



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

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## **Introduction**

Our WT medical committee would like to introduce these guidelines and protocols to mitigate the risk of COVID-19 transmission and infection in COVID-19 pandemic and epidemic conditions

We acknowledge that there may be variability from country to country in terms of the levels of COVID-19 prevalence and preventive measures, so our guidelines and protocols are based on universal guidelines from the WHO (World Health Organization) and our own sport-specific characteristics and requirements.

These guidelines can be flexible to some extent, in order not to jeopardize the health and safety of the WT athletes and stakeholders and also compliant with the local and national public health regulations and public health and healthcare resources of the hosting country upon discussion and agreement between WT medical committee, WT sports and event management (SEM) department and MNA (Member National Association)

These guidelines are based on hypothetical scenarios which may need to be readjusted according to the local situation

The essential requirement for implementing these guidelines is that local authorities have lifted curfew or lockdown and people are allowed to leave their home and gather together under certain conditions.

Respecting hygienic measures, such as washing and sanitizing the hands regularly, using disposable paper handkerchiefs/masks, and practicing social distancing are mandatory in order to protect each-other and stop the spreading of the virus.

Anyone planning to participate at any level in the training sessions must fill out and sign a health questionnaire testifying that they are in a good health condition.

Minors (Age under 18) must present parental or guardian's consent before participating in the competitions.

The MNA medical committee director or team doctors (or head of team if there is no team doctor available) are responsible for collecting the questionnaires.

## **4 Levels of Vigilance phase of COVID-19 outbreak:**

**Level 4 (Very High Vigilance Phase)- Worldwide pandemic per WHO and national pandemic per national public health authority**

**Level 3 (High Vigilance Phase)- Worldwide pandemic per WHO and national epidemic per national public health authority**

**Level 2 (Medium Vigilance Phase)- Worldwide pandemic per WHO and national endemic stage (in more than 70% of Member National Associate countries including hosting country and all participating countries**

**Level 1 (Preventive Vigilance Phase)- End of Worldwide pandemic (or close to the end of pandemic) per WHO and national endemic stage in more than 90% of Member National Associate countries which includes hosting country and all participating countries**



## **Disclaimer**

Each MNA and local club must consult their local public health authorities to make sure these WT guidelines and Protocols for safe return to competition and training guidelines meet their restrictions and requirements and can be implemented and accommodated using their available local resources according to the level of COVID-19 infection and restrictions of their country.

WT maintains the right to revise these guidelines according to the progression of the Covid-19 pandemic and corresponding WHO recommendations and guidelines.

## **[1] Safe return-to-competition protocols and recommendations for very high vigilance phase of COVID-19. (Level 4 Vigilance phase – Worldwide pandemic per WHO and national pandemic per national public health authority)**

### **This protocol will be activated when**

- (1) There is active and significant incremental increases in the number of daily confirmed COVID-19 cases (national and world wise pandemic) and COVID-19 related deaths in the country up-trending in a 7 day period (not reaching the peak of COVID-19 outbreak in the nation yet)  
AND/OR
- (2) It is still mandatory to:
  - a. keep 6 feet of physical distance to avoid close contact
  - b. wear a mask at all times
  - c. all the indoor activities are banned or restricted according to their national or local public health authority.

- International Level (WT promoted (above G2) or WT recognized): On this level, ANY international WT competitions (both Kyorugi and Poomsae) are not allowed.

- National/State/Province Level (MNA promoted or sanctioned): ANY National/State/Province level competitions are not allowed

- Regional Local Club Level: ANY Regional Local level competitions are not allowed

- Practice/ training: May be allowed with limited number of participants based on local authorization restrictions and mitigation policy on gathering

### **Sanitary requirements**

- Keep 6-feet (2m) of Physical distance
- No physical contact for social greeting (such as hand-shaking or hugging)
- Limited number of athletes per local or national public authority regulations (less than 10 people at a time in the same place)
- strictly follow WHO/national/local COVID-19 contact restrictions
- Wearing Mask or mouth & nose cover (such as scarf) is mandatory



- Wearing disposable gloves is mandatory in situations of direct contact for athletes, coaches and staff during practice or training session. Gloves should be disposed of and replaced at the end of each practice or training session (depending on degree of soiling or contact with other persons).
- Restrooms, showers, locker room or toilets must be cleaned frequently (at least 6 times a day) and access should be controlled and monitored to prevent crowding and allow maintenance of the 6-foot physical distance (2 meters) requirements
- Use hand sanitizer and wash hands frequently
- Clean and sanitize the training/practice facility frequently
- Natural or filtered ventilation of the training/practice facility at all times.
- No laying on the floor during rest periods

### **Recommendations for training**

- Individualized practice and training
- Athletes should wear their own personal equipment only and not share.
- Personal equipment (protectors, mouthguard, bags, etc) must be sanitized - before wearing the equipment and when finished using the equipment for the day
- Cleaning cloths used for sanitizing must be washed daily
- outdoor practice and training are strongly encouraged
- For indoor practice with limited number of participants, always keep the windows open and/or use adequate ventilation or air circulation at all times.
- Athletes and coaches who participate in practice and training must wash hands or use hand sanitizer at least every hour and should not rub their eyes or face with uncleaned hands
- Athletes and coaches should turn away from each other when sneezing or coughing.
- Athletes and coaches who participate in training are strongly encouraged to wear protective equipment to cover their mouth and nose such as a cloth mask, thin surgical mask, scarf to cover mouth/nose and do non-contact training while keeping 6 feet of distance from others.
- Training room and Dojang must be cleaned and sanitized at least 3 times a day (2 hours before starting and in between morning/afternoon/evening sessions
- Any athlete or coach who has been in recent close contact with anyone with COVID-19 symptoms within the past 14 days or who has been in recent close contact with anyone who has been diagnosed with COVID-19 (within the past two weeks) must not participate in the practice or training until they receive clearance by their medical doctor and follow local or national public health authorities.



