

Maritime Taekwondo Union
Return to Play Plan
June 18, 2020

The MTU is proposing the following be set as principles and standards for a safe Return to Play for Taekwondo in Nova Scotia.

Principles & Standards

Social Distancing

- A minimum of 6' separation between each student and all Instructors while in attendance at the dojang.
- Each student to have their own designated training “space” and to maintain all training activity within that space.
- Each student must have a minimum of 2 full mats separation between them and every other student around them.

Preparation for training – change rooms etc.

- Common use changing rooms be closed
- All students arrive at class dressed and ready to train.
- Boots, shoes and coats be deposited in a space designated for each student
- There should not be any public water fountains in the dojang that athletes can drink directly from. Students will provide their own water and there will be no sharing and access to drinks is restricted to the student’s personal training space. Water bottles will be sanitized upon entering the dojang.
- Any spills must be removed so as to prevent injuries caused by slipping. Instructors / Masters must decide beforehand how such spills will be dealt with within distancing rules.

Limiting group size

- Group size, including Instructors, be limited to current government recommendations (Max. 50 people).
- Group size of 50 may allow for divisions of 10 - including 9 students and 1 Instructor per group. The Rule of Two must always be followed (See Rule of Two).
 - Divisions of 10 are NOT permitted to interchange during a class.

Sanitizing of training space

- Each designated training space must be sanitized after each class
- Dojang floor be completely sanitized following each day’s classes
- See below for guidelines on cleaning and disinfecting surfaces

Sanitizing of training equipment

- The use of common, multi-student use equipment such as hand paddles will not be permitted
- Equipment such as kick dummies or “Bob” may only be used if there is one per student and each student only uses “theirs”.

- All equipment used during a class must be sanitized following each class.

Use of washrooms and common areas

- Washrooms and common areas will be off limits except in the case of emergency.
- Washrooms will be sanitized following any use.

Entry and Exit of training areas and dojang

- Where possible separate doors will be used for entry and exit from the building and the dojang.
- Where such separate doors are not available an incoming class will not be permitted entry until the previous group has exited and spaces have been sanitized.
- Hand sanitizer will be available for use at both doors
- Touch points such as door handles and crash bars will be sanitized following each class

Coordination with landlord

- Landlords must agree to the Return to Play standards as presented by the MTU and participating club.

Access by spectators & parents

- Parents and spectators will not be permitted
- Parents are welcome to remain in the parking area, in their cars.

Adherence to Rule of Two

- The Rule of Two – that at least two adults be present at all times when minor aged children and youth are present – must be adhered to at all times. If class is to be conducted by a solitary Instructor one parent or other adult will be permitted to remain in the training area. An adult student participating in training will meet the standard of Rule of Two. At no time will the maximum allowable number of people gathered exceed 10 people.

Training Techniques

- Hands-on contact between Instructors and students will not be permitted.
- Sparring will not be permitted.
- Group exercise where the possibility exists of loss of the 6' distancing standard will not be permitted.
- The use of common use equipment such as the hogu or other sparring gear will not be permitted.

Wellness checks

- Any student or Instructor exhibiting symptoms of COVID 19 will be required to leave the building immediately. (see <https://novascotia.ca/coronavirus/> for the symptoms of COVID 19)
- If someone displays symptoms and is asked to leave the Department of Health must be notified immediately with the person's contact details and the names and contact details

of everyone in attendance that day and the previous two weeks. It is up to each club to maintain attendance records.

- The MTU must be notified that such an incident has taken place but without any identifying details of those involved.

Communication to Club Members and MTU Members

- Once approved, each club owner will be emailed the plan with a request to reply acknowledging receipt.
- The MTU Return to Play plan will be posted on the MTU web site, posted to the MTU Facebook page and Instagram account.
- All registered MTU members will receive a copy of the plan via email
- All club owners will be encouraged to post the Return to Play plan, with specific instructions to their students and families on whatever social media and through whatever electronic communication means they use.

How to clean and disinfect

Clean

- **Wear disposable gloves** to clean and disinfect.
- **Clean surfaces using soap and water, then use disinfectant.**
- Cleaning with soap and water **reduces number of germs, dirt and impurities** on the surface. **Disinfecting kills germs** on surfaces.
- **Practice routine cleaning** of frequently touched surfaces.
 - More frequent cleaning and disinfection may be required based on level of use.
 - Surfaces and objects in public places, such as shopping carts and point of sale keypads should be cleaned and disinfected before each use.
- **High touch surfaces include:**
 - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

Disinfect

- **Recommend use of viricidal cleaner specifying coronavirus.**
Follow the instructions on the label to ensure safe and effective use of the product.
Many products recommend:
 - Keeping surface wet for a period of time (see product label).
 - Precautions such as wearing gloves and making sure you have good ventilation during use of the product.
- **Diluted household bleach solutions may also be used** if appropriate for the surface.
 - Check the label to see if your bleach is intended for disinfection, and ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on colored clothing or for whitening may not be suitable for disinfection.
 - Unexpired household bleach will be effective against coronaviruses when properly diluted.
Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.
Leave solution on the surface for **at least 1 minute.**

To make a bleach solution, mix:

 - 5 tablespoons (1/3rd cup) bleach per gallon of water
OR
 - 4 teaspoons bleach per quart of water
- Bleach solutions will be effective for disinfection up to 24 hours.
- **Alcohol solutions with at least 70% alcohol may also be used.**