

SANGROK TAEKWONDO

Return to Training Plan – Stage 2.2



The Sangrok Taekwondo Return to Training Plan for Stage 2.2 has been developed in accordance with federal and state government and Australian Taekwondo frameworks for the safe return to taekwondo training. The health and wellbeing of our students and their families is our highest priority; therefore, we have made some adjustments to the way classes will be run at Sangrok. These changes have been explained below. Please note, this information is subject to change and is dependent on current government restrictions.

Class registration and class format

- Class sizes will be **limited to 22 people** and students will need to **register for each class** to ensure that we do not exceed the maximum 20 person gathering restrictions. Please note, students will be unable to drop into classes without prior registration. If you do so, you may be asked to leave to ensure limited class numbers. Instructions for how to register for classes can be found [HERE](#).
- Class times have been temporarily reduced to **50 minutes** to allow for departure of all students and disinfection of surfaces prior to the next class starting.
- All students are to **maintain strict social distancing of 1.5m** during classes, when appropriate, and when arriving and departing.
- There will be **no sharing of equipment** during classes and any equipment used (e.g. paddles) will be disinfected after use.
- **Full contact training, including sparring and self-defence can be included in the curriculum.** Where practicable, students will not swap partners during contact training.

Spectators

- Due to the limitation on student numbers during stage 2 restrictions we are **unable to allow spectators or parents to remain in the dojang during classes**, unless approved prior to class. This will allow us to maximise the number of students who can train and also protect our students and their families.

Arrival and departure

- **Students are to arrive in their full taekwondo uniform** (white pants, white long-sleeve dobok top and belt) at the beginning of class. There will be **no access to the bathroom** for students to get changed, however, the bathroom will be available for general use when needed.
- Students are required to **arrive for class no earlier than the class start time** (i.e. If the class starts at 5.30pm, students are to arrive at 5.30pm and no earlier) and to **leave immediately following the end of the class**.
- Social distancing of 1.5m must be maintained during arrival and departure and at student drop-off and pickup.
- **Parents are requested to avoid entering the dojang** and to drop students off and collect them from the upstairs dojang door. For older children, you may wish to meet them downstairs.
- Class sign-in will be managed by a member of the Sangrok team.

Do not attend Sangrok if you are unwell

- Your temperature may be taken on arrival at Sangrok using a non-contact forehead thermometer. Students with a temperature over 38°C will be asked to leave.
- Please **do not attend classes if you feel unwell and/or you have a temperature over 38°C**. It is requested that students check their temperature prior to attending each class.
- If you attend classes when you are unwell you will be asked to leave.
- We recommend that students download the COVIDSafe app.

Handwashing and hygiene

- All students must wash their hands, using soap and water, before and after each class.
- It is recommended that students bring hand sanitiser gel to use during classes.
- All students must bring a full drink bottle to each class. Students should avoid using the sink/tap to fill drink bottles and cups will not be available for use. It is recommended that students label their drink bottles.

Cleaning and disinfection of Sangrok Dojang

- Increased cleaning and disinfection of all surfaces at Sangrok will occur on the days between classes.
- Surfaces will be disinfected between each class.

Further information

3-Step Framework for a COVIDSafe Australia | Department of Health

AT COVID Safe Return to Training Plan | Australian Taekwondo