



BRITISH UNIVERSITY TAEKWON-DO LEAGUE (BUTL)

RETURN TO TRAINING GUIDELINES AND ADVICE

COVID-19



This document provides guidelines and advice on returning back to training for University and College clubs, post Covid National lockdown

Document updated as of September 2020

BRITISH UNIVERSITY TAEKWON-DO LEAGUE (BUTL)

RETURN TO TRAINING GUIDELINES AND ADVICE

INTRODUCTION

Universities and Colleges like all other sectors within the nation have been affected in some capacity by the Covid-19 pandemic. With all Taekwon-Do club training ceasing from March 2020, we are now beginning a gradual return to training and sport. As a providing body of Student Taekwon-Do, this document offers guidelines and advice to University and College clubs on how ways they can safely return to training, alongside creating the best experiences for their members.

BUTL is always available to offer support and assistance to clubs and individuals. We are aware that Universities and Colleges will have their own guidelines and practices so this document outlines options and advice that can aid and assist all clubs without risking or affecting external guidelines they may or may not also need to adhere too. We understand that every case will be different, the most important point for all is to ensure you keep to both your institution and government guidelines.

As clubs vary in associations and organisations, who may operate slightly differently, the most up to date general government advice found at www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance

For the avoidance of doubt, this document is based on guidance coming from the Westminster government, specifically for the sport sector of martial arts.

GUIDELINES OVERVIEW

In order to ensure a safe environment alongside a return to training the following guidelines and recommended guidelines have been developed.

STATED GOVERNMENT GUIDELINES

- All individuals (members, coaches etc) must adhere to all government guidelines, ensuring they are aware of/and up to date, monitoring and ensuring any changes are adapted into the club's delivery.
- Individuals in charge of the club (committees, coaches, instructors) must develop and complete a Covid specific risk assessment. Defining all new controls alongside the standardised club risk assessment.
- Set up a track and trace system for the club. All institutions should have this set up ready for club members to use. Every session members must ensure all attendees details are recorded and safely stored in case of outbreaks. We recommend nominating a member(s) who keeps this up to date using a secure spreadsheet.
- If feeling unwell do not attend or turn up to training. Even if unrelated to Covid, training while feeling unwell is dangerous and creates a high level of risk. If experiencing Covid like symptoms ensure a test is taken and inform your committee or instructor so they can ensure they safe guard both the member who may be unwell and those who are still able to attend training.

BUTL RECOMMENDED GUIDELINES

GENERAL

- When entering and exiting the training halls and spaces, create a one way system. Students enter from one location and then all exit via another. This will depend on the types of venues used, and some may already have this process in place.
- Before and after training, wash hands fully for a recommended 30 seconds. This will help reduce any potential spread. We advise all members bring their own hand sanitizer with them to ensure they have access to this.
- Ensure all equipment used during the session is cleaned at the end and stored away ready to be used the next time. If clubs share equipment keep up communications with one another via your committees and create a system to ensure its always ready for the next group.
- It's possible that you won't be able to access changing rooms, so to avoid any unnecessary contact we advise students attend training with only the necessities needed, dressed ready to train. Space may be restricted so small bags instead or larger ones will help.
- Provide signage and hold talks at the start and end of every training session to remind members of the restrictions and rules that apply.

TRAINING

- When training ensure social distancing rules of 1-2 metres are in place in all aspects of training. Using cones or tape to mark areas on the floor can either be done in 2-3 metre square/boxed sections (recommended for larger groups) or for individuals to stand at (recommended for smaller groups).
- Plan your sessions around social distancing rules. Most Taekwon-Do drills and training exercises can be done quite easily with social distancing in place. Examples are line work, combination exercises, stretching, warm ups, patterns and shadow sparring. Have fun and get creative, planning lessons and adapting is great training for becoming instructors in the future.
- If wanting to practice pad work/sparring, stick to one partner per session, for the whole duration, forming a training bubble. This also applies as per government guidelines that same households can partner up, try and make use of this if possible.
- If possible when using pads, have two pads per pair. This way only one person will be making contact with that specific area of the pad, creating less chance of contact. If not wiping down the pads between switchovers will help reduce risk.
- If you can't physically train as much as you used too for the first term, perhaps add in some complimentary online video sessions to give additional opportunities. This also helps include those who are still unable/nervous to attend training.

MENTAL HEALTH/WEELLBEING

- Keep in contact with your members. Look after each other both inside and outside of training. Members may be nervous about training so ensuring they feel comfortable by making sure everyone is clear on how training will look can help. Keep them informed of what training is taken place, how things will run and what they can expect.

- Check in on club members. Some members may not be able to return at the start. Members may be nervous to train or unable to attend due to personal health reasons straight away. Give them time and make sure they don't feel left out or forgotten about. Including online sessions or socials alongside physical training will offer them a way to feel part of the club.
- Stay positive. The pandemic has affected everyone and remember, we are all in this together. Training may not be how we imagined it or are used to, but it will return and get back to normal eventually. Use this chance to change things up, try new things and create a closer bond within your clubs. You never know how much having a club or having somewhere to feel included means to an individual, in this time it's important people don't feel alone or isolated. The hard work you do to ensure the club runs safely and at all, will be appreciated by the members more than ever.

