

SANGROK TAEKWONDO

COVIDSafe Training Plan – 05.01.22



The Sangrok Taekwondo COVIDSafe Training Plan (05.01.22) has been developed in accordance with federal and state government and Australian Taekwondo frameworks for the safe delivery of taekwondo training. The health and wellbeing of our students and their families is our highest priority; therefore, we continually assess the COVID situation and adjust the way classes are delivered at Sangrok. These modifications have been explained below. Please note, this information is subject to change and is dependent on current government restrictions.

Class registration and class format

- All students 16 years and older must sign in using the CheckInCBR app or notify an instructor immediately if they are unable to do so.
- Class sizes will be limited to 26 students and students will need to register for each class. Please note, students should not drop into classes without prior registration and may be asked to leave if maximum class numbers are exceeded. Instructions for how to register for classes can be found [HERE](#).
- The length of some classes may be reduced to 50 minutes to allow for students to leave prior to the next class arriving.
- All students should maintain social distancing of 1.5m during classes, when appropriate, and when arriving and departing.
- Full contact training, including sparring and self-defence can be included in the curriculum.

Masks

- Students, instructors, and visitors over the age of 12 **must** wear a mask on arrival and when leaving, masks may be removed for vigorous physical activity.
- Students under 12 may choose to wear a mask.
- Students may choose to wear a mask while training.

Training partners

- Students must not swap training partners during the class.
- Students may choose to train within family groups.

Equipment

- There will be no sharing of equipment during classes (except between training partners, if necessary) and any equipment used (e.g. paddles) will be disinfected after use.

Spectators

- A small number of spectators can be accommodated. All spectators must sign in using the CheckInCBR app and wear a mask.

Arrival and departure

- Students should aim to arrive in their full taekwondo uniform (white pants, white long-sleeve dobok top and belt) at the beginning of class to avoid using the bathroom as a changing space.
- Students should aim to arrive at class approximately 5-10 minutes prior to the start of the class and to leave as soon as practicable following training.
- Social distancing of 1.5m should be maintained during arrival and departure and at student drop-off and pickup.

Health and wellbeing

- **Students are not to attend classes if they feel unwell and/or have a temperature over 38°C.**
- Forehead temperature may be checked on arrival at Sangrok using a non-contact forehead thermometer. Students with a temperature over 38°C will be asked to leave.
- 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.
- All members of the Sangrok team are fully vaccinated. We encourage our students to be vaccinated against COVID19, following advice from their doctor.
- When appropriate, windows shall be open during classes and fans used to increase air flow. Carbon dioxide levels may be monitored to ensure sufficient air flow within the dojang.

Handwashing and hygiene

- All students and instructors must wash their hands, using soap and water, or use hand sanitiser before and after each class.
- It is recommended that students also wash their hands or use hand sanitiser during breaks.
- 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

- A professional cleaner is engaged by Sangrok to clean and disinfectant the dojang.

Further information

Current Restrictions | ACT Government

Pathway Forward | ACT Government

AT COVID Safe Return to Training Plan | Australian Taekwondo