- Any athlete or coach who has symptoms suggesting COVID-19 (such as fever, chills, shortness of breath, fatigue, sore throat, cough, loss of smell or taste, diarrhea, headache) must not participate in training or practice and should immediately undergo COVID-19 testing and should be immediately quarantined until cleared by their medical doctor or the local public health authority.

**[2] Safe return-to-competition protocols and recommendations for high vigilance phase of COVID-19. (Level 3 Vigilance phase – Worldwide pandemic per WHO and national epidemic per national public health authority)**

**This protocol will be activated when**

- (1) There are still active but much slower incremental increases in the number of daily confirmed COVID-19 cases (passing the peak increment and down trending of confirmed daily cases with stable R value) and COVID-19 related deaths in the country AND
- (2) It is strongly recommended to keep 6 feet of physical distance (at least 3 feet of physical distance) to avoid close contact and to wear mask at all times AND/OR
- (3) Indoor activities are permitted with strict restrictions according to national or local public health authorities.

- International Level (WT promoted (above G2) or WT recognized): ANY international WT competitions (both Kyorugi and Poomsae) are not allowed. Unofficial online poomsae competition may be considered if the organizer strictly follows our WT safe return-to-competition guidelines and the local public health authority of participants' countries restrictions and regulations on sporting activities

- National/State/Province Level (MNA promoted or sanctioned): National competitions which will require more than 100 participating athletes are still not allowed. However, state/province level competitions may be allowed. LOC (Local Organizing Committee) must get permission from national and local public health authorities and be in compliance to WT safe return-to-competition guidelines and be in strict compliance with national and local public health restrictions and regulations on sporting activities and events during COVID-19. Only up to 2 courts will be permitted for competitions

- Regional Local Club Level: Regional Local level competitions may be allowed if it is permitted by the local public health authority in compliance with WT safe return-to-competition guidelines and be in strict compliance with local public health restrictions and regulations on sporting activities and events during COVID-19. Only up to 2 courts will be permitted for competitions

- Practice/ training: May be allowed with a limited number of participants based on hosting country's local authorization restrictions and mitigation policy on gathering

**Sanitary requirements**

- Try to Keep 6-feet (2m) of Physical distance. If not possible, then keep at least 3-feet(1m) of physical distance at all times (exception: athletes, coach, team medical staff and center referee during a match)
- No physical contact for social greeting (such as hand-shaking or hugging)
- Limited number of athletes allowed to participate in the competition or training per local or national public authority regulations



- strictly follow WHO/national/local COVID-19 contact restrictions
  - Wearing a mask or mouth & nose cover (such as scarf) is mandatory (except for athletes during a match)
  - Wearing disposable gloves is mandatory in situations of direct contact for referees, athletes, coaches and staff. Gloves should be disposed of and replaced at the end of each match or session (depending on degree of soiling or contact with other persons).
  - Centre Referees, medical team and assistant staff who may have close contact with athletes or other people must wear eye protection (such as goggles or facial shield)
- \*glasses for vision correction or sunglasses are not adequate for use as eye protection
- Restrooms, showers, locker room or toilets must be cleaned frequently (at least 6 times a day) and access should be controlled and monitored to prevent crowding and allow maintenance of the 6-feet physical distance (2 meters) requirements
  - Use hand sanitizer and wash hands frequently
  - Clean and sanitize the training/practice facility frequently
  - Natural or filtered ventilation of the training/practice facility at all times
  - No laying on the floor during rest periods

### **Recommendations for training and competition**

- small group practice and training with 6 feet physical distance if possible (no more than 50 people at the same time in the training, will need to adjust to the size of the facility)
  - OC should consider isolating weight categories in individual sessions and increasing the length of the competition to minimize participant crowding during events. - Athletes should wear their own personal equipment only and not share. Personal equipment (protectors, mouthguard, bags, etc) be sanitized at least twice a day- before wearing the equipment and when finished using the equipment for the day
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- Cleaning cloths used for sanitizing must be washed daily
  - outdoor practice and training is strongly encouraged, preferably in shade or semi-open venue for good ventilation if possible
  - For indoor practice, training or competition with limited number of participants, always keep the windows open and/or have air ventilation and circulation system ventilation for good air circulation at all times. The facility must ensure 6-feet physical distance (at least 3-feet for inspection area or waiting area) with one-way passage system
  - Athletes and coaches who participate in practice and training must wash hands or use hand sanitizer at least every hour and should not rub their eyes or face with uncleaned hands
  - Athletes and coaches should turn away from each other when sneezing or coughing.



- Athletes and coaches who participate in training must wear either a cloth mask, thin surgical mask, scarf to cover mouth/nose
- Training room and Dojang must be cleaned and sanitized at least 3 times a day (2 hours before starting and in between morning/afternoon/evening sessions especially for Field of Play (FOP), referee waiting room, official's room and medical rooms.
- Any athlete or coach who has been in recent close contact with anyone with COVID-19 symptoms or who has been in recent close contact with anyone who has been diagnosed with COVID-19 (within the past two weeks) must not participate in the practice or training until they receive clearance by their medical doctor and follow local or national public health authority.
- Any athlete or coach who has symptoms suggesting COVID-19 (such as fever, chills, shortness of breath, fatigue, sore throat, cough, loss of smell or taste, diarrhea, headache) must not participate in the competitions and should immediately undergo COVID-19 testing and should be immediately quarantined until cleared by their medical doctor or the local public health authority.

