



This information sheet provides guidelines for the resumption of Australian Taekwondo competitions following Covid-19 Restrictions.

Please ensure that you also comply with your state's or territory's requirements for Covid-19 Safe plans for competitions or training.

Venues

The following requirements are strongly recommended, but your venue may have requirements above those listed below. Please discuss these with your venue to ascertain if they are sufficient to meet their requirements.

- Provide hand sanitiser stations for officials, volunteers, athletes and spectators.
Note: that handwashing if available is preferable to a hand sanitiser as any organic matter on the hands reduces the efficacy of the sanitiser.
- **Strongly recommend** that all people at the venue wear face masks.
- **Strongly recommend** that a non-contact thermometer scanner is provided at entry points to the venue and that everyone's temperature is scanned. Anyone with a temperature **MUST NOT** be allowed entry .
- Physical distancing remains one of the most important measures to suppress and control the COVID-19 pandemic. A minimum distance of 1.5 metres should be maintained at all times between attendees who are not part of their close circle of household or family contacts. This means people should not come closer than 1.5 metres for more than 15 minutes to other people they may encounter.
- Display signage at entry points that everyone must observe:
 - maintaining a distance of 1.5 meters from any person who is not a family member, a friend or a person not known to them;
 - officials, volunteers, athletes and spectators to refrain from crowding together at the beginning or conclusion of the event.
- Manage the entry and exit points of the venue so that officials, volunteers, athletes and spectators are not queuing at these points.
- Ensure seating arrangements for spectators allow 1.5 metres between groups and between rows of seats.
- Place signage around the venue to remind officials, volunteers, athletes and spectators to maintain hygiene practices and to go home if they are feeling unwell.
- Arrange matches to minimise overcrowding.

Officials and Volunteers

- Provide hand sanitiser stations in Marshalling, Weigh-in and Competition areas.
- **Strongly recommend** masks for officials/volunteers who are in frequent contact with the public.
- Encourage officials to bring their own drinking container or provide personal bottles.
- Clean common use areas and shared surfaces frequently and/or whenever there is a rotation of personal. This should include laptops, iPads, benches, service counters, and sporting equipment. ie judge controllers, transmitters, head guards, chest guards.

Coaches

- Recommend that all coaches wear face mask and regularly hand sanitize when entering and leaving the field of play.
- Maintain a minimum distance of 1.5 metres at all times between coach, athlete and officials.



Athletes

- Provide hand sanitiser at entry points in Marshalling area, Weigh-in area and Competition area.
- Discourage sharing of equipment amongst athletes
- Athletes should wipe down their own equipment after use eg Heads and Chest Guards, Hand Gloves, Foot socks.
- Recommended that after competing all personal equipment ie doboks, hand gloves, footwear, groin guards be placed in a zip bag and sealed.
- Endorse that all competitors wash their equipment at the completion of the event.
- Athletes can remove their face masks in the warm-up and field of play areas.

Competition Area

- Ensure the competition floor area has been disinfected with an appropriate solution.
- Wash the competition floor area every 2 hours.

Medal Ceremony:

- 1 metre physical distancing of podiums and athletes. Podium width should be 4 metres , assigning each athlete with 1 metre space.
- No shaking hands with athletes, officials and team members. Bowing is recommended for greeting.
- Face masks can be briefly removed for photos with strict physical distancing.
- Medal presenter must wear mask and gloves.
- Awarding ceremony must be completed at the end of each session.

Cleaning and Disinfecting

During the pandemic, extra cleaning should be carried out throughout the venue. Organisers should keep their place of business clean and sanitised by taking the following measures:

- Maintain thorough cleaning and disinfecting of facilities and equipment.
- Clean common use areas and shared surfaces more frequently. This could include benches, service counters, and sporting equipment.
- If you think a surface may be contaminated, clean it with a common household disinfectant.
- Increase cleaning regimes for all areas within the event. Consider whether aspects of the [Australian Government cleaning advice](#) will add anything to your cleaning and disinfecting procedures.

Cleaning products

- Use a disinfectant from a manufacturer that claims the product can kill viruses.
- Chlorine-based (bleach) disinfectants are one product which is suitable.
- Read the label and follow the manufacturer's instructions for dilution and usage.
- Bleach solutions should be made freshly daily as they become less effective over time.
- The recommended concentration of available chlorine for routine disinfection of cleaned surfaces is 1,000 ppm. This as this concentration has been shown to be effective against the majority of microbial pathogens.

Physical Barriers

- A physical barrier between the competition arena and the general public may be required to assist in maintaining physical distance between people.
- Opaque or clear screen dividers of a suitable material that can be easily cleaned and disinfected can be used to create separation between people.
- These dividers should be appropriately designed and installed, and be of a size that creates protection around the face area.



Rubbish Disposal

- The risk of COVID-19 transmission when handling waste is low.
- When managing waste, the following hygiene practices should be followed:
 - items should be placed in a rubbish bag prior to disposing of them.
 - hands should be washed with soap and running water or sanitised with an alcohol-based hand sanitiser immediately after handling disposal of the waste.

Communication

- It is important to communicate your COVID-19 safety steps with officials, teams, participants, spectators, parents and carers.
- Provide updates on social media or via emails and provide signage and information at venues.
- Encourage all your staff, volunteers, spectators and participants to follow these guidelines in their daily life to keep our community safe.