



**BC Taekwondo Federation**  
2930 Lonsdale Avenue, North Vancouver, B.C. V7N 4H9

## Taekwondo in British Columbia – Return to Play (“Step 3”)

July 1, 2021

What is presented below is meant to be a brief outline of the changes in “Step 3” 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”. As mentioned in the “Step 2” guide, 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.

A major change in step 3 is the addition of spectators and an increased class size. There are no restrictions to class sizes for adults, youth, or children.

There are some restrictions to spectator group size in that the spectator limit is 50 people or 50% of building capacity.

Masks are no longer a requirement either on or off of the field of play. However, it is recommended that participants ages 12 years and older that have not been immunized with their second dose continue to wear their masks for their own safety.

Below is a summary of other important points:

- Spectators for indoor sport are now allowed up to 50 people or 50% of capacity up to whatever is the larger amount. This is capped at 5000 people at larger venues such as tournaments.
- Contact tracking is no longer required.
- Full contact is allowed while on or off the field of play such as during sparring or self-defense.
- Sanitization and safety measures as regards cleaning kick pads and dojang surfaces should continue as before.
- Travel to organized events or other schools is allowed within Canada provided that the PHO protocols for the hosting province 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.
- The original COVID-19 safety plan issued by the PHO will be transitioning to a new communicable disease plan that is to be released by Worksafe BC shortly.



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Please be advised that this situation is only temporary and will be changing once again in September 2021 provided that COVID-19 levels continue to drop and the PHO advises the move to “Step 4” of their plan.

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 \(gov.bc.ca\)](#)

[Return to Sport | viaSport](#)

[WorkSafeBC issues guidance for employers on the transition to communicable disease prevention | WorkSafeBC](#)