may transmit airborne droplets. We should consequently reduce or avoid kihap.
- Advise students to come to classes in their doboks and not to use changing rooms where possible.
- Check your membership details to ensure that you are aware of any students who are most at risk due to underlying health issues. Consult with them individually regarding their training needs.

OUTDOOR TRAINING SESSIONS

The advice from the Chartered Institute for the Management of Sport and Physical Activity is as follows

- Group exercise instructors, coaches and personal trainers are now permitted to run outdoor classes in England for up to 30 people, including the instructor.
- Classes must be delivered in line with the Government’s new guidance for “Organising outdoor sport and physical activity events”.

- In this context, ‘events’ are classed as instructed delivery of physical activity/exercise sessions in a group setting by a qualified and competent instructor. Examples include group exercise classes such as dance fitness, group personal training, HIIT, boot camps, yoga and Pilates.
- Group outdoor sessions for team sport and other recreational activities should follow the guidance from the relevant NGB in line with the Government’s [“Return to recreational team sport framework”](#).
- Separate Government guidance is in place for [out-of-school activities for children, such as holiday clubs](#).

Running an outdoor class

Classes should be run within the guidance detailed in the link above, with particular attention to:

- Operating strictly within government guidance and ensuring their written event delivery plans are COVID secure
- Communicating clearly and consistently with all participants, and support staff including volunteers
- Being adaptable to change, for example if a local lockdown were to be necessary.
- Rules on gatherings, which can be found [here](#), which must not exceed the limit of 30 people, including instructors
- Test track and trace requirements including recording of participants and officials to facilitate contacting by NHS Test and Trace if needed. Please make sure you keep a register of all attendees for 21 days in case of infection
- Maintaining physical and personal hygiene – instructors should, where possible, ensure they make available or encourage participants to bring their own alcohol hand gel to use immediately before and after the class. Equipment must not be shared
- Keeping participants and staff safe by implementing social distancing measure – a distance of 2m should be kept between all class attendees and instructors
- Instructors should use common sense when choosing an outdoor class venue and conduct a full risk assessment to identify around barriers to and hazards affecting accessibility
- Instructors must seek permission from the landowner before setting up any outdoor classes

NEWCASTLE BLACKBELT ACADEMY

Covid – 19 safety - method statement

ALL SAINTS CENTRE.

General

- This method statement details the measure that will be taken to minimise risk to students, spectators, instructors and staff at the centre.
- This method statement should be read in conjunction with the detailed Newcastle Blackbelt Academy Covid – 19 risk assessment.
- Students must book their class using the “Team up” app
- The maximum capacity for students is 20
- There is sufficient room for 6 spectators
- The class times have been reduced to 30 minutes where possible

Entering the Class

- Students, parents and spectators should enter through the side (West Avenue) door. They should line up on the pavement parallel with the hall wall, standing 2m apart.
- This will give the opportunity to use the hand washing facilities in the male, female and disabled toilet. Only one person is to be in the toilet at any one time.
- Everyone must wash or sanitize their hands prior to the class using the facilities provided
- Students should place their bags at the side of the hall and take a position on the floor, which will be marked in tape.

During the class

- There will be no sparring, or self defence
- Students must bring their own sparring gloves and boots, or they cannot use the freestanding kick bags
- No kick shields or focus mits can be used
- Power test and special technique can be practised, but the pads, boards and frame have to be cleaned after each contact.
- There will be a break for a water drink. Students must bring their own drink.
- Students can take the opportunity to sanitize their hands during the break. They are encouraged to bring their own hand sanitizer and keep it with their equipment for future use.

Leaving the class

- After the final bow, students should leave the class in line, led by the senior student
- 2m social distancing should be adhered to
- Students should leave via the Linden Road (main) entrance
- Parents inside the hall should line up along the side of the room and meet their child at the door and leave via the Linden road door.