



**ITF ANTI-EPIDEMIC GUIDELINES FOR SAFE ACTIVITIES
DURING THE COVID-19 PANDEMIC**

International Taekwon-Do Federation

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Foreword

As of the mid October, 2020, the COVID-19 pandemic has infected more than 40 million people and caused heavy casualties of over a million all over the world since its outbreak. Even now it is still hovering over and bringing the catastrophes to the entire humankind.

Most of us didn't properly realize the importance of the anti-epidemic work until we witnessed the others shedding tears of heartbreaking regret upon losing their precious next of kin and the hideous situation where a lot of people are dying of the COVID-19 pandemic which is yet out of control and takes several thousands of innocent people day by day.

One of the main reasons that the catastrophic situation is continuing, where the infections and casualties are rapidly increasing day after day until now, several months since the outbreak of the virus, is because people are still careless and don't observe the necessary anti-epidemic regulations properly.

The aim of these guidelines is to ensure the safe training and promotion of Taekwon-Do as well as to mitigate the risk of the virus until a complete and comprehensive method of treatment and vaccination are in place.

The guidelines are drafted in reference with the anti-epidemic measures of the DPR Korea where no one infection nor casualty has been recorded and with the anti-epidemic guidelines of several other International Organizations.

To strictly observe the anti-epidemic regulations against the COVID-19 pandemic is a must to protect the humankind from the virulent virus and also to ceaselessly develop the original Taekwon-Do.

The ITF truly wishes all the NGBs and Taekwon-Do practitioners should carry out the anti-epidemic work in a responsible manner according to the anti-epidemic regulations of the countries concerned and these guidelines, thus protecting our Taekwon-Doists from the COVID-19 pandemic and continuing the training and promotion of Taekwon-Do in a safe environment.

Disclaimer

Each NGB, AGB, school/club or association choosing to implement these recommendations are advised first and foremost to follow local, regional or national government restrictions according to the Covid-19 infection level of their country or region.

The ITF keeps the right to revise these guidelines according to the progression of the Covid-19 pandemic and corresponding [WHO recommendations and guidelines](#).

1. Concept of vigilance phases of anti-epidemic work, sanitary conditions and general pedagogical recommendations

The anti-epidemic work can be divided into 4 vigilance phases, i.e. phase 1 – preventive vigilance, phase 2 - medium vigilance, phase 3 – high vigilance and phase 4 – very high vigilance.

1.1 Very high vigilance – phase 4

Applicable when it is forbidden to touch one another, mask-wearing is compulsory and only outdoor activities are allowed.

1.1.1 Sanitary conditions

- sanitary secure distance

- limited number of practitioners
 - restrictions of access to the virus
 - mask wearing
 - prohibiting the sharing of bathroom, shower or toilet
- 1.1.2 General pedagogical recommendations
- individual training
Training content: theory, fundamental movements, Tul, physical training, training of attack & defense tools, imitated training of sparring tactics, rhythmic exercise, etc.
 - individual orientation class done by an Instructor or assistant Instructor, remote class
 - prohibition of common use of training equipments
 - keeping a two meter distance with each other, 8 m² space per person

1.2 High vigilance – phase 3

Applicable when it is forbidden to touch one another, mask-wearing is compulsory and indoor activities are allowed.

1.2.1 Sanitary conditions

- sanitary secure distance
- limited number of practitioners
- restrictions of access to the virus
- mask wearing
- prohibiting the sharing of bathroom, shower or toilet

1.2.2 General pedagogical recommendations

- individual training
Training content: theory, fundamental movements, Tul, physical training, training of attack & defense tools, imitated training of sparring tactics, rhythmic exercise, etc.
- individual orientation class done by an Instructor or assistant Instructor, remote class
- prohibition of common use of training equipments
- keeping a two meter distance with each other, 8 m² space per person

1.3 Medium vigilance - phase 2

applicable when the social distancing measure is lifted, mask-wearing is still compulsory and training in pairs is allowed.

