



## GUIDANCE ON RETURNING TO SPORT: The Scottish Council of Taekwondo

### SCoT Relaxation of Lockdown Restrictions Phase 3

#### Guidance for members

29 September 2020

#### **It's everyone's responsibility**

During Phase 3, the various changes that are due to come into effect will result in larger numbers of people moving around and coming together across a variety of settings and sectors, both indoors and outdoors. This will give the virus more opportunities to spread. There is a risk of outbreaks and while we should strive to avoid them, we must also prepare for them and our Test & Protect system will help us to contain them. Staying safe and keeping others safe is as important as ever which is why, for example, we have made face coverings mandatory on public transport and in shops. And it is especially important to be considerate of people whose health conditions mean that they haven't been able to enjoy the easing of restrictions that the rest of the population has benefited from.

To prevent spread of the virus we should all follow the FACTS. It is the sum of our individual actions, our collective endeavour, that is suppressing the virus.

#### **FACTS:**

**F**ace coverings.

**A**void crowded places.

**C**lean hands regularly.

**T**wo metre distance.

**S**elf isolate and book a test if you have symptoms.

### Remember **FACTS** for a safer Scotland

<b>F</b>	Face coverings	
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<b>T</b>	Two metre distance	
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[nhsinform.scot/coronavirus](https://nhs.uk/inform.scot/coronavirus)  
#WeAreScotland



## Quick View – Scottish Council of Taekwondo Return to Sport

Class sizes	1. Maximum 30 outdoors for age 12 and over 2. Maximum 30 outdoors for under 12s. 3. Maximum numbers indoors should be determined based upon the capacity of the facility in line with Scottish Government Guidelines on indoor sport but should not exceed 30 for age 12 and over and 30 for under 12s
Class Rules	4. Under 12s no social distancing required 5. Age 12-Adult – must observe 2 metre social distancing rules indoors 6. All students....no mingling after any class/competition
Equipment	1. Indoors pad work for 12 and above is NOT permitted 2. Under 12s pads may be used indoor and outdoor but equipment cleaning protocols must be observed 3. Dummies may be used
Acceptable training locations/venues	1. All class locations must have the space and facilities to comply with 'Getting Your Facilities Ready for Sport' and 2 metre distancing rules. 2. Health and Hygiene rules must be observed.
Links to Guidance etc	1. <a href="#">Track &amp; Trace for SCoT Clubs</a> 2. <a href="#">Getting your Facilities Ready for Sport</a> 3. <a href="#">Health &amp; Hygiene</a> 4. <a href="#">Coaching</a> 5. <a href="#">Covid Officer Training</a> 6. <a href="#">Sportscotland COVID resources</a> 7. <a href="#">Guide to Cleaning Class Settings and Equipment go to Page 20</a>
Questions.....	<a href="mailto:Jane.Harvey@scottishcounciloftaekwondo.com">Jane.Harvey@scottishcounciloftaekwondo.com</a>



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### INTRODUCTION

Some sporting activities can now be undertaken outdoors, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that your club, facility and participants are made aware and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing covid-19 is available at [Scottish Government: Coronavirus in Scotland](#) .

People who are shielding are permitted to undertake activities providing strict physical distancing is adhered to.

People who are symptomatic should self-isolate for 10 days; household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend a sports facility/activity.

**IMPORTANT: Please note..... all Taekwondo activity remains subject to the Scottish Council of Taekwondo Safeguarding and Equality frameworks agreed by all. In particular, safeguarding guidance regarding coaching one to one should be properly observed. Please be patient, our priority remains the health and wellbeing of the general public as well as our own players.**

