



BC Taekwondo Federation

2930 Lonsdale Avenue, North Vancouver, B.C. V7N 4H9

Taekwondo in British Columbia – Return to Play

What is presented below is meant to be a brief outline of the changes in “Step 2” of the PHO restart plan for sport as it relates to Taekwondo. Please be advised that much of this is left up to the individual school owner’s discretion. The idea as it has been said is not a “flick of the switch” approach to recovery but a “slow increase in the volume”. Some of our members may not share our enthusiasm about coming back to a new normal right away. They may want to stay on Zoom for a while or they may want to continue to wear their masks and keep their social distance in cases where the rules say otherwise. Perception is paramount in that we must be diligent to show our students that we respect their wishes and are concerned with their ongoing safety.

Taekwondo as other martial arts does not fall in any one category as it is a combination of physical fitness exercise as well as sport. Because of this the group size in a regular class should be no more than 25 participants. Adult students are now allowed as group participants or may be mixed in with youth and children.

However, during a group competition where one school may visit another for instance a maximum group size of 50 participants can be realized. This is a total of all officials such as coaches and school owners as well as the competitors.

Below is a summary of other important points:

- Spectators for indoor sport are still not allowed under “Step 2”.
- There are no longer cohorts or home school models being used.
- Full contact is allowed while on the field of play such as during sparring or self-defense.
- While not in the field of play participants must wear masks and adhere to the 2-meter rule.
- Sanitization and safety measures as regards cleaning kick pads and dojang surfaces must continue as before.
- To keep change room traffic low it is suggested that all participants arrive in uniform and ready to train.
- Travel to organized events or other schools is allowed within BC only provided that other PHO protocols are maintained.
- There is no differentiation for high performance as regards these restrictions and it is governed by the same rules in recreational travel and field of play activity as regular participants.

Please be advised that this situation is only temporary and will be changing once again on July 1, 2021 provided that COVID-19 levels continue to drop and the PHO advises the move to “Step 3” of their plan.



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For more information on a daily basis please see the links below:

[BC's Restart: A plan to bring us back together - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/sports/return-to-sport)

[Return to Sport | viaSport](https://viasport.ca/)