1.3.1 Sanitary conditions

- sanitary secure distance
- limited number of practitioners
- restrictions of access to the virus
- mask wearing
- prohibiting the sharing of bathroom, shower or toilet

1.3.2 General pedagogical recommendations

- training with a limited number of practitioners
Training content: prearranged sparring (3-step, 2-step), foot sparring, semi-free sparring, prearranged free sparring, practice of sparring techniques, etc.
- prohibition of common use of training equipments
- keeping a two meter distance with each other, 8 m² space per person
- keeping a two meter distance with each group in case of group training

1.4 Preventive vigilance – phase 1

Applicable when the Covid-19 is not spread within a certain country or when it is successfully put under control after outbreak and the related anti-epidemic measures has been lifted.

1.4.1 Sanitary conditions

- sanitary secure distance
- limited number of practitioners
- restrictions of access to the virus
- mask wearing(not compulsory while training)
- keeping distances while using a bathroom, shower or toilet

1.4.2 General pedagogical recommendations

- no limit for training content as long as the distance is ensured between practitioners
- sanitizing the equipments after use

2. General provisions for anti-epidemic work

All NGBs and practitioners are advised:

- 2.1 To observe the related restriction measures taken by their governments against the spreading of the Covid-19.
- 2.2 To always remember the worst enemy in the fight against the Covid-19 is the slackness until the vaccine and the treatment methods is successfully introduced on a world-wide scale and to keep vigilance and suspect at all times, to help and control each other.
- 2.3 To wear masks at all times.
- 2.4 To possess a non-contact clinical thermometer, take your own temperature more than 3 times and often wash your hands, preferably in running water.
- 2.5 To keep a 2 meter distance with each other.
- 2.6 To prohibit meeting with the suspected contacts and those people who traveled to the countries or regions attacked by and infested with the Covid-19.
- 2.7 To refrain from the travel to the countries or regions infested with the Covid-19.
- 2.8 To sanitize the house, office, Dojang, especially door knobs or handles and training equipments at least 5 times.
- 2.9 To restrain your children from going out or meeting with the other people if possible.
- 2.10 To keep a book of records of sanitization, temperatures and visitors at the work, Dojang and house.
- 2.11 The ITF has the right to revise these guidelines subject to the recommendations or guidelines of the World Health Organization, or as necessity demands.

3. Provisions for training organizers

These provisions are for officials, Instructors and assistant instructors managing the Dojangs (clubs) or organizing the training.

3.1 Individual hygiene

- 3.1.1 Take a shower before arriving in the Dojang.
- 3.1.2 Have a clean Dobok (training suit) every time you go to the Dojang.
- 3.1.3 Wash your hands upon entrance in the Dojang with a sanitizer(gel or liquid)
- 3.1.4 Put off your shoes at the entrance of the Dojang and put on your slippers which should be carried on inside the Dojang. Your shoes should be put on when going out of the Dojang.
- 3.1.5 Go to the personal allocated area for changing clothes.
- 3.1.6 Apply a sanitizer on your feet before entering or exiting the training floor(mats)
- 3.1.7 Wear a mask.(following the governmental recommendations in terms of the mask quality)

3.2 Cleaning and asepsis of the training area and equipments

- 3.2.1 The training floors should be cleaned and sanitized. The training area should be well ventilated after every training class.(15 ~ 30 minutes cleaning and 15 minutes drying)
- 3.2.2 The equipments used by the practitioners should be cleaned and disinfected.

