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Physical Distancing Techniques



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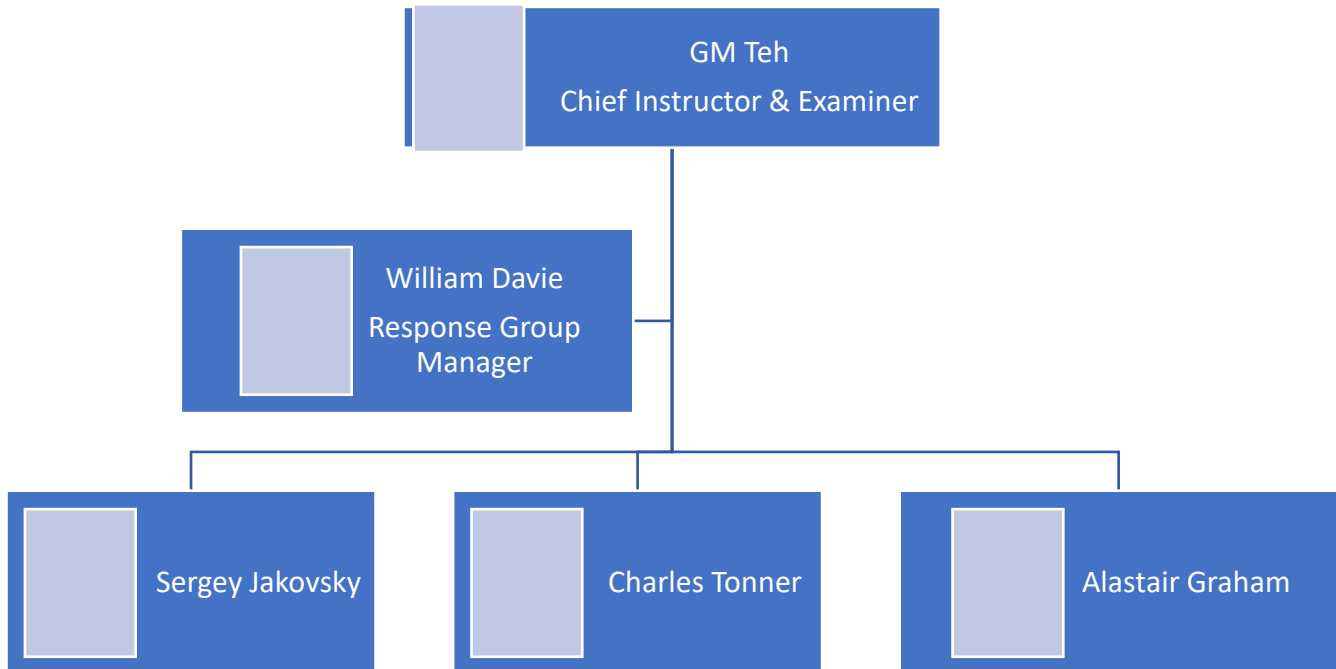
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TUKIDO COVID 19 RESPONSE GROUP

The sport of Tukido will establish a COVID 19 Response Group to administer, train and ensure the organizations safeguarding techniques are employed and followed throughout its training centre network. The main objective of this return to sport and physical activity plan is to protect coaches, Tukido practitioners, training centre staff and visitors from potential exposure and contraction of the COVID 19 virus.

The COVID 19 Response Group will consist of Tukido Senior Instructors who will report to the Chief Instructor and Examiner on all matters related to the implementation of this COVID 19 and the safeguards laid out by the government and local authority guidelines particular to the sports centre where the organization leases floor space to coach and instructor Tukido exponents in the sport of Tukido.



COVID 19 OFFICERS

All clubs will reopen with the advance appointment of a designated COVID Officer. The nominated appointed COVID Officer will be the club instructor.

Each club instructor will be allowed to nominate an assistant COVID Officer if they feel the need for additional support to manage and implement the contents of government and local authority guidelines along with the contents of this plan.



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All COVID Officers will be required to undergo online COVID Officer E-learning training modules available via the sportscotland

website link below.

[https://rise.articulate.com/share/LIEWUj-o23H_4gC1AF002jdxdrCucQC0#/
/](https://rise.articulate.com/share/LIEWUj-o23H_4gC1AF002jdxdrCucQC0#/)

All COVID 19 Officers course completion certificates must be sent to the COVID 19 Response Group team leaders for verification and approval purposes before any class can restart.

Tracking and Tracing – Attendance Register

All club instructors will keep detailed records of all persons visiting and partaking in any Tukido classes.