## GENERAL GUIDANCE

1. The club committee or venue operator should ensure all appropriate management processes are in place so that they can effectively oversee and maintain the implementation of appropriate measures. Venues are advised to take time to ensure they reopen safely.
2. A 'field of play bubble' can be created whilst an organised sporting or leisure activity is taking place indoors or outdoors, in effect suspending physical distancing guidelines for the duration of the activity.
3. Sporting activity should involve as few participants as possible, for the minimum amount of time, whilst still allowing the activity to run effectively. This may also require a change to formats, numbers and/or rules to minimise risk to participants.
4. It is the responsibility of each venue, club and deliverer to undertake documented risk assessment, based on their local circumstances, prior to activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are always protected.
5. It is mandatory for participants and visitors to indoor sports facilities to wear face coverings before and after activity or when in non-playing areas of the facility. For example: reception, locker rooms and storage areas unless there is a reasonable excuse not to do so. For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability. Face coverings do not need to be worn when undertaking physical activity,
6. In order to support Test and Protect sports clubs and facility operators are required to collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Operators will store information for 21 days and share it with public health officers when requested.
7. **VENUE MANAGEMENT Taekwondo**  
All dojangs, private or part of leisure centres, schools or local authority premises are acceptable venues for practising Taekwondo. As long as the SCoT specific guidance on operating indoors is adhered to (see section 13).
8. Clubs, deliverers and operators should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.
9. Travel: Restrictions on travel have been lifted, however, facemasks must be worn on all public transport

- 10.** It is for each venue/club employer to decide when it is the appropriate time to return staff to work from the [Coronavirus Government Job Retention \('furlough'\) scheme](#).
- 11.** A furloughed employee can take part in volunteer work if they do not provide services to or generate revenue for, or on behalf of, your organisation or a linked or associated organisation.
- 12.** Clubhouses can re-open to provide indoor bar and restaurant services providing they adhere to Scottish Government guidance. Further information is available at [Scottish Government: Tourism and Hospitality Guidance](#)

## Next...Facility and Venue Guidance

Sections:

Sports Courts/Areas

Organised Outdoor and Indoor Contact Sport

Health Safety & Hygiene

Maintaining Physical Distancing

Competitions

Equipment Provision

Coaching and Instructing

Workforce

Communication with Members/Customers/Students

Facility Reinstatement Advice & Support

Track & Trace – advice for Clubs

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An individual in your club tests positive and informs you of the outcome of their test. This will mean the Test & Protect protocol is in place and the individual will be contacted for information about their contact with others. Be prepared to pass on the class list and contact numbers to T&P. The person should not be named.  
T&P will advise you how to proceed.



Ensure you communicate the situation appropriately. T&P advice should be taken regarding continuing with the class session. Be sure to let T&P know if you were outdoors or indoors. You should inform your club members present at the session that one member of the class has tested positive. This person should not be named



Review your club protocols and the advice offered by SCoT in its latest guidance documents. Contact SCoT if you have any queries.

## FACILITY / VENUE GUIDANCE

13. No spectating should take place other than where a parent is supervising a child or vulnerable adult. Physical distancing guidance should always be followed.
14. Outdoor and Indoor Sports Courts & Pitches/Training Areas
  - 14.1 Clubs and venue operators may re-open all outdoor and indoor dojangs, sports areas, courts and pitches if documented risk assessments are undertaken and all appropriate measures are put in place to ensure the safety of participants, staff and volunteers.
  - 14.2 Please refer to additional guidance produced by **sportscotland** at: [Getting Your Facilities Fit for Sport](#) .
  - 14.3 Activity or exercise undertaken in dojangs, sports areas, courts and pitches must fully comply with Scottish Government household and physical distancing guidance with appropriate hygiene and safety measures also in place.
15. **Organised Outdoor and Indoor Contact Sport**

Organised outdoor and indoor sport specific activity can be undertaken by children, young people and adults.

- 15.1 All Taekwondo clubs providing activity must abide by SCoT's guidance and have a named 'Covid Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the sports organisation before any children's or adult's outdoor/indoor activity is undertaken. An [e-learning module for COVID officers](#) is available to support those undertaking the role.
- 15.2 Physical distancing;
  - 15.2.1 Children aged 11 years and younger are not required to physically distance, as set out in Scottish Government guidance. This extends to organised sports activity and the field of play.
  - 15.2.2 For all other participants i.e. students 12 and over 2 metre distancing in a class is recommended and areas should not be operating unless there is enough space for every 12-Adult student to observe a 2 metre distance from each other. Pad work is not permitted for over 12s.
  - 15.2.3 Coaches and other adults supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the club

'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment.

