

World Taekwondo Federation of P.E.I. (WTFPEI)
Return to Play Plan
November 2, 2020

WTFPEI is proposing the following be set as principles and standards for a safe Return to Play for Taekwondo in Prince Edward Island.

Principles & Standards

Social Distancing

- Students can be grouped into cohorts of 2 to 4 people which must stay the same (there can be no switching of students into other cohorts during class or in other classes)
- A minimum of 6' separation between each student cohort and all Instructors while in attendance at the dojang.
- Each student cohort shall have their own designated training “space” and to maintain all training activity within that space.

Preparation for training – change rooms etc.

- Changing rooms must be limited to one person at a time.
- Boots, shoes and coats be deposited in a space designated for each student cohort
- 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.
- 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 and safe handling rules. If such rules cannot be followed, a ban on drinks must be considered.

Limiting group size

- Group size, including Instructors, be limited to current government recommendations
- Parents and spectators will not be permitted unless there are no other students in the facility. As no instructors are permitted to be alone with a minor aged child, in that situation the parent must remain in the facility but still respect physical distancing rules.
- Parents are welcome to remain in the parking area, in their cars.

Sanitizing of training space

- Each designated training space must be sanitized after each class.
- Dojang floor be completely sanitized following each day’s classes.
- Practices for cleaning and disinfecting surfaces set out by PEI Chief Public Health Office must be followed.

Use of washrooms and common areas

- Washrooms must be limited to one person at a time.
- Washrooms will be sanitized following each class.

Training equipment

- The use of common, multi-student use equipment such as slap pads and kicking shields will be permitted within each student cohort.
- Equipment such as kick dummies or “Bob” may be shared by all of the students in a cohort
- All equipment used during a class must be sanitized following each class.

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 WTFPEI and the participating club.

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.

Wellness checks

- Any student or Instructor exhibiting symptoms of COVID 19 will be required to leave the building immediately. (see <https://www.princeedwardisland.ca/en/information/health-and-wellness/about-covid-19-coronavirus> for the symptoms of COVID 19)
- Each club must maintain attendance records to allow for contact tracing.

Communication to Club Members and WTFPEI Members

- The WTFPEI Return to Play plan will be posted on the WTFPEI web site.
- Once approved, each club owner will be emailed the plan with a request to reply acknowledging receipt. Each club owner will send a copy of the plan to all registered WTFPEI members.
- All club owners will 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.
- All club owners must keep a printed copy of this plan and any other protocols required by the P.E.I. Chief Public Health Office on site for review by any on-site inspectors.