



## ITC– Covid 19 – Tier Guidance Update

02-11-2020

### Currently the below is for England

No contact is allowed in any shape or form, including and not limited to the use of Focus Pads, Protective sparring equipment or any other physical tools.

The art & practice of Taekwondo is classed as “individual organised activity” and is governed by the NGB COVID-19 secure arrangements, when no pad work, sparring or contact in any form is permitted, therefore we are not classed as a group exercise class

All Full ITC members may use this guidance to talk and share with the venues and facility providers to help clarify and support the venue if available for use

Also after school or / and as within education curriculum then classes may continue where agreed and approved by the school as an external provider.

#### Tier 1

“Organised indoor sport, physical activity and exercise classes can continue to take place, if the rule of 6 is followed. There are exceptions for indoor disability sport, sport for educational purposes, and supervised sport and physical activity for under-18s, which can take place with larger groups mixing”

This means Indoor tuition is permitted with 2m social distancing for all age groups rule of 6 does not apply as there will be no groupings.

#### Tier 2

“Organised indoor sport, physical activity and exercise classes will only be permitted if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with). There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s, which can take place with larger groups mixing”

This means Indoor tuition is permitted as above in tier 1, There must be no breaching of the 2m distancing and the instructor must & should guarantee this, ensuring strict social distancing is maintained at all times.

#### Tier 3

“Organised indoor sport, physical activity and exercise classes cannot take place indoors. There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s”

This means Indoor tuition is permitted with 2m distancing for U18s only. Adult tuition can take place outdoors only, with social distancing

## Currently the below is for Scotland

### Tier 0

All age groups permitted to participate indoors and outdoors. This includes pad work, sparring and contact.

### Tier 1

U18s permitted as Tier 0. Over 18s as Tier 0 outdoors; no pad work, sparring or contact indoors

### Tier 2

All age groups as Tier 1.

### Tier 3

U18s permitted as Tier 0. Over 18s no pad work, sparring or contact outdoors; no indoor training permitted.

### Tier 4

All age groups permitted to train outdoors with no pad work, sparring or contact; no indoor training permitted.

## Currently the below is for Northern Ireland

Unfortunately, no indoor or outdoor sport is allowed to take place other than elite level.

However, there are no restrictions on providing classes through the use of interactive media on a virtual basis.

However all usual instructor provisions should be in place if actively teaching via any electronic or virtual portal, this includes DBS, and instructor insurance.

## Currently the below is for Wales

Anyone can play sport or exercise in a group of up to 30 people outdoors or 15 people indoors.

This must be an **organised activity** managed for example by a gym, a leisure centre or a sports club.

Instructor would generally be regarded as participants so the limit of 30 or 15 must include them.

However, anybody who is there to organise or support the activity, if they are working or providing a voluntary service, can also attend and do not need to be considered within the limit of 30 or 15. Children aged under 11 are also excluded from the maximum number in the gathering.

Simultaneous gatherings of groups and individuals are also allowed, both indoors and outdoors, where there is sufficient space to do so safely and independently.

Remember as the Instructor or / venue provider, you have a duty to take ensure your following all best procedures to reduce the risk to self and each other from the Covid spread, you must also allow for social distancing recommendations and continually ensure no breaches of said..