### **[3] Safe return-to-competition protocols and recommendations for medium vigilance phase of COVID-19**

#### **(Level 2 Vigilance phase – Worldwide pandemic per WHO and national endemic stage)**

##### **This protocol will be activated when**

- (1) Spread of COVID-19 in the country is no longer considered as active per national public health authority and
  - (2) No Lockdown status and regulations have been lifted on international travel and hosting international events according to national public health authority
  - (3) there is a significantly lower number of daily confirmed COVID-19 cases (stable number of new daily confirmed cases which are less than daily recovery cases. No trend of daily case incremental increases more than 7 days in a row)
  - (4) The R value (or R number), the average number of people on to whom an infected person will pass the virus, has to be below 1 (Definition of R number: the average number of people on to whom an infected person will pass the virus)
  - (5) Social distancing measure is lifted by national public health authority, but It is still strongly recommended to keep 3 feet (1 meter) of physical distance to avoid close contact and it is still mandatory to wear mask in public AND/OR
  - (6) indoor activities are permitted with lifted restrictions according to their national or local public health authority, with no spectator present.
- International Level (WT promoted (above G2) or WT recognized): G1 and G2 international WT competitions (both Kyorugi and Poomsae) may be allowed if the organizer strictly follows our WT safe return-to-competition guidelines and the local public health authority of participants' countries restrictions and regulations on sporting activities. Participating countries for this G1 and G2 event must be limited to the same continental union AND countries in endemic stage (not epidemic or pandemic).



- The number of courts permitted for competitions may be adjusted based on the space available, while ensuring there is at least 4 meters of clearance/space between courts.
- No accredited spectators are permitted. It is recommended, however, to consult national public health authorities for specific regulations on allowing spectators at a sporting event
- National/State/Province Level (MNA promoted or sanctioned): National/state/province level competitions may be allowed per national and local public health authorities. LOC (Local Organizing Committee) must get permission from national and local public health authorities in compliance to WT safe return-to-competition guidelines and strict compliance with national and local public health restrictions and regulations on sporting activities and events during COVID-19. The number of courts permitted for competitions may be adjusted based on the space available, while ensuring there is at least 4 meters of clearance/space between courts.
- Regional Local Club Level: Regional Local level competitions may be allowed if it is permitted by the local public health authority in compliance with WT safe return-to-competition guidelines and strict local public health restrictions and regulations on sporting activities and events during COVID-19. The number of courts permitted for competitions may be adjusted based on the space available, while ensuring there is at least 4 meters of clearance/space between courts.
- Practice/ training: Allowed with limited number of participants per hosting country's local restrictions and mitigation policy on gathering
- Para Taekwondo Competitions: Para Taekwondo Classification guidelines and protocols must strictly follow International Paralympic Committee (IPC) classification hygiene and infection control guidelines in times of COVID-19 (published in June 2020)

### **Sanitary requirements**

- Try to Keep at least 3-feet (1m) of Physical distance. If not possible, then keep avoiding close contact at all times (exception: athletes, coach, team medical staff and center referee during the match)
- No physical contact for social greeting (such as hand-shaking or hugging)
- Limited number of athletes and spectators according to the established policies of local or national public authorities
- Strictly follow WHO/national/local COVID-19 contact restrictions
- Wearing Mask or mouth & nose cover (such as scarf) is still mandatory (except for athletes during match or during an active training session)

Wearing disposable gloves is mandatory in situations of direct contact for referees, athletes, coaches and staff. Gloves should be disposed of and replaced at the end of each match or session (depending on degree of soiling or contact with other persons).

- Centre Referees, medical team and assistant staff who may have close contact with athletes or other people must wear eye protection (such as goggles or facial shield).

\*glasses for vision correction or sunglasses are not adequate for use as eye protection





- Use of Public bathrooms, showers or toilets may be allowed at venue and training/practice area per national and local public health authority. Restrooms, showers, locker room or toilets must be cleaned frequently (at least 6 times a day) and access should be controlled and monitored to prevent crowding and allow maintenance of the 6-feet physical distance (2 meters) requirement
- Use hand sanitizer and wash hands frequently
- Clean and sanitize the training/practice facility frequently
- Ventilation and fresh air circulation of the training/practice facility at all times.
- No laying on the floor during rest periods

### **Recommendations and considerations for training and competition**

- small group practice and training with 6 feet physical distance if possible (less than 50 people at the same time in the same training area based on the size of the facility). The training area must have good ventilation and fresh air circulation
  - For training, athletes should wear their own personal equipment only and not share.
  - For competition, athletes should wear their own personal equipment only, with exception of head protector and trunk protector.
  - Personal equipment (protectors, mouthguard, bags, etc) must be sanitized at least twice a day- before wearing the equipment and when finished using the equipment for the day
  - Head protectors and trunk protectors for competition must be sanitized every time they are returned to WT staff after each match is completed.
  - Cleaning cloths used for sanitizing must be washed daily
  - outdoor practice and training is strongly encouraged, preferably in shade or semi-open venue for good ventilation if possible
  - For indoor practice, training or competition with limited number of participants, always keep the windows open and/or use ventilation and air circulation system FAN for fresh air circulation at all times. The facility must ensure 6-feet physical distance (at least 3-feet for inspection area or waiting area) with one-way passage system
  - Athletes and coaches who participate in practice and training must wash hands or use hand sanitizer at least every hour and not rub their eyes or face with uncleaned hands
- Athletes and coaches should turn away from each other when sneezing or coughing.
- Athletes and coaches who participate in training must wear either cloth mask, thin surgical mask, or scarf to cover mouth/nose
  - Training room and Dojang must be cleaned and sanitized at least 3 times a day (2 hours before starting and in between morning/afternoon/evening sessions especially for Field of Play (FOP), referee waiting room, official's room and medical rooms.