- 3.3 Management and monitoring of the entrance and exit of practitioners in the Dojang
- 3.3.1 The circulation route should be planned and marked within the Dojang.(road marking, flagging tape, easy-to-wash tarpaulin, etc)
- 3.3.2 The circulation route should be planned in consideration with the configuration of the Dojang and should maintain the hygienic safe distance.
- 3.4 Requirements for Taekwon-Do training in the Dojang
- 3.4.1 In case there are more than 1 training mats (sparring rings), the distance between them should be 2 meters which should be marked with adhesive tapes, easy-to-wash tarpaulin, etc.
- 3.4.2 The maximum number of training classes and practitioners should be decided according to the government regulations and the available space of the training floor.
- 3.4.3 The allotted area for each practitioner or practicing group should be marked. (Adhesive tapes, easy-to-wash tarpaulin, etc.)
- 3.5 Provisions of the hygienic requirements for disinfecting the Dojang
- 3.5.1 Cleaning & sanitizing tools should be ready to use.
- cleaning tools box
 - sanitizing wipes
 - sanitizing aerosol
 - vaporizer
 - air-conditioner
 - cleaning paper and duster
 - cleaning bucket and mops
 - disposable gloves(latex or nitrile)
- 3.5.2 Cleaning & sanitizing
- 3.5.2.1 The cleaning of the different spaces should be planned and agreed with the management of the facility.
- 3.5.2.2 In principle, the frequency of the cleaning & sanitizing, the type of the sanitizers should be conformed to the guidelines and vigilance level set by the government concerned.
- Cleaning and sanitizing the training floors and lobbies (2 ~ 3times daily)
 - Cleaning and sanitizing the shower, locker room and toilets (2 ~ 3times daily)
 - Cleaning and sanitizing the common areas (at the beginning and end of the day)
 - Cleaning and sanitizing the training equipments(if applicable) (before and after use)

4. Provisions for practitioners, Instructors(assistant instructors)

These provisions are to contribute to the efforts of the practitioners of the Original Taekwon-Do to protect themselves, their own parents, brothers, sisters and colleagues from the Covid-19, with the 5 tenets of Taekwon-Do and moral culture deep inside their hearts.

4.1 Very high vigilance phase

Applicable when it is forbidden to touch one another, mask-wearing is compulsory and only outdoor activities are allowed.

4.1.1 Sanitary conditions

- sanitary secure distance: 2 meters
- limited number of practitioners

The number of practitioners should be subject to the available space and the sanitary distance to the government restrictions.

- restrictions of access to the virus

Though the outdoor activities are allowed, however, the contact with others, attending a

meeting with others are not allowed.

- mask wearing
- prohibiting the sharing of bathroom, shower or toilet

4.1.2 General pedagogical recommendations

- individual training

Training content: theory, fundamental movements, Tul, physical training, training of attack & defense tools, imitated training of sparring tactics, rhythmic exercise, etc.

- individual orientation class done by an Instructor or assistant Instructor, remote class
- prohibition of sharing of training equipments
- keeping a two meter distance with each other, 8 m² space per person

Essential measures for proper application of 4.1.1.

4.1.1.1 These provisions are for the practitioners, Instructors (assistant instructors) and volunteers.

4.1.1.2 Hours and content for individual training, orientation class, and education of theories according to the training content should be properly planned and strictly observed.

※ Orientation class is the one to let the practitioner know about the training content, method and teaching schedule so that he or she could practice alone.

4.1.1.3 During individual training

- The instructor should measure the practitioners' body temperature with a non-contact clinical thermometer and exclude those with an elevated temperature.
- The practitioners should sanitize their hands and feet on arrival.
- The instructor and practitioners must wear a mask.
- The distance between the instructor and a practitioner should be at least 2 meters.
- In case of training 2 or more practitioners, the distance between the instructor and the practitioners, between practitioners should be at least 2 meters and close gathering is prohibited.

4.1.1.4 During the orientation class and theory education

- The instructor should measure the practitioners' body temperature with a non-contact clinical thermometer and exclude those with an elevated temperature from the training.
- The practitioners should sanitize their hands and feet on arrival.
- The instructor and practitioners should wear a mask.
- The distance between the instructor and a practitioner should 2 meters at the least.
- In case of training 2 or more practitioners, the distance between the instructor and the practitioners, between practitioners themselves should be at least 2 meters and gathering together is prohibited.

