CASE STUDY:
Limiting and Mitigating Exposure

IF FORUM 2020

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DISCLAIMER

• I, Dae Hyoun Jeong, declare that I have NOTHING TO DISCLOSE prior to my presentation.

• I do not have any conflict of interest or any relevant financial relationship with any organization or company regarding this presentation.

• COVID-19 is an emerging, rapidly evolving situation. The information provided in this presentation (created on November 1, 2020) is based on our current guidelines and protocols, which may be subject to be changed.
HOW COVID AFFECTED WORLD TAEKWONDO?

• Total 66 WT promoted or recognized events has been all cancelled (or postponed) this year (since March 2020)

• Almost all national championships or club championships has been cancelled or postponed.

• All the meetings have been converted to virtual e-meetings.

• WT medical committee has developed and distributed

(1) “WT guidelines and protocols for safe return to competitions and training during COVID-19”

➢ Based on “WHO’s key planning recommendations for Mass Gatherings” in the context of the current COVID19 outbreak in collaboration with WT games committee and WT referee committee (early June- mid July)

➢ Distributed to all Member National Associations(MNA) in late July 2020.

(2) “ COVID19 Prevention Guideline with Illustration
Guideline
COVID-19 Prevention
World Taekwondo

COVID-19 Checklists

- Disinfecting and Sanitizing area and all taekwondo equipment
- Checking taekwondo trainers’ body temperature
- Following the COVID-19 Safety Plan for the venue
- Creating a visiting list and Using hand sanitizer upon entry
- Wearing masks in the Training area during the class or Competition area all the time
- Maintaining a minimum of 6ft/1m physical distance from each other
- Limiting non-essential face-to-face sparring (kyorugi) or touch
- Taking individual water bottle for personal use
COVID19 PREVENTION GUIDELINES

COVID-19 Prevention in daily life

- **Don’t touch** your face and each other
- **Avoid travel**
- Keep physical distance and **avoid social activity**
- Taking a shower daily and washing hands when you get home or before eating a meal

COVID-19 Prevention in the venue (Training or Competition Area)

- Maintaining a minimum of 6ft/1m social distance from each other
- Wearing **masks** in the Training area during the class or Competition area all the time
- Please **stay home** if you have any symptoms such as a high fever, cough, runny nose and sore throat
- Coughing and sneezing **into your elbow** or using a tissue
COVID19 PREVENTION GUIDELINES

How to disinfect Taekwondo equipment and prevent COVID-19

- Cleaning door handles
- Using a minimum 60% of alcohol included disinfectant
- Checking body temperature
- Instead of useable cup, bring personal water bottle
- Creating a visiting list

Utilizing WT

‘Taekwondo Home Training video’

- Searching for “World Taekwondo Train Taekwondo at Home” on YouTube
- Stay Home, Stay Safe, Stay Strong (Part 1)
- Stay Home, Stay Safe, Stay Strong (Part 2)
- #StayHome with Jaguaad Achab (BEL) Footwork 1
- Training at home in Azraq Refugee Camp
WT Guidelines and Protocols for Safe Return to Competitions and Training during COVID-19
4 LEVELS OF VIGILANCE PHASE OF COVID-19 OUTBREAK

- **Level 4 (Very High Vigilance Phase)** - Worldwide pandemic per WHO and national pandemic per national public health authority.

- **Level 3 (High Vigilance Phase)** - Worldwide pandemic per WHO and national epidemic per national public health authority.

- **Level 2 (Medium Vigilance Phase)** - Worldwide pandemic per WHO and national endemic stage (in more than 70% of Member National Associate countries including hosting country and all participating countries).