- Any athlete or coach who has been in recent close contact with anyone with COVID19 symptoms or who has been in recent close contact with anyone who has been diagnosed with COVID-19 (within the past two weeks) must not participate in the practice or training until they receive clearance by their medical doctor and follow local or national public health authority
- Any athlete or coach who has symptoms suggesting COVID-19 (such as fever, chills, shortness of breath, fatigue, sore throat, cough, loss of smell or taste, diarrhea, headache) must not participate in the competitions and should immediately undergo COVID-19 testing and should be immediately quarantined until cleared by their medical doctor or the local public health authority.

#### **[4] Safe return-to-competition protocols and recommendations for low vigilance phase of COVID-19**

**(Level 1 Vigilance phase – End of Worldwide pandemic (or close to the end of pandemic) per WHO and national endemic stage in more than 90% of Member National Associate countries which includes hosting country and all participating countries)**

##### **This protocol will be activated when**

- (1) Spread of COVID-19 in the country is no longer considered as active per national public health authority and
- (2) No Lockdown status and restrictions lifted on international travel and hosting international events according to national public health authority
- (3) there is a significantly lower number of daily confirmed COVID-19 cases (stable number of new daily confirmed cases which are less than daily recovery cases. No trend of daily case incremental increases more than 3 days in a row)
- (4) The R Value (or R number), the average number of people on to whom an infected person will pass the virus, has to be below 1
- (5) Social distancing measure is lifted by national public health authority, and 3-feet of physical distancing and mask-wearing is not mandatory anymore
- (6) Indoor activities are permitted without any restrictions according to their national or local public health authority.

- International Level (WT promoted (above G2 or WT recognized): Any international WT competitions (both Kyorugi and Poomsae) may be allowed and invite participants from other countries in COVID-19 endemic stage if the organizer strictly follows our WT safe return-to-competition guidelines and the national/local public health authorities of participants' countries restrictions and regulations on sporting activities.

- Spectators are permitted per regulatory guidance of national and regional public health authority

- National/State/Province Level (MNA promoted or sanctioned): National/state/province level competitions are allowed per national and local public health authorities. LOC (Local Organizing Committee) must follow WT safe return-to-competition guidelines and strict adherence to national and local public health restrictions and regulations on sporting activities and events during COVID-19.



- Regional Local Club Level: Regional Local level competitions are allowed per regulatory guidance of the local public health authority and WT safe return-to-competition guidelines.

- Practice/ training: Allowed with safety precautions

- Para Taekwondo Competitions: Para Taekwondo Classification guidelines and protocols must strictly follow International Paralympic Committee (IPC) classification hygiene and infection control guidelines in times of COVID-19 (published in June 2020)

### **Sanitary requirements**

- No requirement for physical distancing anymore. However, try to avoid unnecessary close contact.

- Social greeting (such as hand-shaking or hugging) is allowed with precautions

- A limited number of spectators are allowed per the regulatory guidelines of local or national public authorities

- still strictly follow WHO/national/local COVID-19 contact restrictions

- Respiratory protection (such as use of a mask or mouth cover) is not required

- Disposable gloves are not mandatory

- Eye protection is not mandatory

- Use of Public bathrooms, showers or toilets is allowed with general contact and sanitary precautions.

- Use hand sanitizer and wash hands frequently

- Clean and sanitize the training/practice facility frequently

- Ventilation of the training/practice facility at all times.

### **Recommendations and considerations for training and competition**

- The training area and venue must have good ventilation or multiple open windows

Athletes should wear their own personal equipment only and not share.

- Personal equipment (protectors, mouthguard, bags, etc) must be sanitized at least twice a day- before wearing the equipment and when finished using the equipment for the day

- Cleaning cloths used for sanitizing must be washed daily

- Avoid rubbing eyes or face with uncleaned hands

Athletes and coaches should turn away from each other when sneezing or coughing.

- No mandatory requirement for mask use except for people with symptoms suggesting they may have COVID-19



- Training room, Dojang and entire venue must be cleaned and sanitized at least twice a day (2 hours before starting and in between morning/afternoon/evening sessions)
- Any athlete or coach who has been in recent close contact with anyone with COVID-19 symptoms or who has been in recent close contact with anyone who has been diagnosed with COVID-19 (within the past two weeks) must not participate in the practice or training until they receive clearance by their medical doctor or local public health authority
- Any athlete or coach who has symptoms suggesting COVID-19 (such as fever, chills, shortness of breath, fatigue, sore throat, cough, loss of smell or taste, diarrhea, headache) must not participate in the competitions and should immediately undergo COVID-19 testing and should be immediately quarantined until cleared by their medical doctor or the local public health authority.