4.1.1.5 The practitioners should respect and observe the anti-epidemic regulations.

- The practitioners should remain in a place allotted by the instructor throughout the training.
- When the training is dismissed the practitioners should exchange nods and leave the training location while maintaining the sanitary secure distance.

4.1.1.6 Volunteers and accompanying persons should also respect and observe the anti-epidemic regulations.

- They should always wear a mask.
- They should measure their body temperature and sanitize their hands and feet.
- They should keep at least a 2-meter distance from the instructor and practitioners.
- They should keep at least a 2-meter distance from other volunteers or accompanying persons and not gather together to have a talk.

- They should keep a secure distance when exiting the Dojang to return home.
- 4.1.1.7 Sanitary recommendations to be performed before arriving in the training location
 - Take a shampoo and a shower.
 - Completely wash and sanitize the Taekwon-Do Dobok and equipments.
 - Wash hands clean and keep the nails short.
 - Prepare disposable tissues, sanitizer gel, water bottle and a paper of the details of the accompanying person who can be reached in case of any problems during the training class (in case of minors) and have a bag to hold all of the above-mentioned articles.
 - Wear a mask approved of by the government.
 - Avoid the public transport as much as possible and wear a mask on public transport if you can't avoid it.
 - Go to the restroom before training.
 - Wear a pair of tracksuit or coat over the Dobok in order to keep the Dobok clean on the way to the training location.
- 4.1.1.8 Sanitary recommendations when in need of assembling
 - Measure the body temperature of the participants by a non-contact clinical thermometer.
 - Provide a sanitizer gel or liquid.
 - Designate an assembly point ensuring the sanitary security distances.
 - Mark any required security distance points and designate a circulation if required.
 - Designate a person who tells the participants about the assembly point.
 - Collect and check the signed sanitary questionnaire.
 - Exclude the practitioners with the elevated temperature, i.e. $\geq 37.5^{\circ}\text{C}$
 - Provide a trash can for disposable tissues or litters.
 - Inform the accompanying persons of the class dismissing hours.
- 4.1.1.9 Sanitary recommendations to be taken upon arrival at home
 - Take a shower.
 - Wash the Dobok.
 - Clean the water bottle.
 - Sanitize the bag.
 - Restock the sanitary kit (sanitizing gel/liquid, tissues, and mask).

4.2 High vigilance phase

Applicable when it is forbidden to touch one another, mask-wearing is compulsory and indoor activities are allowed.

4.2.1 Sanitary conditions

- Sanitary secure distance-2 meters
- Limited number of practitioners
 - The number of practitioners should be subject to the available space and the sanitary distance to the government restrictions.
- Restrictions of access to the virus
 - Though the outdoor activities are allowed, however, the contact with others, attending a meeting with others is not allowed.
- Mask wearing
- Prohibiting the sharing of bathroom, shower or toilet

4.2.2 General pedagogical recommendations

- individual training
 - Training content: theory, fundamental movements, Tul, physical training, training of

- attack & defense tools, imitated training of sparring tactics, rhythmic exercise, etc.
- individual orientation class done by an Instructor or assistant Instructor, remote class
- prohibition of sharing of training equipments
- keeping a two meter distance with each other, 8 m² space per person

Essential measures for proper application of 4.2.1.