- 15.2.4 **PADS** may be used either indoors or outdoors for students under 12
- 15.2.5 Specific consideration should be given to supervision of children under the age of 5 years as it is not appropriate for young children to maintain the models of physical distancing that are suitable for older children, either practically or in terms of child development. You may, for instance, ask a parent to be present.
- 15.2.6 Where an employee is providing an activity, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self - employed people section at [Scottish Govt: Covid-19](#)
- 15.2.7 Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
- 15.2.8 Health, safety & hygiene measures for children's activity should be in line with guidance provided within this document.
- 15.2.9 In the event of first aid treatment being required it is recognised that a suitably qualified coach/supervising adult may require to attend to a child. The sports organisation 'Covid Officer' should consider processes for managing this as part of the risk assessment. This could include but not be limited to;
- Provision of suitable PPE
  - Training of coaches/supervising adults
  - Presence of one parent/guardian being required at the activity

NB: Where a participant with a disability requires functional support to enable their participation in physical activity and sport this can be provided without maintaining physical distancing. This support can be provided by a coach or other individual. In such circumstance the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions."

### 15.3 Participant numbers and duration of 'organised activity' I.e. Classes;

- 15.3.1 Where there is likely to be close contact between children and young people in a Taekwondo class 'an organised sporting activity' mitigation should be put in place to minimise risk and keep participants safe.
- 15.3.2 The Taekwondo Instructor focus should be on delivering classes with as few students as possible interacting with each other and for the minimum amount of time, whilst still allowing the class to be run effectively.
- 15.3.3 It is recommended that SCoT Clubs maintain approved student/instructor ratios of 10:1. All related safeguarding advice should continue to be followed.
- 15.3.4 A Class can be regarded as a sporting 'bubble'. Multiple sporting bubbles can be used in training, competition or small-scale sporting events. In such cases facility operators, organisers and deliverers should undertake comprehensive risk assessment to ensure that these bubbles do not mix at any time including before, during or after the activity.
- 15.3.5 Class sizes for Taekwondo, indoors and outdoors for all ages, should have no more than the maximum recommended number of 30 students
- 15.3.6 There are specific rules for Professional & Performance Athletes. [Professional & Performance Sport Resumption Guidance](#) . This link provides clear guidance on criteria for 'Professional' and 'Performance'!

#### 15.4 Adult involvement and ratios;

- 15.4.1 All adults involved in coaching / actively engaging with children in an organised environment should have undertaken appropriate SGB safeguarding and, where available, Covid-19 training.
- 15.4.2 All SCoT Clubs where a student/instructor ratio of 10:1 is being observed, should not have more than the maximum number of individuals (30) in a class).

## 16. Health, Safety & Hygiene

Health, safety and welfare policies should always be risk assessed and implemented. This guidance has been updated.

- 16.1 Ensure access to first aid and emergency equipment is maintained. Where equipment is stored indoors please ensure public access to enclosed indoor areas is restricted as much as possible with hygiene and safety protocols reviewed as part of the risk assessment.
- 16.2 Please ensure that first aid equipment has been updated appropriately for the COVID pandemic and first aiders have appropriate training.

- 16.3 Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
- 16.4 Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.
- 16.5 Make hand sanitizers or wipes available for use. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.
- 16.6 A checklist for health, hygiene and cleaning considerations and actions is available here: [Getting your Facilities Fit for Sport](#)
- 16.7 Further guidance is available at;
- [Health Protection Scotland: General guidance for non-healthcare settings](#)  
[Health Protection Scotland: Cleaning in a non-healthcare setting](#)  
[Health Protection Scotland: Hand hygiene techniques](#)  
[St. John's Ambulance: Covid-19 advice for first aiders](#)  
[HSE: First Aid during the coronavirus](#)

### Summary of earlier advice

- Be aware of the maximum numbers permitted per class (30 indoors and outdoors, all ages)
- Indoor training may take place subject to the guidance above
- Physical distancing remains in place in all settings for 12year olds and over.
- Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
- Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.
- Make hand sanitizers or wipes available for use at entrance/exit to venue/facility where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.