### **More Specific Requirements before and during competition**

#### **Requirements before Competitions:**

- Only MNA countries that are not in COVID-19 pandemic status and strictly follow WHO and national restrictions and regulations on COVID-19 mitigation strategies and prevention shall be selected for hosting a competition.
- Only MNA countries that have adequate capacity to perform COVID-19 testing and diagnose and manage and treat participants (athletes, coaches, referees, officials, etc) with suspected COVID-19 can host a competition.
- Assessment of safety and feasibility of hosting planned competition at the hosting country will begin 6 months prior to the competition, including a medical inspection visit by WT Games Committee and/or WT SEM Department
- LOC (Local Organizing Committee) in a hosting country and WT Sports and Event Management Department must perform risk assessment according to WHO Mass Gathering COVID-19 Risk Assessment Tool – Sports Events (Version 2 – 10 July 2020, <https://www.who.int/publications/i/item/10665-333187>). Check total score of risk evaluation and risk mitigation to assess the overall risk of transmission and further spread of COVID-19. (See decision tree in the link or appendix in this guidelines).
- To be considered as a hosting country candidate, overall risk for Mass Gathering (MG) according to WHO Mass Gathering COVID-19 Risk Assessment Tool must be classified as “very low” or “low” and the hosting country candidate must be at “no confirmed cases” or “sporadic cases” according to WHO’s definition of COVID-19 transmission scenarios



- 6 months before the planned competition date, OC games director and OMD must get a confirmation from their national and local public health authority and local designated hospital(s) that the OC will be able to host in accordance to their national and local public health regulations and WT guidelines and protocols for safe return to competition guidelines to be considered for hosting the competition. Without documented confirmation from their designated hospital, national and local public health authority, the country will not be considered for the competitions.
- LOC (Local Organizing Committee) in a hosting country must continue to communicate with national and regional public health authorities and provide updates on COVID-19 preparedness to WT sport and event management (SEM) department and WT medical committee at least bi-monthly until the competition ends.
- The competition plan will be definitively confirmed 1 month prior to the competition during the COVID-19 pandemic. Overall risk for Mass Gathering (MG) must be classified as “very low” for WT promoted events (above G2) and WT recognized events (G1 and G2) and “low” or “very low” for national or regional events at this final confirmatory stage according to WHO Mass Gathering COVID-19 Risk Assessment Tool – Sports Events (Version 2 – 10 July 2020, <https://www.who.int/publications/i/item/10665-333187>).
- Every person who attends the competition must bring medical proof of Negative COVID-19 status (this includes all officials, team members, athletes, referees, OC workers & volunteers, security, sport hall workers, transportation drivers. Etc.) Medical proof shall be in the form of a certificate indicating a negative COVID-19 test result which was performed within 7 days of arrival in the host facilities.
- The Medical Certificate and Attestation of quarantine and negative testing for each participating individual must be signed by the individual (or by parents or legal guardian if participant is a minor) and submitted for confirmation of participation to appropriate authorizing personnel as specified below:
  - Athletes and MNA personnel (coaches and other staff) must submit them to MNA medical director (or team doctor) for review and confirmation, which will be sent to WT GMS for registration
  - WT Officials and staff (or staff from affiliated companies) must submit them to WT medical committee, which will be sent to WT GMS for registration
  - OC officials, staff and volunteer must submit them to OC OMD



- COVID-19 testing must be done NO MORE THAN 7 days prior to arrival date. After COVID-19 testing, all participants must be quarantined they leave their home (or designated location for quarantine per MNA's policy) to travel to the athlete hotel at hosting country. During the travel, all participants must be extremely cautious to minimize the risk for COVID-19 infection until the start date for the competition. This must be attested and documented by their MNA medical director or Head of Team doctor.
- If COVID-19 testing cannot be done because of special circumstances (due to problem with accessibility to COVID-19 testing due to home country limitations, etc.) then the participant must be quarantined for 14 days until the start date for the competition. If it is not possible for any participant to (1) get the COVID-19 test result within 7 days or (2) get COVID-19 testing in their home country due to their country's governmental issue, the participant must be quarantined for 14 days prior to the arrival date. This must be attested and documented by their MNA medical director or head team doctor.
- All participant must take every measure and effort (such as physical distancing, constant mask wearing, frequent handwashing and hand sanitizing) for COVID-19 prevention during their travel from their home (or designated location for quarantine) to the airport and to the athlete hotel. MNA team doctor, team medical staff and MNA medical director are primarily responsible to direct and monitor participants for COVID-19 precautions and prevention (COVID-19 testing, quarantine, COVID19 screening) as well as coordination of care for MNA athletes or other staff with possible or confirmed COVID-19 throughout the entire course of event - quarantine, travel, training, weigh-in, inspection, competition, and after the competition. If there is no team doctor or team medical staff available for the competition, MNA head of team or head coach must assume the responsibilities.
- COVID-19 testing, quarantine, education for precautions and prevention and management of OC officials, staff, referees, spectators, volunteers are primarily responsibilities of OC and OMD (OC official medical director).
- COVID-19 screening questionnaire must be filled by each athlete every day and the coach or team medical staff are responsible for collecting their athlete's complete questionnaires and submit to the OC.
- OC must designate at least 3 staff every day for performing COVID-19 screening questionnaire collection and temperature checks for people entering the venue every day
- MNA team must transport enough masks, disposable gloves and hand sanitizers for their team for entire event period



- MNA team doctor (or team medical staff) must bring a thermometer to check temperature for the team members.
- Referees must bring their own masks, disposable gloves and personal hand sanitizers as well as eye protection goggles (for centre referee)