RISK ASSEMENT GUIDELINES

A risk assessment must follow a recognised and standard methodology, in that is must:

- Identify significant risks
- Identify controls required to comply with legislation
- Remain appropriate and valid over a reasonable period of time

Clubs will always complete a risk assessment but its important to create an additional one covering Covid-19, defining the specific associated risks and prevention methods.

GENERAL RISKS

To help clubs we have identified generic risks to consider, relating to Covid-19:

- Members are unaware of changes and new virus control methods
- Too many members attending training, based on new distancing layouts
- Venue staff are unaware of changes and new virus control methods
- Members risk infection traveling to/from training
- Bags and equipment can cause additional areas of transmission
- Cash payments can spread contamination
- Members arrive with contaminated hands
- Members are unaware of new layout (entrance/exit one way)
- Door handles can spread contamination
- Changing rooms and toilets increase risk of infection
- Size of training venues affects social distancing layouts
- Social distancing measures, 1-2 metre options
- Use of mats on floor can increase transmission
- Pads/training equipment could be infected
- Touching surfaces
- Members leaving training venues
- Leaving behind contamination
- Throwing away of waste products
- Test and trace systems

If unsure of how to prevent the above general risks, please do get in contact with our support team at info@butl.org.uk.

TRAINING SPECIFIC RISKS

- Warm up/Stretching procedures/changes
- Line work procedures/changes
- Pattern procedures/changes
- Free Sparring procedures/changes
- Step Sparring procedures/changes
- Self Defence procedures/changes
- Breaking procedures/changes
- Pad Striking procedures/changes

For the above training specific risks, we recommend government social distancing guidelines at all times. A block area of 2-3 metres for each individual to train and complete all aspects without restriction is recommended. This can also reduce the risk of sweat droplets passing from individual to individual. Training individually for the most part, training in pairs (forming a training bubble) with the same partner for the duration of a session if pad work, or with those from the same household. The use of side by side or back to back training where possible to reduce face to face interaction. Breaking we recommend is not currently possible due to the use of multiple individuals for most stands. If a stand is self holding then ensure all boards are cleaned after each use.

EXAMPLE OF A COVID-19 BEST PRACTICE SESSION

As we are unsure of how long Taekwon-Do training and sessions will be under the pandemic restrictions we need to adapt to operate safely whilst also providing the best opportunities for members. Thinking of new ways to provide members with these opportunities will ensure everyone is safe and has the best experience possible.

DELIVERING A BEST PRACTICE SESSION EXAMPLE

Pre-Training

- Members have all been informed and advised of all Covid-19 arrangements and restrictions before they arrive
- Class times and size are adjusted to ensure all social distancing needs are met
- If using mats, they are cleaned with disinfectant
- If using equipment such as pads they are cleaned with at least 60% alcohol wipes
- Signs are displayed around the venue
- Taped areas and zones are ready
- Members are encouraged to travel to training in the safest way

Arriving

- Members arrive on time at the arranged session time
- Members arrive ready dressed for the session
- Members bring their own labelled water bottles
- Members keep government guideline distance when possible
- Members clean their hands with sanitiser on entering the training room
- Door are kept open where possible to assist with ventilation and reduce contact

Training

- Class sizes are adjusted to allow social distancing measures in all directions

- Members from the same household, bubbles may distance as normal
- Class activity follows the club/institution risk assessment
- Equipment is cleaned after each use
- Any spillages are cleaned up
- Members to minimize contact with any surfaces as much as possible

Post-Training

- Members must take all their possessions with them
- Members clean their hands with sanitiser when leaving the training room
- Members leave the venue as soon as possible

Post-Preparation

- Mats and floor cleaned (institution or venue should ensure they do this)
- All pads and equipment cleaned ready for next time
- Review of session to see what worked, or find ways to modify and ensure maximum safety

SUMMARY

We are unsure of when lockdown style rules will be relaxed further, we must be ready to adapt and adhere to any future changes. We all have a responsibility to follow the advice given to us from the health authorities and experts designed to prevent transmission and protect us from the virus. This is especially important for those from vulnerable groups or those who have underlying health conditions. It is also important to remember how the lockdowns and virus has affected people mentally. The psychological impact of this will have further affects and looking after your members is extremely important, be considerate, understanding and thoughtful to everyone's needs and requirements. Taekwon-Do Clubs are often refereed to as families and we all need those families more than ever. Together we can and will get through this difficult time.

Club committees and instructors should:

- Always place the safety of members and attendees first
- Adhere to all measures provided by your institution and venue
- Conduct and adhere to your Covid-19 risk assessment
- Ensure everyone is clear of what they need to do and what's expected of them
- Review and improve your plans, see what works and use this time to try new ways of doing things
- Keep checking government guidelines and rules
- Remember BUTL are here to support and advise, don't be afraid to reach out.

CONTACT

If you want further advice, support or have any questions please feel free to contact us via the following channels anytime.

General Enquires – Info@butl.org.uk

International Enquires – International@butl.org.uk

Website - www.butl.org.uk