A checklist for health, hygiene and cleaning considerations and actions is available here: [Getting your Facilities Fit for Sport](#)

## 17. Maintaining physical distancing

- 17.1 At all times, SCoT's clubs and venue operators should ensure participants adhere to the current Scottish Government's physical distancing and household guidelines before, during and after the activity or when taking breaks.
- 17.2 Please ensure to follow guidance from SCoT on maximum numbers able to take part in the activity.
- 17.3 Access to an indoor area can be provided if suitable risk assessments and safety measures are put in place.
- 17.4 A checklist for physical distancing considerations and actions is available here: [Getting your Facilities Fit for Sport](#)
- 17.5 Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#) .

## 18. Equipment provision and use

- 18.1 Clubs and venue operators should, where possible, remove equipment including benches, scoreboards, tables and any other objects that are not essential for participation purposes.
- 18.2 Where the above is not possible appropriate cleaning measures, including provision of sanitiser and disposable gloves, should be put in place to reduce the risk of contamination.
- 18.3 Bins may be provided but should be regularly checked, cleaned/sanitised, emptied and disposed of using appropriate personal protective equipment.
- 18.4 All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it.
- 18.5 Where shared equipment is necessary for an activity appropriate hygiene measures must be put in place to ensure the equipment is thoroughly cleaned before, during and after use.
- 18.6 No personal equipment should be left at a facility by a participant once the activity has ended.

## 19. Retail

- 19.1 Retail units operated by Taekwondo's clubs and venue operators may reopen provided all specific Scottish Government guidance for retailers is in place

and adhered to. *Further information from the Scottish Government is available at [Retail Sector Guidance](#)*

## **20. Competitions**

- 20.1 Competitions should only be undertaken locally and informally outdoors at your own club where household, physical distancing and hygiene measures are in place.
- 20.2 Total numbers taking part in training, competition or events, should not exceed 200 people in any one day, including organisers, officials and participants.
- 20.3 Once an individual has completed their activity, they should immediately vacate the 'field of play' and are then subject to normal household rules.
- 20.4 Where sports training, competition or events are planned and include multiple bubbles; facility operators, organisers and deliverers should, as part of their risk assessment, consult with relevant local authorities, environmental health, the police or other body responsible for the safety of the public. Agreement must be reached with these bodies before the training, event or competition takes place.
- 20.5 Facility operators, organisers and deliverers should note that the situation around COVID-19 is fluid and activities may need to be cancelled at short notice should there be a change in local or national restrictions. In such circumstance's plans should be in place to notify participants of event cancellation and to ensure they do not attend the venue.
- 20.6 SGBs and sports facility operators should introduce a period of training to familiarise participants with guidelines before running competitions.

## **21. Bookings and payment**

- 21.1 Online bookings should be taken if possible. If not, alternative measures should be put in place including phone bookings.
- 21.2 Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.
- 21.3 Where possible use online or contactless payment options and avoid handling cash.

## **22. Communication with members/customers/students**

- 22.1 Clubs and operators should communicate clearly and regularly with members and participants setting out what they are doing to manage risk, and what advice they are giving to individuals before, during and after visits to the venue/activity.

- 22.2 Make them aware in advance of measures you are putting in place at your venue, and guidelines they are asked to follow.
- 22.3 Ideally clubs/operators should publish an action plan detailing their plans to re-open safely.
- 22.4 Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system.
- 22.5 It is more important than ever to consider inclusive guidance for people who need support to be active and clubs/venue operators should consider this as part of their work to encourage people to return.
- 22.6 Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.

### **23. Workforce**

Clubs and venue operators must ensure that relevant workplace guidance is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.

### **24. Coaching and Instructing**

Guidance for coaches, leaders and instructors is available at [Getting your coaches ready for sport](#).

