



# Return to the Dojang. RITA Phased Plan for a Safe Return to Irish Taekwon-Do

Aim: To provide a safe and sustainable opening of all RITA schools

# Based on Public Health Measures – 20<sup>th</sup> September 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
<p>We are at a PREVENTATIVE phase</p> <p>The aim is to prevent the transmission of COVID 19 within your Taekwon-Do School.</p>	<p>DOJANG (Indoor Training Hall)</p>	<p>Up to 100 students subject to venue &amp; floor size for Vaccinated students &amp; Recovered from Covid 19 Students within last six months (12 years &amp; younger are exempt)</p> <p><b>OR</b></p> <p>Training Pods of 6 for Mixed Students. (Multiple pods for Mixed students allowed to a maximum 100 persons dependent on venue &amp; floor area available)</p> <p>Mixed Students are: Vaccinated/Recovered /Unvaccinated</p>	<p><b>RITA Requirements</b></p> <ul style="list-style-type: none"> <li>•Health Screening form (can be paper or online)</li> <li>•Completed Health Checklist at each session (can be paper or online)</li> </ul> <p><b>•Add Question to Health Checklist –Are you Vaccinated Yes/No</b></p> <ul style="list-style-type: none"> <li>•Proof of Vaccination/Recovery will be required</li> <li>•Full Contact Tracing</li> <li>•Equipment to be sanitised at regular intervals</li> </ul>	<p>Outdoor contact training allowed and Individual Indoor Training until the 20<sup>th</sup> September</p> <p>No Restrictions for contact training (step-sparring, sparring, self-defence, etc) after the 20<sup>th</sup> September</p>



**Protocols: Preventative** - Any accompanying people arrive to the training location 5 minutes before the end of session, and wait at a safe distant point, respecting the social distancing.

Up to 100 persons Vaccinated or Recovered from Covid 19 within last 6 months  
Persons 12 years & younger are exempt

**OR**

Maximum Pod of Six

Normal Taekwon-Do Hygiene applies. Shower at home before training.

Wash / sanitise your hands on arrival.

Equipment sanitisation & contact tracing records to be maintained at school level.



ALARA principle “as low as reasonably achievable”. To do this, you can use three basic protective measures in COVID safety: **time, distance, and shielding (ventilation/masks/hand sanitizer)**

Better safe than sorry. Always aim to have minimal interactions between students, e.g. we are allowed a pod of 6 for sparring. But if you can get away with using a pod of 2 or 4 then that’s what you should do.