All Attendance Registers will be treated as confidential information and will be securely destroyed after 21 days of the dated Tukido class as per government requirements.

Instructors must have records available for local authority auditing in the event of a community breakout or increase in new cases of COVID 19.

Any confirmed cases within the organization must always be kept confidential. COVID Officers must pass attendance registers to the NHS on request.

Any potential outbreak must be escalated to the Response Team immediately via email contact lists or wdavie@hotmail.co.uk

RETURN TO SPORT COORDINATOR

All clubs must appoint a Return to sport coordinator who will take on a more front facing role, helping to ensure a welcoming environment for participants and that all government and local authority safety policies are adhered to at all times during any sport or active activity. The Return to sport coordinator could be part of the COVID Officer role but it is more focused on supporting participants face to face as they return to activity.

PHYSICAL DISTANCING IN THE MAIN BUILDING OF RENTED SPORT CENTRES

The term “physical distancing” is a way to keep people from closely interacting and deliberately increasing the physical space between people to avoid the potential spread of the virus.

As we continue to learn more about the benefits of physical and social distancing to prevent the spread of COVID-19, the following are recommended good practices to be used during the journey to training centre and private hall lets.

Try to come to the hall already in your training uniform. Consider wearing an over jacket in the colder months before and after training sessions to aid with comfort during your journey to and from training.



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Shower facilities may remain closed during the resumption phase of the governments plan to open sporting venues to the public. The sports facility may offer public toilets and it is advised to minimize the need to wait for the use of any toilet area to avoid close contact with other sports centre users. Remember to wash your hands after using the toilets.

PHYSICAL DISTANCING IN A TUKIDO CLASS

Try to maintain 2m of physical distance between yourself and others. When this is not feasible, use 1.5m and try to limit close interaction time (i.e. 15 minutes per interaction) or use some form of physical barrier, if feasible.

Examples of acceptable physical barriers:

- Encourage students to wash hands with warm water and soap for 20 secs or alternatively use an alcohol-based hand sanitizer before and after the class
- Face shield
- Face mask or covering if distance of 2m cannot be achieved
- A distance of 2m or more between instructors, students, visitors and parents or guardians
- Physical distance between students during pre-class and post class time – collection of fees or general enquiries

Where possible ask all students, parents, or guardians to refrain from gathering in large groups and maintain a physical distance of 2m during periods of heavy people movement before and after class start times.

Avoid student group gathering during the class as the training session takes on “Sparring Forms” which will lead to certain grades being rested during senior grade technical assessments during classes.

There must be no use of focus mitts, pad work, used during the classes until there is a government change in guidance or safeguard policies and protocols communicated via local authorities or the sports centre COVID 19 plan.

Furthermore, free sparring is not permitted during any classes until there is a government change in guidance or safeguard policies and protocols communicated via local authorities or the sports centre COVID 19 plan.

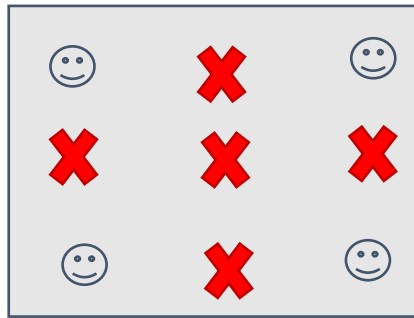
Always follow all sport centre return to training plans.

All students should always be spaced a minimum of 2m apart to maintain physical distancing protocols.



PASSENGER LIFTS (elevator) IN SPORTS FACILITIES

Students must try to maintain 2m of distance between all occupants, where feasible. Below are passenger configurations for passenger lifts within a sport centre or private let area.



Building passenger lift

Example of housing or office block elevator. Note that passenger lifts come in various sizes and every student and instructor must assess the space before entering a lift space. If public or Tukido students enter the passenger lift, then suggest to others that you are practicing physical distancing and ask them to wait for another lift.

ADDITIONAL RECOMMENDATIONS

- Always carry and use your own training bag and equipment
- Use your own water bottle and keep in your bag between drink times
- Always keep your face towel inside your bag and never share towels or face masks or coverings
- Do not shake hands – a simple verbal hello is sufficient to welcome your instructor, fellow students and parents or guardians
- Follow all instructions given to you by sport centre staff
- Wash your hands as often as possible before and after training
- Minimise touching any touch points within any sport centre or hall space
 - tables
 - Toilet doors
 - General door handles
 - Reception area surfaces
 - Vending machines in main reception areas or common areas in general



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