



Stage 1 Return to Play Protocol Guidelines

Approved by TO Board of Directors: June 08, 2020

Version 1.1

Introduction

Taekwondo Ontario (TO) is the Provincial Sports Organization (PSO), recognized by the Government of Ontario, governing the sport and martial art of Taekwondo in the province.

TO has put together the Stage 1 Return to Play (RTP) protocol guidelines in accordance with recommendations and requirements of Ontario Public Health in regard to stopping the spread of the COVID-19.

Since the circumstances of our member clubs may vary, club owners are responsible to ensure that public health and government guidelines in their jurisdiction are met in order to re-open. The Stage 1 RTP protocol guidelines are intended solely to guide our member clubs to re-open in a risk based, measured and safe manner. If further clarification is required by club owners in meeting the regulatory requirements of government or in the application of Ontario and/or local Public Health guidelines, club owners should contact the Government of Ontario's ***Stop the Spread Business Information Line*** at **1-888-444-3659** to discuss their specific situation and circumstances.

TO reminds all club owners and members that they must adhere to all federal, provincial and municipal requirements including the Quarantine Act (Canada), the Emergency Management and Civil Protection Act (Ontario), as well as municipal bylaws and facility rules in place to ensure physical distancing and restrictions on public or private gatherings due to COVID-19.

The latest Ontario Public Health guidelines can be found by visiting COVID-19 Public Resources on their website here (<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>).

For the most up to date version of the document, please visit our website at www.taekwondo-ontario.com.

Communication – Stage 1 Return to Play (RTP) protocol guidelines will be emailed to all club owners and posted on the TO website for members. RTP protocol guidelines will be updated on the TO website as required.

Timing – TO member clubs will not re-open until permitted to do so by the Government of Ontario. Member clubs may choose to open later should they require additional time to comply with all Ontario Public Health requirements following the RTP protocol guidelines recommended by TO.

Risk Assessment – As each member club’s programs and facilities vary, TO recommends that each member club conducts their own individualized risk assessment.

Notice – TO recommends all member clubs clearly post notice of physical distancing and other government requirements as well as any additional measures the club is taking to limit the spread of COVID-19 for individuals entering their facility. Some examples include:

- a. Government of Ontario handwashing guidelines
- b. Government of Ontario physical distancing protocols in high traffic areas, when access to those areas is permitted (e.g. main entrance door, bathrooms, change rooms).
- c. Participants and their families may not enter the training facility if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days.
- d. Respiratory etiquette is followed by advising individuals to cough or sneeze into one’s arm or a tissue.
- e. No contact training is permitted between individuals in the facility until such time the contact activity can be allowed.

Physical Distancing – Ontario Public Health physical distance requirements are currently set to ensure people stay at least 2 meters (or 6 feet) from each other. In order to ensure these requirements are met, TO recommends the following:

- Member clubs demarcate spots inside the training facility (i.e. training area) and open areas (i.e. hallways) leading to training facility entrance to ensure physical distancing is maintained;
- Restricting facility access only to those individuals training; and
- Establishing a protocol for parental drop off and pick up of minors, to avoid crowding.

Maximum Capacity – TO recommends that member clubs control capacity at their training facility to allow for minimum physical distancing requirements at all times in the training area up to the maximum gathering limit allowable by the province. For greater clarity, this means that each participant should have at least 2 meters (or 6 feet) of unused space between them and another participant. See **Appendix 1** for “Sample Configurations”.

Contact Tracing – TO recommends that member clubs maintain up-to-date contact information of all individuals attending classes and keep attendance logs of each class to facilitate contact tracing if required.

Hands Free Coaching – As all individuals including the Instructor / Coach must maintain physical distancing, TO recommends hands free coaching of students when providing feedback until such time when physical distancing measures are relaxed.

Respiratory Etiquette – TO recommends that member clubs ensure respiratory etiquette is followed by reinforcing the notice advising individuals to cough or sneeze into one’s arm or a tissue.

Sanitation – TO recommends that member clubs clean/sanitize the facility between classes where possible and at the end of the day. Once classes are over for the day and all athletes have left, it is recommended that all surfaces used should be cleaned and disinfected (mats, floors, counters, bathrooms); this needs to be done over and above cleaning between uses.