Coaching & Safeguarding: Coaches and instructors working with children should familiarise themselves with the additional considerations developed by Children 1<sup>st</sup>. Child Wellbeing and Protection Considerations

### **25. Taekwondo Specific Advice**

It is important that both recreational exercise and coaching activity resumes when it is safe to do so and one to one sessions are now commonplace.

NB There have been some significant adjustments to the location and numbers of students that involved in coaching:

1. The new guidance allows for children's organised outdoor and indoor sport within a bubble i.e. u12s no restrictions but 12-Adults should adhere to 2 metre distancing and must disperse after the class or competition is finished.
2. Coaches may hold multiple sessions in one day indoors or outdoors up to a maximum of 100 students across the day.
3. SCoT coaches already have their guidelines for specific number of coaches/student ratios, however.....the focus must be on minimising numbers/length of classes as much as possible, but still allowing the classes to be run effectively. [Getting your coaches ready for sport](#).

### **Generic advice:**

1. Where there is likely to be close contact between children in an organised sporting activity mitigation should be put in place to minimise risk and keep participants safe.
2. Consider limiting the numbers taking part and the required duration of the activity.
3. The focus should be on delivering the organised activity with as few participants as possible interacting with each other and for the minimum amount of time, whilst still allowing the activity to be run effectively.

### **26. Facility re-instatement advice & support**

sportscotland has produced the [Getting your facilities fit for sport](#) document to provide support to owners and operators of sports facilities/venues to help them plan and prepare for when sport can resume.

This guidance document includes a four-stage best practice plan that we recommend owners and operators follow to ensure the health and safety of participants is protected.

### **Next..... Guidance for Participants**

## **Guidance for Participants**

Sections:

Stay up to Date

Travelling to and from Activity

Health & Hygiene

Maintaining Physical Distancing

Participant Bookings

Clinically Vulnerable People

Spectators

Competitions

Equipment & Facilities

## Guidance for participants

The following guidance can be used to support participants. Consider using it in the context of before, during and after the activity.

### 27. Stay up to date

- 27.1 Scottish Government information is available at [Scottish Government: Coronavirus in Scotland](#) .
- 27.2 Be aware that guidance can change, and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.

### 28. Travelling to and from an activity/venue

- 28.1 Please check before you leave home that toilet facilities will be available at the venue.
- 28.2 Wash your hands with soap and water for at least 20 seconds before leaving home. Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques](#)
- 28.3 Where possible avoid using public transport and adhere to Scottish Government physical distancing, household and travel guidelines:
- 28.4 Arrive as close as possible to when you need to be at the venue/facility and allow others to leave before you enter. If you need to wait, then do so away from the facility and clear of the gates.
- 28.5 Take your own hand sanitiser to the venue and use regularly throughout the activity.
- 28.6 Take your own hydration / food to the venue.
- 28.7 If driving, park your car in such a way as to facilitate physical distancing.
- 28.8 Avoid touching fixed equipment including gates, fences or benches.
- 28.9 After completing your exercise/activity return directly to your car (if appropriate) and leave.

### 29. Health & Hygiene

- 29.1 If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.

29.2 Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.

### **30. Maintaining physical distancing**

30.1 At all times, participants should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others including before during and after the activity or when taking breaks.

30.2 Please ensure to follow SCoT's guidance on maximum numbers able to take part in the activity.

30.3 Further information on physical distancing guidance is available at [Scottish Government: Coronavirus in Scotland](#).

### **31. Spectators**

31.1 No spectating should take place other than where a parent/guardian is supervising a child or vulnerable adult. In all cases physical distancing should always be followed.

### **32. Clinically vulnerable people**

32.1 The [advice for clinically vulnerable groups](#) has been updated.

32.2 People who are shielding can now undertake outdoor exercise activities as all shielding restrictions have been lifted. [Scottish Government: Staying safe outdoors](#).

