

International Taekwon-Do Federation – (Scotland)

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ITF Scotland advice on Coronavirus / COVID-19

In light on the coronavirus (COVID-19) outbreak within Scotland, ITF Scotland recognises that the situation is continually evolving, and we are monitoring the advice from the UK government.

Our advice to our membership as of **15th March 2020**, is for instructors to keep themselves fully up to date with all advice on how to halt the spread of the virus. And be pro-active in use of these methods within their gyms.

Cleanliness and personal hygiene on hand washing and containing coughs and sneezes are particularly important. There is clear guidance on preventing spread on the UK government website noted below.

At this point the government advice does not extend to restricting activity of classes, or events. Therefore, we advise that instructors should continue with their classes as normal noting the following advice;

- Facilities, surfaces and equipment should be cleaned regularly. Instruct students to ensure their own sparring equipment is also cleaned.
- Instructors should be proactive and encourage hand washing before and after class. And encourage coughing and sneezing control (e.g. sneezing into elbow, not hands).
- Any members displaying flu like symptoms should stop attending class for a minimum of 7 days and inform their instructor accordingly.
- It is up to instructors as to whether they wish to restrict physical contact such as hand shaking.
- Instructors may wish to omit ho sin sul training during the epidemic as this discipline involves the closest physical contact.

Should you be organising an event and have any concerns regarding coronavirus and whether the event should go ahead you should contact your local public health team at your local council. At this moment there is no directive from the UK government to cancel events. This decision has to be made by the event organizer based on risk and local circumstance.

UK Government Statement & Updates regarding coronavirus can be found here:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Find out more about the virus and measure you should take to protect yourself here:

<https://www.nhsinform.scot/coronavirus>

How to avoid catching or spreading coronavirus (www.nhs.uk)

Do

- Wash your hands with soap and water often – do this for at least 20 seconds
- Always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Try to avoid contact with people who are unwell

Do not

- Do not touch your eyes, nose or mouth if your hands are not clean