

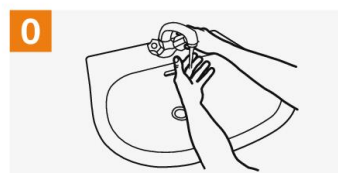


Guideline
COVID-19 Prevention

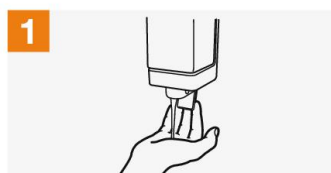
Upon entering the “Training/ Competition Area”, washing your hands

Hand Hygiene Technique with Soap and Water

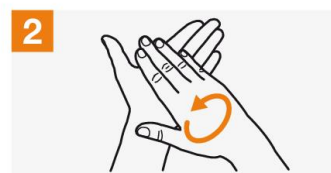
 Duration of the entire procedure: 40-60 seconds



0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



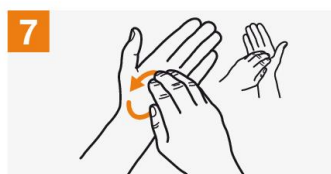
4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



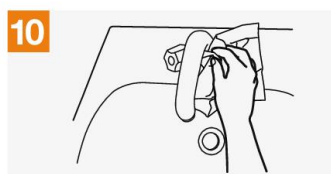
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



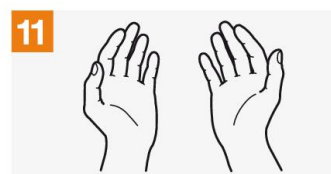
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

After washing your hands, recommend to use hand sanitizers

Hand Hygiene Technique with Alcohol-Based Formulation

 Duration of the entire procedure: 20-30 seconds

1a



Apply a palmful of the product in a cupped hand, covering all surfaces;

1b

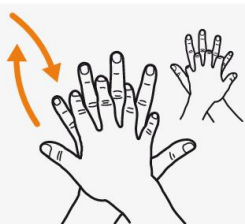


2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



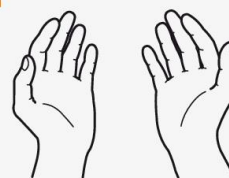
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



Once dry, your hands are safe.

Wearing your masks in the “Training/Competition Area” always

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

who.int/epi-win

Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.



World Health
Organization

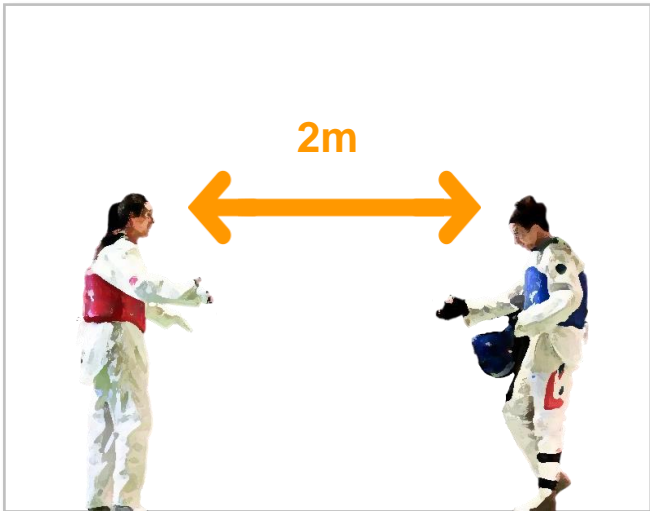
COVID-19 Prevention in daily life



Don't touch your face
and each other



Avoid travel



Keep physical distance
and **avoid social activity**

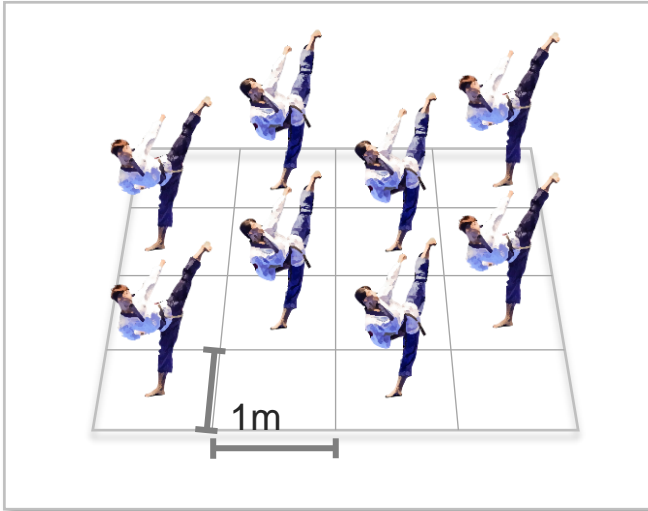


Taking **a shower daily** and
washing hands when you **get**
home or before **eating a meal**