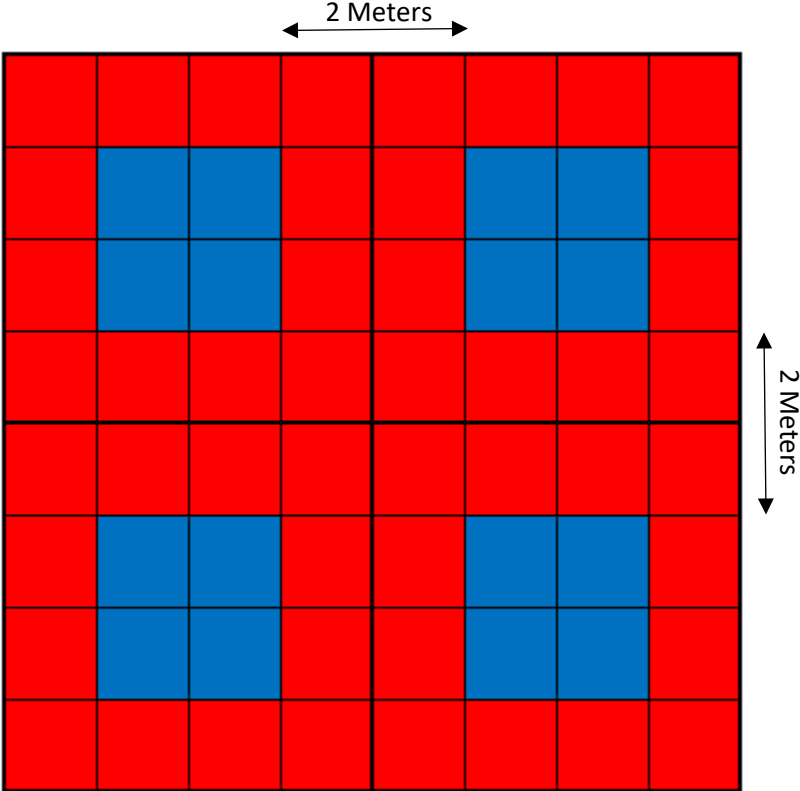
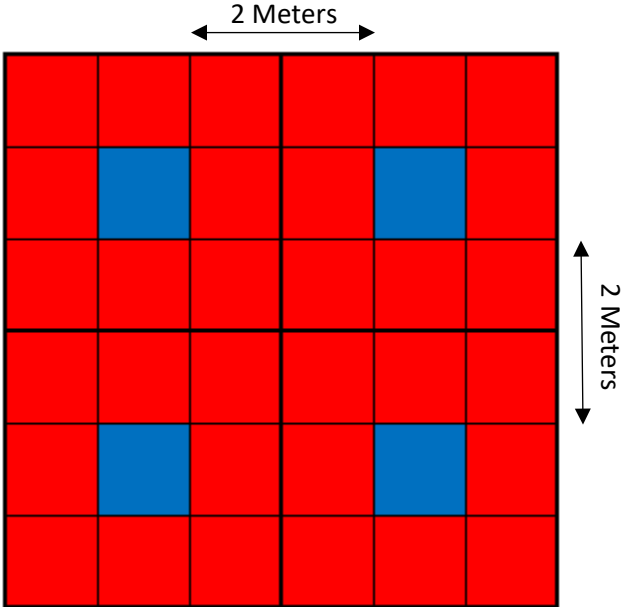
Equipment Usage – TO recommends that individuals refrain from using equipment shared between individuals. For greater clarity, the use of kicking targets shared between individuals, or a shared heavy bag or standing water bag such as a BOB or Wavemaster should be avoided. Only the use of equipment, brought by the individual and NOT shared (i.e. resistance bands or skipping rope etc.) is encouraged.

Self-Assessment Tool – Staff, volunteers and students should be required to screen for COVID-19 on a daily basis prior to coming to work or class via the self-assessment tool. If they (or a household member) have had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days they should inform their supervisor and not report to work and students should not come to class.

Municipal Public Health – As the government may contemplate a regional re-opening across the province, TO recommends that each member club consult with their local municipal health for any additional requirements prior to re-opening.

Appendix 1

Physical Distancing Sample Configurations



Appendix 1

Physical Distancing Sample Configurations Continued