- 4.2.1.1 These provisions are for the practitioners, Instructors (assistant instructors) and volunteers.
- 4.2.1.2 Hours and content for individual training, orientation class, and education of theories according to the training content should be properly planned and strictly observed.
 - ※ Orientation class is the one to let the practitioner know about the training content, method and teaching schedule so that he or she could practice alone.
- 4.2.1.3 During individual training
 - The instructor should measure the practitioners' body temperature with a non-contact clinical thermometer and exclude those with an elevated temperature.
 - The practitioners should sanitize their hands and feet on arrival.
 - The instructor and practitioners should wear a mask.
 - The distance between the instructor and a practitioner should be at least 2 meters.
 - In case of training 2 or more practitioners, the distance between the instructor and the practitioners, between practitioners should be at least 2 meters and close gathering is prohibited.
- 4.2.1.4 During the orientation class and theory education
 - The instructor should measure the practitioners' body temperature with a non-contact clinical thermometer and exclude those with an elevated temperature from the training.
 - The practitioners should sanitize their hands and feet on arrival.
 - The instructor should wear a mask..?????/?
 - The distance between the instructor and a practitioner should 2 meters at the least.
 - In case of training 2 or more practitioners, the distance between the instructor and the practitioners, between practitioners themselves should be at least 2 meters and gathering together is prohibited.
- 4.2.1.5 The practitioners should respect and observe the anti-epidemic regulations.
 - The practitioners should remain in a place allotted by the instructor throughout the training.
 - When the training is dismissed the practitioners should exchange nods and leave the training location while maintaining the sanitary security distance.
- 4.2.1.6 Volunteers and accompanying persons should also respect and observe the anti-epidemic regulations.
 - They should always wear a mask.
 - They should measure their body temperature and sanitize their hands and feet.
 - They should keep at least a 2-meter distance from the instructor and practitioners..
 - They should keep at least a 2-meter distance from the other volunteers or accompanying persons and not gather together to have a talk.
 - They should keep a secure distance when exiting the Dojang to return home.
- 4.2.1.7 Sanitary recommendations to be performed before arriving in the training location
 - Take a shampoo and a shower.
 - Completely wash and sanitize the Taekwon-Do Dobok and equipments.
 - Wash hands clean and keep the nails short.
 - Prepare disposable tissues, sanitizer gel, water bottle and a paper of the details of

the accompanying person who can be reached in case of any problems during the training class (in case of minors) and have a bag to hold all of the above-mentioned articles.

- Wear a mask approved of by the government.
- Avoid the public transport as much as possible and wear a mask on public transport if you can't avoid it.
- Go to the restroom before training.
- Wear a pair of tracksuit or coat over the Dobok in order to keep the Dobok clean on the way to the training location.

4.2.1.8 Sanitary recommendations when in need of assembling

- Measure the body temperature of the participants by a non-contact clinical thermometer.
- Provide a sanitizer gel or liquid to disinfect.
- Designate an assembly point ensuring the sanitary security distances.
- Mark any required security distance points and designate a circulation if required.
- Designate a person who tells the participants about the assembly point.
- Collect and check the signed sanitary questionnaire.
- Exclude the practitioners with the elevated temperature, i.e. $\geq 37.5^{\circ}\text{C}$
- Provide a trashcan for disposable tissues or litters.
- Inform the accompanying persons of the class dismissing hours.

4.2.1.9 Sanitary recommendations to be taken upon arrival at home

- Take a shower.
- Wash the Dobok.
- Clean the water bottle.
- Sanitize the bag.
- Restock the sanitary kit (sanitizing gel/liquid, tissues, mask).

4.3 Medium vigilance phase

Applicable when the social distancing measure is lifted, mask-wearing is still compulsory and training in pairs is allowed.

4.3.1 Sanitary conditions

- sanitary secure distance
- limited number of practitioners
- restrictions of access to the virus
- mask wearing
- prohibiting the sharing of bathroom, shower or toilet

4.3.2 General pedagogical recommendations

- selecting the pedagogical content fit for the respiratory hygiene and restriction in contact
- training with a limited number of practitioners
Training content: prearranged sparring (3-step, 2-step), foot sparring, semi-free sparring, prearranged free sparring, practice of sparring techniques, etc.
- prohibition of common use of training equipments
- keeping a two meter distance with each other, 8 m² space per person
- keeping a two meter distance with each group in case of group training

Essential measures for proper application of 4.3.1.

