



International Taekwon-Do Federation I.T.F



ITF HEALTH PROTECTION CHECKLIST

ITF MEDICAL COMMITTEE

Vienna, Austria

October, 2021

ITF Health Protection Checklist (ITF HPC) for Coaches/Team Managers.

1. Two weeks prior to the event:

- a. All members of the Team eligible to vaccination should do so as soon as possible. Coaches/Team Managers must check for the pending jabs for each and every member.
- b. Twice a week Covid testing is mandatory for non-vaccinated Team members and twice a month for vaccinated.
- c. Check for a valid recent International Medical Certificate for all the Team members.
- d. Check the Competitors' weight regularly in order to avoid excessive weight loss during the final days prior to the competition, do not allow more than 2 kilos of excessive weight at this time point.
- e. Instruct the Competitors to wash their hands and disinfect the TKD equipment promptly after they use it.

2. One week prior to the event:

- a. Perform daily weight check of the competitors and monitor for medications (e.g. painkillers) used, to comply with the WADA guidelines.
- b. Instruct the Competitors to daily check their temperature and self-exam in order to early detect any possible Covid symptoms.
- c. Instruct the Competitors to avoid all the unnecessary travel and personal contacts in order to avoid any possible contamination prior to the Championships.
- d. Regularly perform Covid testing.
- e. Instruct the Competitors to issue a Covid Vaccination Certificate when applicable.
- f. Instruct the Competitors to wash their hands and disinfect the TKD equipment promptly after they use it.

3. One day prior to the event:

- a. Check for the Competitors' temperature and hydration levels.
- b. Check the Competitors do not to take ANY medication without consulting the team's Coach or Doctor.
- c. Instruct the Competitors to take a final pre-competition Covid testing.
- d. Instruct the Competitors to minimise contacts with any Team members besides their Coach and roommate.
- e. Get an 8-hour sleep and a healthy carbohydrate meal prior to the competition.
- f. Instruct the Competitors to wash their hands and disinfect the TKD equipment promptly after they use it.

4. One day of the event:

- a. Final check for possible Covid symptoms of the Team members (self-test kits), perform final temperature check.
- b. Ensure the Competitors keep a safe distance from each other during the warm up before the matches.
- c. Ensure the Competitors use ONLY their own protective equipment and apparel while warming up or competing.
- d. Instruct the Competitors to wash their hands and disinfect the TKD equipment promptly after they use it.

ITF Health Protection Checklist (ITF HPC) for competitors.

1. Two weeks prior to the event:

- a. Make sure all anti-Covid vaccination is completed. If not already done so, check for pending jabs. Twice a week Covid testing is mandatory for all not vaccinated and twice a month for the vaccinated participants.
- b. Provide the Coaches/Team Managers with a valid International Medical Certificate.
- c. Monitor your weight regularly in order to avoid excessive weight loss during the final days prior to the competition. Do not allow more than 2 kilos of excessive weight at this time point.
- d. Use your face mask at all times while out of training or safe environments.

2. One week prior to the event:

- a. Make sure ANY medication used, even a simple pain killer, complies with the WADA guidelines, if not sure contact your Team Coach or Doctor.
- b. Daily check your temperature and self-exam in order to early detect any possible Covid symptoms.
- c. Regularly perform Covid testing.
- d. Make sure to ban all the unnecessary travel and personal contacts in order to avoid any possible contamination prior to the event.
- e. If not done already, issue a Covid Vaccination Certificate when applicable.
- f. Pack sufficient amount of disinfectant and face masks for your travel and the event.

3. One day prior to the event:

- a. Check your temperature and make sure you are well fed and hydrated.
- b. Do not take ANY medication without consulting the team's Coach or Doctor.
- c. Take a final pre-competition Covid testing.
- d. Minimise contacts with any Team members besides your Coach and roommate.
- e. Disinfect your personal belongings and TKD equipment with an antiseptic solution.
- f. Get an 8-hour sleep and a healthy carbohydrate meal prior to it.

4. On the day of the event:

- a. Perform a self-check for possible Covid symptoms, make a final temperature check.
- b. Immediately inform your Team Coach and Doctor in case ANY abnormalities occur during your self-check.
- c. Make sure to keep a safe distance from other Competitors while warming up before matches.
- d. ONLY use your own TKD equipment and belongings while warming up or competing.
- e. Immediately wash your hands and face, disinfect your TKD equipment promptly after you use it.

Special Note:

The ITF Medical Committee members will monitor and randomly check compliance to the ITF Medical Rules and the ITF Health Protection Checklist before and in the course of any ITF event.