- **Level 1 (Preventive Vigilance Phase)** - End of Worldwide pandemic (or close to the end of pandemic) per WHO and national endemic stage in more than 90% of Member National Associate countries which includes hosting country and all participating countries.
LEVEL 4 (VERY HIGH VIGILANCE PHASE)- WORLDWIDE PANDEMIC PER WHO AND NATIONAL PANDEMIC PER NATIONAL PUBLIC HEALTH AUTHORITY

• This protocol will be activated when
  - There is **active and significant incremental increases** in the number of **daily cases** (national and world wise pandemic) and
  - **COVID19 related deaths in the country up-trending** in a 7day period (not reaching the peak of COVID19 outbreak in the nation yet)
  - **Indoor activities are banned or with strictly restricted** according to national or local public health authorities

• Any WT recognized/promoted **international** competitions are **NOT ALLOWED**
• Any **national/state/province** level competitions are **NOT ALLOWED**
• Any **regional local club** level competitions are **NOT ALLOWED**
• May ALLOW TRAINING with limited number of participants based on local authorization restrictions and mitigation policy on gathering.
• **Unofficial online non-contact poomsae(form) competitions may be considered**
LEVEL 3 (HIGH VIGILANCE PHASE) - WORLDWIDE PANDEMIC PER WHO AND NATIONAL EPIDEMIC PER NATIONAL PUBLIC HEALTH AUTHORITY

• This protocol will be activated when
- There are still active but much slower incremental increases in the number of daily confirmed COVID19 cases (passing the peak increment and down trending of confirmed daily cases with stable R value) and COVID19 related deaths in the country
- Indoor activities are permitted with strict restrictions according to national or local public health authorities (strongly recommend outdoor sporting activities if possible)

• Any WT recognized or promoted international competitions are not allowed
• Unofficial online non-contact poomsae (form) competitions may be considered
• Any national competitions are not allowed

• State/province level competitions may be allowed. Only up to 2 competition courts, up to 100 participants
• Regional local club level competitions are allowed. Only up to 2 competition courts, up to 100 participants
• May allow training with limited number of participants based on local authorization restrictions and mitigation policy on gathering.
Indoor Taekwondo Training

Burnaby, Canada
CHECK IN – FEVER AND COVID SYMPTOM SCREENING, HAND SANITIZATION
KEEPING THE PHYSICAL DISTANCE
WEARING THE MASK AT ALL TIMES
GREETINGS (NO HANDSHAKING), THOROUGH DISINFECTION

(Special thanks to Mr. SC Kim (WT referee chairman) for sharing the pictures from his Dojang)
Outdoor Taekwondo Training

Belgrade, Serbia
WEARING MASK OR FACIAL(MOUTH) SHIELD
KEEP THE PHYSICAL DISTANCE
HOW WT MADE DECISION ON INTERNATIONAL WT EVENTS
SAFE RETURN-TO-COMPETITION PROTOCOLS AND RECOMMENDATIONS FOR MEDIUM VIGILANCE PHASE OF COVID19 (LEVEL 2 VIGILANCE PHASE)

• This protocol will be activated when

(1) Spread of COVID in the country is **NO LONGER considered as ACTIVE** per national public health authority and

(2) **NO LOCKDOWN status** and **regulations have been lifted on international travel** and hosting international events according to national public health authority

(3) **there is a significantly LOWER number of DAILY confirmed COVID19 cases** (STABLE number of new daily confirmed cases which are less than daily recovery cases. No trend of daily case incremental increases more than 7 days in a row)

(4) The **R value (or R number)**, the average number of people on to whom an infected person will pass the virus, has to be **below 1** (Definition of R number: the average number of people on to whom an infected person will pass the virus)

(5) **Physical distancing** measure is lifted by national public health authority, but It is **still strongly recommended to keep 3 feet (1 meter) of physical distance** to avoid close contact and it is **still mandatory to wear mask** in public AND/OR

(6) **Indoor activities are permitted** with lifted restrictions according to their national or local public health authority, **with no spectator present**.
LEVEL 2 VIGILANCE PHASE

• **National endemic stage (in more than 70% of Member National Associate countries including hosting country and all participating countries)**

• **International Level (WT promoted (above G2) or WT recognized)**
  - Spread of COVID19 in the country is *no longer considered active*
  - G1 and G2 international WT competitions may be allowed
  > If the organizer strictly follows our WT safe return-to-competition guidelines AND the local public health authority of participants’ countries restrictions and regulations on sporting activities.

