

**Maritime Taekwondo Union**  
**Return to Play Plan**  
**April 26, 2021**

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 – When required**

- 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.

### **Use of Masks**

- Masks are to be worn prior to training
- Masks are to be worn in washrooms/ changerooms
- Masks are to be worn in all common areas of training facility
- Masks do not need to be worn while taking part in class
  - During class if going to a restroom/ change room, a mask is worn

### **Preparation for training – change rooms etc.**

- Common use changing rooms accessible with a mask
- 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**

- **Within HRM & Hubbards:**
  - Practices and training are not permitted. This includes games, competitions, and tournaments, and in-person performances.
- **Outside of HRM & Hubbards**
  - Sports practices and training are now limited to a maximum of:
    - **10 people indoors** – contact is permitted
    - **25 people outdoors** while physical distancing.
- The Rule of Two must always be followed (See Rule of Two).

### **Sanitizing of training space**

- Each designated training space must be sanitized after each class
- Dojang floor be completely sanitized minimum, once a day
- 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 are permitted within groups of 10
- Equipment such as kick dummies or “Bob” are also permitted within groups of 10
- 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 unless accessed with a mask.
- 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.
  - A mask must be worn during both entry and exit
- 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 is permitted within groups of 10.
- Sparring is currently permitted within groups of 10.
- Group exercise is permitted outside of the HRM & Hubbards.

- The use of common use equipment such as the hogu or other sparring gear will be permitted within groups of 10.

### **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.