

## Rhee Taekwondo Safe Training Guidelines

These 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/sport-and-exercise-restrictions-covid-19>

Training is to be restructured in order to comply with Government restrictions. There is to be no contact between members, and as such, free sparring will not be allowed. Training will instead involve individual exercises and drills, with a focus on fitness and flexibility.

### Instructors

Instructors are required to complete the “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.

### 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

As per the current (21 June 2020) Government restrictions, no more than 20 members can train inside any single indoor space at once, with no more than 10 adults in any one class. If the room is large enough to provide 4 sq metres per person, multiple classes can be conducted simultaneously up to the maximum of 20 persons per room. Up to the 20 person per room limit, any number of children can be part of a class. Furthermore, spectators will no longer be allowed at training sessions.

Anyone who feels unwell or otherwise is showing symptoms Covid19, or been in contact with someone with Covid19 signs, must refrain from coming to training.