- Participating countries for this G1 and G2 event must be limited to the **SAME CONTINENTAL UNION AND countries in ENDEMIC stage** (not epidemic or pandemic).

• **National/State/Province Level (MNA promoted or sanctioned)**
  : **National/state/province level competitions may be allowed** per national and local public health authorities.
More Specific Requirements before and during competition

Requirements before Competitions:

- Only MNA countries that are not in COVID-19 pandemic status and strictly follow WHO and national restrictions and regulations on COVID-19 mitigation strategies and prevention shall be selected for hosting a competition.
- Only MNA countries that have adequate capacity to perform COVID-19 testing and diagnose and manage and treat participants (athletes, coaches, referees, officials, etc) with suspected COVID-19 can host a competition.
- Assessment of safety and feasibility of hosting planned competition at the hosting country will begin 6 months prior to the competition, including a medical inspection visit by WT Games Committee and/or WT SEM Department.
- To be considered as a hosting country candidate, overall risk for Mass Gathering (MG) according to WHO Mass Gathering COVID-19 Risk Assessment Tool must be classified as “very low” or “low” and the hosting country candidate must be at “no confirmed cases” or “sporadic cases” according to WHO’s definition of COVID-19 transmission scenarios.
- COVID-19 testing must be done NO MORE THAN 7 days prior to arrival date. After COVID-19 testing, all participants must be quarantined they leave their home (or designated location for quarantine per MNA’s policy) to travel to the athlete hotel at hosting country. During the travel, all participants and be extremely cautious to minimize the risk for COVID-19 infection until the start date for the competition. This must be attested and documented by their MNA medical director or Head of Team doctor.
- If COVID-19 testing cannot be done because of special circumstances (due to problem with accessibility to COVID-19 testing due to home country limitations, etc.) then the participant must be quarantined for 14 days until the start date for the competition. If it is not possible for any participant to (1) get the COVID-19 test result within 7 days or (2) get COVID-19 testing in their home country due to their country’s governmental issue, the participant must be quarantined for 14 days prior to the arrival date. This must be attested and documented by their MNA medical director or head team doctor.
- All participant must take every measure and effort (such as physical distancing, constant mask wearing, frequent handwashing and hand sanitizing) for COVID-19 prevention during their travel from their home (or designated location for quarantine) to the airport and to the athlete hotel.
- MNA team doctor, team medical staff and MNA medical director are primarily responsible to direct and monitor participants for COVID-19 precautions and prevention (COVID-19 testing, quarantine, COVID19 screening) as well as coordination of care for MNA athletes or other staff with possible or confirmed COVID-19 throughout the entire course of event - quarantine, travel, training, weigh-in, inspection, competition, and after the competition. If there is no team doctor or team medical staff available for the competition, MNA head of team or head coach must assume the responsibilities.
SURVEY DISTRIBUTION- CANCUN 2020 WORLD TAEKWONDO GRAND-PRIX FINAL (SEPTEMBER 15, 2020)

Q2: Is it possible, under any regulation, for your association to send athletes to the Cancun 2020 World Taekwondo Grand-Prix Final?

Answered: 26  Skipped: 2

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<th>ANSWER CHOICES</th>
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DAILY CONFIRMED COVID19 CASES, ROLLING 7DAY AVERAGE
OCT5, 2020

Daily confirmed COVID-19 cases, rolling 7-day average, Oct 5, 2020
The number of confirmed cases is lower than the number of total cases. The main reason for this is limited testing.

WORLD WIDE DAILY CONFIRMED COVID19 CASES (OCT 5, 2020)

Daily confirmed COVID-19 cases, rolling 7-day average
The number of confirmed cases is lower than the number of total cases. The main reason for this is limited testing.

Cancellation of public events during COVID-19 pandemic, Oct 5, 2020


Note: There may be sub-national or regional differences in policies on event cancellations. The policy categories shown may not apply at all sub-national levels. A country is coded as ‘required’ if at least some sub-national regions have required cancellations.