COVID-19 Prevention

in the Venue

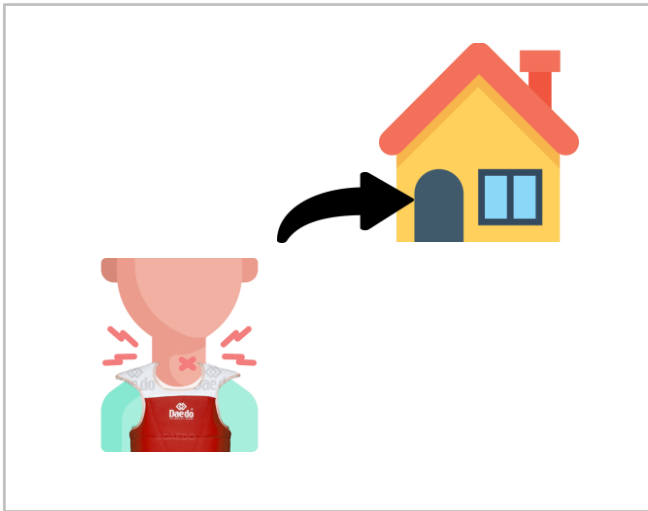
(Training or Competition Area)



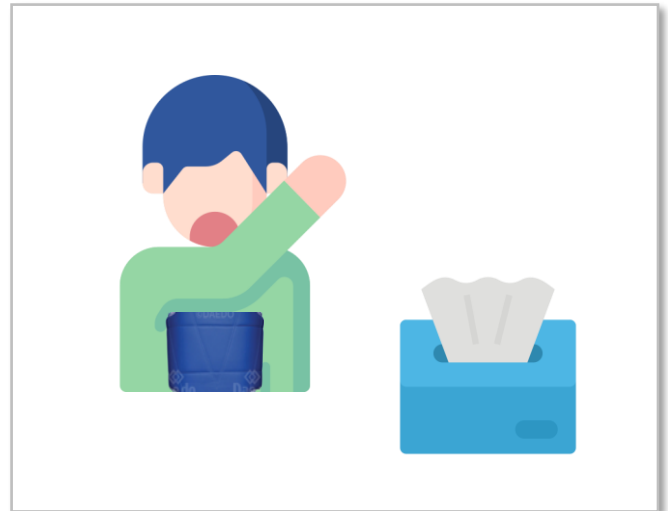
- ✓ Maintaining a minimum of **6ft/1m social distance** from each other



- ✓ Wearing **masks** in the Training area during the class or Competition area **all the time**

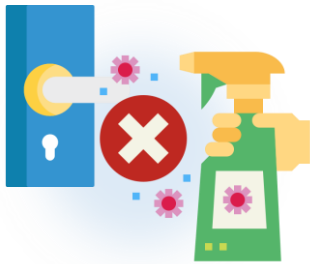


- ✓ Please **stay home** if you have **any symptoms** such as a high fever, cough, runny nose and sore throat



- ✓ Coughing and sneezing **into your elbow** or using a tissue

How to disinfect Taekwondo equipment and prevent COVID-19



(Cleaning door handles)



(Using a minimum 60% of alcohol included disinfectant)



(Checking body temperature)



(Instead of useable cup, bring personal water bottle)



(Creating a visiting list)

DATE	TIME	NAME	TEMPERATURE	CONTACT NUMBER
30.07.2020	1:30pm	WT	36.5°C	(+82) 2 553 4728
.
.

‘Taekwondo Home Training video’



Stay Home, Stay Safe, Stay Strong (Part 1)

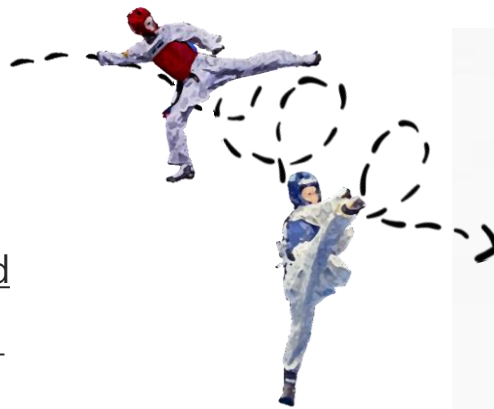
Searching for
“World
Taekwondo Train
Taekwondo at
Home”
on YouTube



Stay Home, Stay Safe, Stay Strong (Part 2)



#StayHome with Jaouad
Achab (BEL) Footwork 1



Training at home in Azraq Refugee Camp



World Taekwondo

COVID-19 Checklists



Disinfecting and Sanitizing area and all taekwondo equipment



Checking taekwondo trainers' body temperature



Following the COVID-19 Safety Plan for the venue



Creating a visiting list and Using hand sanitizer upon entry



Wearing masks in the Training area during the class or Competition area all the time



Maintaining a minimum of 6ft/1m physical distance from each other



Limiting non-essential face-to-face sparring (kyorugi) or touch



Taking individual water bottle for personal use

More Information



**Click the
Box**



**WT Guidelines and Protocols for Safe Return to
Competitions and Training during COVID-19**



**Thank you for
kind attention!**