

COVID-19 GUIDANCE

PLEASE ENSURE ALL ATTENDEES READ AND UNDERSTAND THESE SPECIAL MEASURES AS COMPILED FOLLOWING GUIDANCE FROM THE UK GOVERNMENT AND BRITISH TAE KWON-DO COUNCIL.

BEFORE THE EVENT

1. Check for COVID-19 symptoms and health conditions

Before attending, all participants, officials, volunteers and spectators should self-assess for symptoms of coronavirus (COVID-19). These are:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

If you, or anyone you live with, have one or more of these symptoms you should not attend the event, even if your symptoms are mild. You should follow [NHS guidance on testing and self-isolation](#).

If you have been informed that you need to self-isolate by NHS Test and Trace (or are required to self-isolate in relation to travel), you must do so. You should not leave your isolation location in order to participate in the competition. You can find more information in the [NHS guidance on how to self-isolate](#).

2. If there are any health conditions that may require extra Covid-19 protection measures please inform your Instructor, who in turn, can inform the organisers, so these measures can be implemented in advance.

3. All junior and adult coloured belt competitors are encouraged to arrive in their dobok and belt to avoid congestion, or waiting time in changing-rooms.

ON THE DAY AND DURING THE EVENT

1. Please respect any one-way systems put in place inside the Leisure Centre.

2. To avoid congestion and overcrowding in the main reception area all adult coloured belts and junior competitors and all spectators will be requested to queue for entry outside and not enter the leisure centre building until 9.00am. ***This instruction does not apply to officials, welfare officers, door staff, first aiders and volunteers who will enter the building at 8.30am and continue straight through to the main sports hall.***

3. The organisers will implement measures to avoid congestion and crowding but in the event of attendees finding themselves in an area of high density out of our control, the wearing of face coverings are recommended.

4. Special measures will be put in place so officials DO NOT make unnecessary contact with competitors.

- **The organisers will implement all measures to mitigate the risk of COVID transmission but it is important that we remind all attendees to the risks of COVID transmission also remind competitors that they are participating in a close contact physical activity that carries an increased risk.**
- ***IN THE EVENT THAT COMPETITOR NUMBERS HAVE TO BE RESTRICTED...ENTRIES WILL BE ACCEPTED ON A "FIRST COME, FIRST SERVED" BASIS.***
- **If you have any concerns after reading this information, please speak to your club Instructor, who will relay to the event organisers.**