

## Rhee Taekwondo Covid-19 Safe Plan

These policy guidelines are based upon the recommendations and regulations published by the Victorian Government Department of Health and Human Services at <https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19> and updates.

Training is to be restructured in order to comply with Government restrictions. Masks are to be worn at all times except when allowed by regulations, for example when breathing due to physical activity is impeded by the mask.

The supplied QRCode must be scanned and all persons are to register using the Service Victoria App and show the instructor their vaccination status.

### Instructors

Instructors are required to complete “Infection Control Training - Covid19” located at <https://covid-19training.gov.au/login> before conducting classes. Instructors should also ensure that appropriate hand cleaning has been undertaken by all participants before joining the class.

### Social Distancing

Members must ensure they keep 1.5m distance between one another at all times, including in changing rooms. Instructors are to be conscious of maintaining this space when leading drills, thus basic combination striking and kicking techniques, flexibility, patterns and individual fitness exercises should be the focus of training. Updates to regulations may allow free sparring and close partner work. Check above website for updates.

### Equipment

Rhee Taekwondo requires adherence to the following safeguards where a club wishes to incorporate equipment use into training sessions:

- Students must sanitise their hands prior to using any equipment.
- All equipment must be adequately sanitised before and after training.

- Students are required to be assigned into pairs for the duration of the class. These pairs must be recorded. Equipment will be specifically assigned to the pair for their use only.

#### Indoor facilities

Update: From Friday 29<sup>th</sup> October class capacity is limited by the DQ4 (4 sqm/person) limit for each training room. Training will only be available to fully vaccinated students. Windows should be opened to allow maximum fresh air flow indoors.

Parents and other observers are not permitted unless special circumstances apply for the benefit and safety of a child.

All touch surfaces are to be sanitised after training. This includes light switches, door handles or push plates, window latches, taps, and other surfaces that may also have been used for balance. Toilet and change facilities should not be used unless absolutely necessary, but if used will also need to be sanitised after training.

Anyone who feels unwell or otherwise is showing symptoms of Covid19, or has been in contact with someone with Covid19 signs, must refrain from coming to training. Should you develop any Covid like symptoms you must inform the instructor as soon as possible.