- 4.3.1.1 These provisions are for the practitioners, Instructors (assistant instructors) and volunteers.
- 4.3.1.2 Hours and content for individual training, orientation class, and education of theories

- according to the training content should be properly planned and strictly observed.
- 4.3.1.3 The instructor shall provide the anti-epidemic conditions.
- The instructor should measure the practitioners' body temperature with a non-contact clinical thermometer and exclude those with an elevated temperature.
 - The practitioners should sanitize their hands and feet on arrival.
 - The instructor and practitioners should wear a mask.
 - The distance between the instructor and a practitioner should be at least 2 meters.
 - In case of training 2 or more practitioners, the distance between the instructor and the practitioners, between practitioners should be at least 2 meters and close gathering is prohibited.
- 4.3.1.4 The practitioners shall observe the anti-epidemic regulations.
- The practitioners should remain in a place allotted by the instructor throughout the training.
 - The practitioners should maintain the same partner throughout the training.
 - The practitioners should wear masks except during the training class.
 - The practitioners should keep a two meter distance with each other and don't assemble before, during and after the training.
 - When the training is dismissed the practitioners should exchange nods and leave the training location while maintaining the sanitary security distance.
 - When saying goodbye and changing in a locker room, the practitioners should keep a distance of 2 meters with each other.
- 4.3.1.5 Volunteers and accompanying persons should also respect and observe the anti-epidemic regulations.
- They should always wear a mask.
 - They should measure their body temperature and sanitize their hands and feet.
 - They should keep at least a 2-meter distance from the instructor and practitioners.
 - They should keep at least a 2-meter distance from the other volunteers or accompanying persons and not gather together to have a talk.
 - They should keep a secure distance when exiting the Dojang to return home.
- 4.3.1.6 Sanitary recommendations to be performed before arriving in the training location
- Take a shampoo and a shower.
 - Completely wash and sanitize the Taekwon-Do Dobok and equipments.
 - Wash hands clean and keep the nails short.
 - Go to the restroom before training.
 - Avoid the public transport as much as possible and wear a mask on public transport if you can't avoid it.
 - Wear a pair of tracksuit or coat over the Dobok in order to keep the Dobok clean on the way to the training location.
 - Prepare disposable tissues, sanitizer gel, water bottle and a paper of the details of the accompanying person who can be reached in case of any problems during the training class (in case of minors) and have a bag to hold all of the above-mentioned articles.
 - Wear a mask approved of by the government.
- 4.2.1.7 Sanitary requirements in the Dojang and the lobby
- The Dojang can be used by various sports, therefore, the entrance of the practitioners should done in the principle of avoiding the common entrance used by other sports.
 - A reception desk should be set at the entrance controlled by a responsible member of the Dojang who is wearing the disposable gloves and a mask.
 - Mark out the security distance (using adhesive tapes or other well visible materials)

in order to make sure that each practitioner and their accompanying person respect a minimum of 1 meter distance.

- Check and collect the signed sanitary questionnaire.
- Measure the body temperature with a non-contact clinical thermometer and exclude the practitioners with the elevated temperature, i.e. $\geq 37.5^{\circ}\text{C}$.
- Provide a sanitizer gel or liquid to disinfect.
- Provide a trashcan for disposable tissues or litters.
- Check about the mask wearing and arrange for mask distribution.
- Instruct the practitioners to leave their shoes at a designated area and put on the slippers before entering the training area.
- Inform the accompanying persons of the class dismissing hours

4.3.1.8 Sanitary requirements from the lobby to the training area

- The instructor or maintenance personnel shall check out the anti-epidemic status of the practitioners to allow them to enter the training area.
- The entering people shall enter the Dojang along the lane organized by the Dojang, keeping a sanitary security distance.
- The security distance should be marked in order for each practitioner to know where they can change.
- An instructor or an assistant shall accompany the practitioner who requires the special attention.
- The practitioners shall place their bags in the assigned area, put off their over-clothes (like tracksuit or coat), fold them carefully and put them in the bag.
- The practitioners shall put off their slippers at a corner of the training area(mat) and take out the bottle, tissues and sanitizer gel/liquid. All other personal belongings like telephone should be kept in the bag.
- The practitioners should sit on the mat with their legs turned to the outer side of the mat and apply the sanitizer gel or liquid to their feet and hands.
- The practitioners shall turn towards the center of the mat and wait until the instructor point out the assigned place of training in the mat.