World Taekwondo Council announces postponement of two events to 2021

By Neil Shefferd  © Monday, 5 October 2020

The World Taekwondo Council has announced the postponement of two events - the Cancun 2020 World Taekwondo Grand Prix Final and the Wuxi 2020 World Taekwondo Grand Slam.

World Taekwondo said it was "disappointed" at having to make the decision, but said it was decided to be the best course of action to ensure participants safety and preserve a fair playing field for competitions.

"It is with great disappointment that we have had to take the decision to postpone our Grand Prix Final and Grand Slam events this year," said World Taekwondo President Chungwon Choue.

"We recognise this will be of great frustration for our athletes and fans but we are sure that they will understand this decision was necessary to protect their health and ensure a level playing field.

"These are global events which involve athletes from around the world and given the huge travel restrictions in place it would not have been fair to go ahead when some athletes would not have been able to compete."

The postponements were announced at a meeting of the World Taekwondo Council held today virtually.

https://www.insidethegames.biz/articles/1099229/world-taekwondo-postpones-two-events
National Junior Taekwondo Championships

July 31, 2020
Muju, South Korea

Level 2 (Medium Vigilance Phase) protocols for national level events
Daily COVID cases: 30-100 cases per day (September 2020)
Accumulated COVID cases: 14,336 (July 21, 2020)
SCREENING AND SANITARY REQUIREMENTS

DISINFECTION

FACIAL SHIELD/ SPECIAL HEAD PROTECTOR WITH ATTACHABLE MASK

Special thanks to Master Sookyung Park (WT referee) for sharing the photos.
National Taekwondo Championships (outdoor event)

September 20-21, 2020
Belgrade, Serbia

Level 2 (Medium Vigilance Phase) protocol for national level events
Daily COVID cases: 30-100 cases per day (September 2020)
Accumulated COVID cases: 32,908 (Sep 20, 2020)
MITIGATION STRATEGIES AND PREVENTION PROTOCOLS

• At the entrance: any participant had mandatory fever screening and got a confirmation stamp
• No spectators except athletes and coaches
• Masks were mandatory at all times except for athletes in the match and corner judges
• Gloves were NOT Mandatory (except for inspection referees)
• Extra volunteers disinfected equipment and floor after each match
• Hand sanitizer and paper towels were available at each table
• Food were delivered by catering in separate boxes
OUTDOOR VENUE (SERBIAN NATIONAL TAEKWONDO CHAMPIONSHIPS)
MEDAL CEREMONY
National Intercollegiate Athletic Games (Taiwan University Games)

10/31/2020 ~ 11/4/2020
Taiwan (Chinese Taipei)

Level 1 (Preventive Vigilance Phase) protocol for national level events
Daily COVID cases : 0-5 per day (June-Nov 2020)
Accumulated COVID cases: 555 (as of Oct 31, 2020)
ONLINE APP FOR DAILY SELF-COVID SCREENING
STICKERS FOR CLEARANCE FOR THE DAY

(Special thanks to Master Claire Chen (WT referee) for sharing the photos from this event)
HEAD OF THE TEAM MEETING
COMPETITION
SUMMARY

• Safety and health protection of the athletes and each stakeholders is the foremost priority.

• World Taekwondo has developed strict “WT guidelines and protocols for safe-return-to-competitions and trainings” which has been quite effective for mitigation and prevention of COVID19 spread in this World Wide Pandemic situation.

• WT still encourages WT stakeholders to plan, organize and participate in national and regional competitions with strict compliance to our WT COVID19 guidelines and protocols.

• Further planning of international WT events can be moved up by the availability of
  (1) Faster/reliable/cheaper point-of-care COVID testing kits (eg. Salivary test)
  (2) Vaccination and more effective/feasible treatment options against COVID (hopefully by March-April 2021)

• WT will continue periodic updates and modification of our guidelines according to the upcoming new guidelines and recommendations on COVID19 mitigation and prevention.

• We hope everyone stay safe and healthy in this COVID pandemic, make all efforts to eventually overcome this crisis altogether and gradually, safely and completely return to training and competitions in the future.
Thank you for kind attention!

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