32.3 People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

**33.** Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of your governing body Covid-19 guidance.

### **34. Participant Bookings**

34.1 Where a venue allows, book in advance and made payment online.

## **35. Competitions**

- 35.1 Competitions should only be undertaken locally at your own club where household, physical distancing and hygiene measures are in place.
- 35.2 No car sharing with anyone out with your household

## **36. Equipment & Facilities**

- 36.1 Where possible take your own equipment with you.
- 36.2 Only take the minimum amount of equipment that you need to participate.
- 36.3 Clean and wipe down your equipment, including water bottles before and after use.
- 36.4 Bring a full water bottle, and do not share food or drink with others.
- 36.5 Ensure you take all personal belongings and equipment with you at the end of the session and do not leave or store anything at the venue/facility.

Travel guidance outlined by the Scottish Government should always be adhered to. Guidance is available at [Staying Safe & Protecting Others: Getting Around](#)

**It's everyone's responsibility**

During Phase 3, the various changes that are due to come into effect will result in larger numbers of people moving around and coming together across a variety of settings and sectors, both indoors and outdoors. This will give the virus more opportunities to spread. There is a risk of outbreaks and while we should strive to avoid them, we must also prepare for them and our Test & Protect system will help us to contain them. Staying safe and keeping others safe is as important as ever which is why, for example, we have made face coverings mandatory on public transport and in shops. And it is especially important to be considerate of people whose health conditions mean that they haven't been able to enjoy the easing of restrictions that the rest of the population has benefited from.

To prevent spread of the virus we should all follow the FACTS. It is the sum of our individual actions, our collective endeavour, that is suppressing the virus.

**FACTS:**

- Face coverings.
- Avoid crowded places.
- Clean hands regularly.
- Two metre distance.
- Self isolate and book a test if you have symptoms.

**Remember FACTS for a safer Scotland**

**F** Face coverings 

**A** Avoid crowded places 

**C** Clean your hands regularly 

**T** Two metre distance 

**S** Self isolate and book a test if you have symptoms 

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#WeAreScotland

 

**STAY SAFE  
PROTECT OTHERS  
SAVE LIVES**

For further information, please contact:

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07811 962109

## Scottish Council of Taekwondo

### Specific advice on Cleaning Class Settings and Equipment

Indoor spaces should be cleaned between classes or activity groups. A time buffer between each group should be allowed to clean every area used as well as the time for people to leave and the next group arrive without a cross over.

Shared and personal sporting equipment should be thoroughly cleaned and disinfected before and after use. It is advisable to remove any equipment that can't be easily cleaned prior to its next use.

Where possible, students should bring their own equipment.

Cleaning and cleaning of Pads and Dummies should follow the same routine.....

- 1. Where there is no identified COVID infection**
  - a. use standard cleaning products such as detergents and bleach
  - b. clean immediately after each class
- 2. Principles of cleaning after an individual with symptoms of, or confirmed COVID-19, has left the location (gym, hall, dojang etc)**
  - a. The minimum PPE to be worn for cleaning an area after a person with symptoms of, or confirmed COVID-19 has left the setting is; disposable gloves and an apron. Wash hands with soap and water for 20 seconds after all PPE has been removed.
  - b. Public areas where a symptomatic person has passed through and spent minimal time but which are not visibly contaminated with body fluids, such as corridors, can be cleaned thoroughly as normal.
  - c. All surfaces that the symptomatic person has come into contact with should be cleaned and disinfected, including all potentially contaminated and frequently touched areas such as bathrooms, door handles, equipment, mats, rails in corridors and stairwells.
  - d. Use disposable cloths or paper roll and disposable mop heads, to clean all hard surfaces, floors, chairs, door handles and sanitary fittings – think one site, one wipe, in one direction.
  - e. Use one of these options:
    - a combined detergent disinfectant solution at a dilution of 1,000 parts per million available chlorine (ppm av.cl.)
    - a household detergent followed by disinfection (1000ppm av.cl)
    - an alternative disinfectant that is used within the organisation that is effective against enveloped viruses
    - Avoid mixing cleaning products together as this can create toxic fumes. Avoid creating splashes and spray when cleaning.
    - Any cloths and mop heads used must be disposed of and should be put into waste bags
    - When items cannot be cleaned using detergents or laundered, for example, upholstered furniture and mattresses, steam cleaning should be used.

Source: [Government and sportscotland](#)