

International Taekwon-Do Federation I.T.F.



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From: ITF

To: All NGBs under ITF

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Re: PRECAUTIONARY MEASURES PERTAINING CORONAVIRUS (COVID-19)

Dear ITF Members,

In light of the increasing concern related to the evolving coronavirus outbreak, it is important that athletes and officials that are preparing for internationally sanctioned ITF events stay informed and understand how to best protect themselves from illness.

This update is informed by information collated from the World Health Organization (WHO) and includes direct extracts from previously published guidelines.

Recommendations for International Travel

Athletes may encounter travel disruption as several countries and airlines around the world implement precautionary measures, including screening and quarantine measures. Travel restrictions to/from other countries are largely the result of decisions taken by the local national public health authorities. Such measures have impacted several international sport events around the world, and athletes are encouraged to check travel advices regularly and to consult with competition organizers for specific advisories and/or decisions prior to travel.

In the interim, it is advisable to limit all non-essential travel to geographical locations at higher risk.

Prevention of Illness

In terms of managing the spread of the virus, the following principles apply:

- The WHO does not recommend any specific measures such as isolation unless people experience any symptoms suggestive of acute respiratory illness either during or after travel;
- Avoid close contact with people suffering from acute respiratory infections;
- Wash your hands frequently with soap and running water for 25 seconds duration, especially after direct contact with ill people or their environment and use alcohol-based hand rubs (applied to clean hands), both regularly and before meals;
- Avoid unprotected contact with farm or wild animals;
- People with symptoms of acute respiratory infection should practice cough etiquette (maintain distance, cover coughs and sneezes with disposable tissues or clothing, and wash their hands) and if this occurs after travel, report as soon as possible to health care practitioners.

Do not act against any travel advice from the WHO, or the relevant local authorities of the country you intend to visit.

The below is a useful YouTube video from the WHO that gives more information about the coronavirus: <https://youtu.be/mOV1aBVYKGA>. As the situation continues to evolve, please refer to the local government resources for the latest updates.

Thank you for your assistance in adhering to these important guidelines.

ITF HQ