4.3.1.9 Sanitary requirements during the training class

- The instructor shall point out the training area marked on the mat to the practitioners or groups/pairs by turns.
- The instructor shall provide a space for each practitioner or group/pair.
- The practitioners shall bow to the instructor and go to the assigned area where they stay throughout the training class.
- The instructor makes sure that the necessary pedagogical equipment for the class is provided and well cleaned, disinfected.
- The common greeting at the start and end of the class will be done by the practitioners from the assigned area.
- The instructor shall dismiss the practitioners by turns.

4.3.10 Sanitary requirements after training class until the exit from the Dojang

- Practitioners shall sit with their legs turned to the outer side of the training mat, apply the sanitizing gel/liquid to their feet, put on their slippers and place the sanitary kit and bottle in their bag.
- The practitioners put on their over-clothes on top of the Dobok and wait for the instructor's order to join their parents or accompanying persons.
- The practitioners shall put off their slippers and on their shoes in the lobby. The slippers should be carried in the bags.
- The practitioners shall disinfect their hands with the sanitizing gel/liquid provided

by the Dojang.

- Any minor practitioners shall wait for the signal from the man in charge of the lobby to leave with their accompanying persons.
- 4.3.1.11 Sanitary recommendations to be taken upon arrival at home
- Take a shower.
 - Wash the Dobok.
 - Clean the water bottle.
 - Sanitize the bag.
 - Restock the sanitary kit (sanitizing gel/liquid, tissues, mask).

4.4 Preventive vigilance phase

Applicable when the Covid-19 is not spread within a certain country or when it is successfully put under control after outbreak and the related anti-epidemic measures has been lifted.

4.4.1 Sanitary conditions

- sanitary security distance
- limited number of practitioners
- restrictions of access to the virus
- mask wearing(not compulsory while training)
- keeping distances while using a bathroom, shower or toilet

4.4.2 General pedagogical recommendations

- no limit for training content as long as the distance is ensured between practitioners
- sanitizing the equipments after use

Essential measures for proper application of 4.4.1.

4.4.1.1 These provisions are for the practitioners, Instructors (assistant instructors) and volunteers.

4.4.1.2 Training schedule should be strictly observed.

- Hours for theory and practice in a class should be properly distributed.
- The hours for a class might be 45, 60 or 90 minutes according to the ages.
- Before-class assembly, warm-up, main training, warm-down, summing-up assembly, dismiss time should be considered to distribute the class hours.
- The security distance between the instructor and the practitioner and between the practitioners themselves should be kept.
- The next class should be commenced 15 minutes after the previous class so as to keep the practitioners of the both classes from assembling.
- Accompanying persons should keep a security distance each other while waiting.

4.4.1.3 Sanitary recommendations to be performed before arriving in the training location

- Take a shampoo and a shower.
- Completely wash and sanitize the Taekwon-Do Dobok and equipments.
- Wash hands clean and keep the nails short.
- Go to the restroom before training.
- Wear a pair of tracksuit or coat over the Dobok in order to keep the Dobok clean on the way to the training location.
- Prepare disposable tissues, sanitizer gel, water bottle and a paper of the details of the accompanying person who can be reached in case of any problems during the training class (in case of minors) and have a bag to hold all of the above-mentioned articles.

4.4.1.4 Sanitary requirements in the Dojang and the lobby

- The Dojang can be used by various sports; therefore, the entrance of the practitioners

should be done in the principle of avoiding the common entrance used by other sports.