### **Requirements for venue**

- Screening questionnaire on signs or symptoms for COVID-19 must be filled out by each participant and submitted to screening staff daily before entering the venue. temperature testing will also be performed daily before entering the venue
- An Outdoor arena with shade or ceiling is preferred. If it is not available, then OC must choose a large venue with a good ventilation system and enough windows for good ventilation at all times.
- Each area in the venue (medical room, referee resting area, training area, weigh-in area, inspection area, etc) must be large enough to allow adherence to the physical distancing guidelines (at least 3 feet, preferably 6 feet)
- OC must place hand sanitizers in each area in the venue and refill sanitizers in timely manner
- If possible, venue must have one-way passage system (to avoid facing each other on entry and exit)
- During weigh ins, Gloves and masks are to be worn and physical distancing is to be adhered to (see WT guidelines on each vigilance phase)
- No in-person head of team meeting (rules online, draws published online, virtual meeting))
- No in-person medical meeting (virtual only)
- Sport Arena has to be disinfected before competition by authorized companies.
- Training room, Dojang and entire venue must be cleaned and sanitized at least 3 times a day (2 hours before starting and in between morning/afternoon/evening sessions
- OC must provide Covid-19 safety banners and post at all competition-related locations.
- OC must prepare for separate medical isolation room for suspected COVID-19 patients which is separate (and can be completely closed off by doors) from the general medical treatment room which has good ventilation and fresh air circulation

### **Requirements for Registration:**

- Registration of all teams must be online in advance
- Accreditations of all teams must be online in advance
- Entry fee must be paid via bank transfer to designated bank account which will be posted online
- Credential plastic cover and lanyard can be picked up at official hotel up on arrival
- All accreditation cards for officials and OC will be printed and distributed on site.



### **Requirements during Competition:**

- OC must prepare to be able to supply enough masks, gloves, hand sanitizer and disposable gowns for volunteers, OC officials and staff, referees, medical team, WT officials and staff. Also, OC must have enough supplies to allow an MNA team to purchase those supplies in case MNA needs extra supplies.
- All team members, officials, OC staff must wear a mask during all operations within venue. (for vigilance level 2,3)
- On the day prior to the competition and each day of competition, at least 2 volunteers in the arena (in addition to at least 2 volunteers at the entrance of arena) must be assigned by OC to provide masks and gloves to referees and WT/OC officials and staff and refill hand sanitizer
- Monitors for compliance at venue
- OC providing screeners at entrance to collect screening questionnaires and to take temperatures
- Each team is responsible for supplying their own masks and gloves.
- OC should prepare to provide enough masks in case teams need to purchase new ones as needed.
- athletes are exempted from wearing a mask during matches.
- OC has to provide 4 weight in rooms (2 male, 2 female)
- During the weigh-in; distance between athletes at the line has to be a minimum of 3-feet(1m).
- All athletes have to weigh in one by one with physical distancing
- During Level 3 and 2 phases, no spectators or teams are allowed to enter the spectator area. Only WT Officials and MNA officials of participating teams are allowed in the spectator area.
- Each team can bring their own photographer during all tournaments and they will be allowed access to spectator area.
- Only athletes who have upcoming competition session for the day can use the warm-up area. They can enter warm-up area 90minutes before their session starts), athletes who completed their match for the day cannot use the warm-up area.
- Only athletes and team personnel competing on designated day to be allowed in venue.
- Personal and shared equipment for competition must be disinfected each time before use

### **Requirements for Medal Ceremony:**

- 1meter physical distancing of podiums and athletes, and podium width should be 4 meters, assigning each athlete with 1meter space
- No shaking hands of athletes, officials and team members. Bowing is recommended for greeting.
- Mask can be briefly removed for photos with strict physical distancing
- Medal presenter must wear mask and gloves
- Awarding ceremony must be done at the end of each session.





### **Requirements for Medical Room:**

- Must be cleaned at least 3 times a day (before competition starts and in between morning/afternoon/evening sessions)
- Hand sanitizer must be available at all times
- Full PPE (personal protection equipment) must to be worn by medical staff at all times, which include Facial shield, masks (N95 masks must be available for medical staff and provided by the OC), disposable gowns and disposable gloves. Gloves must be changed after treating each patient.
- OMD and OC must communicate directly to local public health authority and designated hospital for suspected or confirmed COVID-19 cases.
- A sink to handwash with soap must be available either in the medical room or within 10 meters of the medical room
- OC must prepare for separate large medical isolation room with good ventilation for suspected COVID-19 patients which is separate (and can be completely closed off by doors) from the general medical treatment room.

### **Anti-Doping in COVID-19 outbreak**

The recommendations of the World Anti-Doping Agency relating to the COVID-19 outbreak must be strictly observed during doping controls carried out outside the competition or during sports competitions promoted and sanctioned by the WT.

Athletes, team staff and representatives are strongly encouraged to refer to the document COVID-19: ADO GUIDANCE FOR RESUMING TESTING (published on 6<sup>th</sup>, May, 2020) on the WADA website: [https://www.wada-ama.org/sites/default/files/resources/files/20200506\\_ado\\_guidance\\_resuming\\_testing\\_en.pdf](https://www.wada-ama.org/sites/default/files/resources/files/20200506_ado_guidance_resuming_testing_en.pdf)



## Appendix I. COVID-19 Symptom Checklist Questionnaire

Name:

.....  
.....

MNA (or

Club):.....

.....

Date and time of training/competition:

.....

Team Doctor

Coach:

.....  
.....

Parent or guardian\* (for minors < 18 years):

.....