- A reception desk should be set at the entrance controlled by a responsible member of the Dojang who is wearing the disposable gloves and a mask.
- Check and collect the signed sanitary questionnaire.
- Measure the body temperature with a non-contact clinical thermometer and exclude the practitioners with the elevated temperature, i.e. $\geq 37.5^{\circ}\text{C}$.
- Provide a sanitizer gel or liquid to disinfect.
- Provide a trashcan for disposable tissues or litters.
- Inform the accompanying persons of the class dismissing hours

4.4.1.5 Sanitary requirements from the lobby to the training area

- The practitioners shall change into the Dobok in the locker room and put all his belongings in their bag.
- The practitioners shall go from the locker room to the training area with their bags in slippers.
- The practitioners shall put off their slippers at a corner of the training area (mat) and take out the bottle, tissues and sanitizer gel/liquid. All other personal belongings should be kept in the bag.
- The practitioners should sit on the mat facing the outer side of the mat and apply the sanitizer gel or liquid to their feet and hands.
- The practitioners shall turn towards the center of the mat and wait until the instructor point out the assigned place of training in the mat.

4.4.1.6 Sanitary requirements after training class until the exit from the Dojang

- Practitioners shall apply the sanitizing gel/liquid to their feet, put on their slippers and place the sanitary kit and bottle in their bag.
- The several practitioners at a time shall change into their clothes.
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- The practitioners shall put off their slippers and on their shoes in the lobby. The slippers should be carried in the bags.
- The practitioners shall disinfect their hands with the sanitizing gel/liquid provided by the Dojang.
- Any minor practitioners shall wait for the signal from the man in charge of the lobby to leave with their accompanying persons.

4.4.1.7 Sanitary recommendations to be taken upon arrival at home

- Take a shower.
- Wash the Dobok.
- Disinfect the slippers.
- Clean the water bottle.
- Sanitize the bag.
- Restock the sanitary kit (sanitizing gel/liquid, tissues, mask).

5. Question & Answer form of hygiene

Name:

Club:

Date and time of training:

Instructor:

Parents' Consent (for minors):

Have you noticed any of the following symptoms within the last 14 days?

	symptoms	YES	NO
1	Body temperature over 37.5°C		
2	Dry cough		
3	Sore throat		
4	Sudden onset of shortness of breath		
5	Sudden onset of vomiting and/or diarrhea		
6	Sudden onset of articular and/or muscle pain		
7	Fatigue without a known cause		

Are the following statements true for you?

		YES	NO
1	In the past 1 month have you or anyone in your household met presumptive or declared Covid-19 infected person or anyone who got into close contact with such person?		
2	Is anyone in your household under self or officially imposed quarantine?		
3	In the past 1 month have you or anyone in your household or friends visited foreign country or region infested with the Covid-19?		
4	Do you live in the same household with an exposed and frail person (>70 years old, cardiac pathology or chronic pulmonary pathology immunodeficiency)?		

I acknowledge that

If I have had COVID-19 and have been hospitalized, I must first consult a doctor before resuming any activity,

If I have had symptoms being subject to COVID-19 infection (fever, cold, cough, thoracic pain, fatigue, loss of taste or smell, diarrhea, etc.), these symptoms started more than 24 days ago and have ended for at least 48 hours, I have to present a negative PCR COVID-19 test **on at least two consecutive specimens** collected 24 hours apart after the acute illness has resolved.

Instructor's signature

athlete's/parent's signature

6. Provisions for NGBs

- 6.1 The NGBs are advised to follow the anti-epidemic regulations and guidelines set by the governments concerned.
- 6.2 The NGBs are advised to execute these anti-epidemic guidelines within their NGBs.
- 6.3 The NGBs are advised to introduce and execute these anti-epidemic guidelines at their clubs/Dojangs.
- 6.4 The NGBs are advised to conduct their congress, EB meeting, and committee meetings in online telecommunication mode or strictly resorting to the anti-epidemic regulations.

6.5 The NGBs are advised to make active propaganda about the danger of and preventive measures against the Covid-19 among their members.