Temperature:

COVID-19 testing date/result:

Quarantine:

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

- ☐ Body temperature over 37.5 °C
- ☐ New onset Cough
- ☐ New onset Sore throat
- ☐ New onset muscle or joint pain not related to training
- ☐ New onset headache
- ☐ New onset shortness of breath
- ☐ New onset nausea or vomiting
- ☐ New onset worsening diarrhea
- ☐ New onset loss of taste or smell
- ☐ New onset Fatigue without a known cause

### If you answered “no” to all of above questions and there is no fever today,

1. I attest that the following statements are truthful:

- I have completed quarantine for \_\_\_\_ days according to WT safe return to competition guidelines for COVID-19 prevention to participate in the competition “name: \_\_\_\_\_”.

OR

- I had COVID-19 testing in my home country less than 7 days ago and have been quarantined at least for last 7 days since testing)

- In the past 4 weeks, there is no one in my household or my MNA team who has had contact with someone with possible or confirmed Covid-19 infection.
- There is no anyone in my household who has symptoms suggesting COVID-19 infection
- There is no one in my household who is under quarantine for possible COVID-19 infection



- I reported this to my coach and team doctor who cleared me for participation in this competition.

2. I acknowledge that I must consult my team doctor and/or local doctor as soon as possible to get advice and instruction for COVID-19 and treatment any signs or symptoms suggesting COVID-19 infection or confirmed diagnosis of COVID-19 before returning to any training or competition.

3. I also acknowledge that my MNA and I will be subjected to disciplinary action and sanction if any of my attestation or symptom question report is not truthful.

**Signature:** \_\_\_\_\_

**Appendix II. QUESTIONNAIRE TO CHECK HEALTH STATUS OF ATHLETES BEFORE CLASSIFICATION IN PARA TAEKWONDO (for all athletes and other registered participants)**

QUESTIONS REFER TO THE 14 DAYS PERIOD BEFORE THE DATE OF CLASSIFICATION

- |  |     |    |
|--|-----|----|
| 1. DO YOU HAVE A FEVER (TEMPERATURE OVER 37,5 C)?            | YES | NO |
| 2. DO YOU HAVE A SORE TROAT?                                 | YES | NO |
| 3. DO YOU HAVE A COUGH?                                      | YES | NO |
| 4. DO YOU CATCH A COLD?                                      | YES | NO |
| 5. DO YOU HAVE ALTERED SENSE OF SMELL AND/OR TASTE?          | YES | NO |
| 6. DO YOU HAVE SHORTNESS OF BREATH OR CHEST TIGHTNESS?       | YES | NO |
| 7. DO YOU HAVE MUSCLE PAINS?                                 | YES | NO |
| 8. DO YOU HAVE DIGESTIVE PROBLEMES (DIARRHEA, VOMITING, ETC) | YES | NO |



9. IS THERE ANYONE AT HOME, AT WORK, IN SCHOOL... WITH DESCRIBED PROBLEMS ABOVE THAT YOU HAVE BEEN IN CONTACT WITH?

YES NO

10. DID YOU HAVE A POSITIVE COVID-19/ SARS-CoV-2 INFECTION TEST?

YES NO

11. WERE YOU IN CONTACT WITH INFECTED PERSONS (SICK RELATIVES, ROOMMATES, COLLABORATORS....)?

YES NO

12. WERE YOU IN CONTACT WITH POTENTIALLY INFECTED PERSONS)? YES NO

I CONFIRM THE TRUTH OF ALL STATEMENTS

SIGNATURE: \_\_\_\_\_

ALL THE ANSWERS ARE CONFIDENTIAL

QUESTIONNAIRE WILL BE KEPT ONE MONTH AFTER CLASSIFICATION BY WT OFFICIALS.

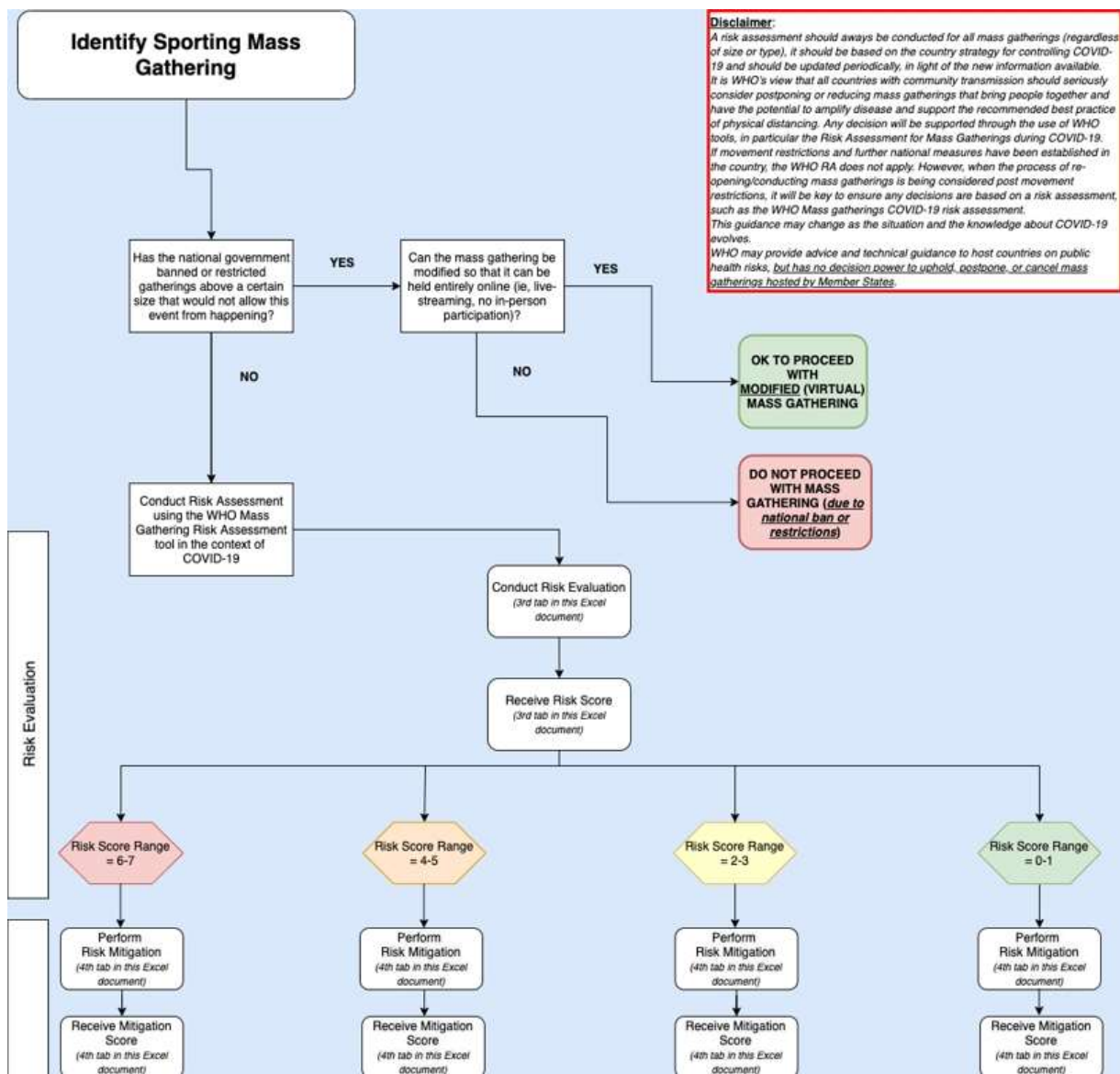
INSTRUCTIONS:

1. FILL OUT QUESTIONNAIRE 1 DAY BEFORE PLANNED CLASSIFICATION
2. SIGNED QUESTIONNAIRE MUST BE SUBMITTED TO WT OFFICIAL RESPONSIBLE FOR EACH PARTICULAR CLASSIFICATION
3. AN INCOMPLETE OR UNSIGNED QUESTIONNAIRES ARE NOT VALID AND ATHLETE WILL NOT BE CLASSIFIED
4. ALL MNA, AND ALL RESPONSIBLE PERSONNEL SUCH AS COACHES, ATHLETES, ASSISTANTS, TRANSLATORS ETC. HAVE TO SIGN AND VERIFY THAT THEY ARE FAMILIAR WITH UPDATED »IPC CLASSIFICATION HYGIENE AND INFECTION CONTROL GUIDELINES IN TIMES OF COVID-19
5. ONLY ASYMPTOMATIC (AND NON-INFECTED) ATHLETES MAY PARTICIPATE IN THE ASSESSMENT PROCEDURES OF CLASSIFICATION
6. SCANNED QUESTIONNAIRE SHOULD BE ALSO SENT TO WT OFFICIAL RESPONSIBLE FOR EACH PARTICULAR CLASSIFICATION BY EMAIL (WHICH MUST BE ENCRYPTED FOR SECURITY)
7. ALL ANSWERS ARE STRICTLY CONFIDENTIAL
8. ALL QUESTIONNAIRES WILL BE KEPT ON FILE FOR ONE (1) MONTH AFTER CLASSIFICATION.



### **Appendix III. Sporting mass gathering decision tree for COVID-19 risk assessment tools**

(Adopted from Decision Matrix in WHO Mass Gathering COVID-19 Risk Assessment Tool-Sports Events. To Access the full original flowsheet, download at <https://www.who.int/publications/i/item/10665-333187> and select “2. Decision Tree” tab)



## Appendix IV. Sporting mass gathering decision matrix for COVID-19

(Adopted from Decision Matrix in WHO Mass Gathering COVID-19 Risk Assessment Tool-Sports Events. To access the original tables, download at <https://www.who.int/publications/i/item/10665-333187> and click “5. Decision Matrix” tab)



<i>Total Risk Assessment Score from COVID-19 Risk Evaluation Tab</i>	0
--	---

<i>Total Mitigation Score from COVID-19 Mitigation Tab (%)</i>	0
--	---

Risk Versus Mitigation Decision Matrix				
<i>Total Risk Score</i>	<i>Total Mitigation Score (%)</i>			
	76-100	51-75	26-50	0-25
0-1	VERY LOW	VERY LOW	LOW	MODERATE
2-3	VERY LOW	LOW	MODERATE	HIGH
4-5	LOW	MODERATE	HIGH	VERY HIGH
6-7	MODERATE	HIGH	VERY HIGH	VERY HIGH

KEY	
VERY LOW	Overall risk of transmission and further spread of COVID-19 is considered <u>VERY LOW</u>
LOW	Overall risk of transmission and further spread of COVID-19 is considered <u>LOW</u>
MODERATE	Overall risk of transmission and further spread of COVID-19 is considered <u>MODERATE</u>
HIGH	Overall risk of transmission and further spread of COVID-19 is considered <u>HIGH</u>
VERY HIGH	Overall risk of transmission and further spread of COVID-19 is considered <u>VERY HIGH</u>

See “Risk Evaluation” tab and “Risk Mitigation” tab in WHO Mass Gathering COVID-19 Risk Assessment Tool-Sports Events to calculate Total Risk Score and Total Mitigation Score