



# National Collegiate Taekwondo Association

<http://ncta-usa.com>

## **Guidelines for a Phased Return to Play During the COVID-19 Pandemic**

To help collegiate clubs and collegiate administrations implement a return to play for collegiate taekwondo athletes, the NCTA is publishing these guidelines to provide a roadmap to a return to play. Students should abide by all of their university policies and directives, as well as according to all local and state guidelines if more stringent measures are recommended.

### **Phase 1 - Virtual Classes**

1. No limit to the number of participants
2. No masks necessary in presence of household members
3. Only same household members permitted in the same room

### **Phase 2 - In-person | Outdoors\***

1. 6-12ft (space permitting) min physical distance between face/eyes/nose. No skin to skin contact.
2. Masks required
3. Personal handheld kicking targets permitted but must not be shared, sanitized before/after daily use
4. No limit to the number of participants, maximum of 2 people per partner group

### **Phase 3 - In-person | Indoors - I\***

1. 6ft min physical distance between face/eyes/nose. No skin to skin contact.
2. Masks required
3. Personal handheld kicking targets permitted but must not be shared, sanitized before/after daily use
4. Limit number of participants based on size of room, maximum of 2 people per partner group

### **Phase 4 - In-person | Indoors - II\***

1. Minimal skin to skin contact.
2. Masks required

3. Personal handheld kicking targets permitted but must not be shared, sanitized before/after daily use
4. No group size restriction

**Phase 5 - Full Return\***

1. No min distance
2. Full contact
5. No group size restriction

\* For Phases 2-5:

Make sure to **frequently wash hands and do not share items**, i.e. **equipment, towels, water bottles, etc.** Closing locker rooms and having athletes change at home is strongly recommended. **No personal contact**, such as hugging, handshaking, high-fiving, etc. **If an athlete is symptomatic or has been recently exposed to someone that has tested positive, they should not attend practices/classes.**

**Temperature checks and symptom questionnaire** required before each meeting. **Any contact surfaces (i.e. mats, door handles, etc.) must be disinfected** following each meet. **No cell phones, food, or other items that carry a high-risk of harboring/transmitting infection.**

Sources and Guides:

CDC: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

NIRSA: <https://nirsa.net/nirsa/portfolio-items/reopening-considerations-50-programs/>

NCAA Resocialization:

<https://www.ncaa.org/about/resources/media-center/news/ncaa-issues-updated-return-sport-guidelines>

**Table 1. Sport Transmission Risk Summary**

Sport	Indoor/Outdoor	Current Transmission Risk	Proximity to Other Competitors
<b>Acrobatics and Tumbling</b> <i>[emerging sport]</i>	Indoor	High	Can consistently maintain distance among competitors. However, frequent, very close contact among teammates.
Baseball	Outdoor	Intermediate	Intermittent, short-lived contact between fielders and base runners. Proximity between catcher and hitters.
Basketball	Indoor	High	Frequent close contact among all competitors during play.
Bowling	Indoor	Low	Can consistently maintain distance among competitors and teammates.
Cross Country	Outdoor	Low	Close proximity at the start and potentially throughout the race among competitors. Risk mitigation strategies can be employed, especially at the start and finish of competition.
<b>Equestrian</b> <i>[emerging sport]</i>	Outdoor	Low	Can consistently maintain distance among competitors and teammates.
Fencing	Indoor	Low (if face mask is worn under protective face gear)  Intermediate (if no face mask is worn)	Frequent close contact <u>between two competitors at a time</u> during competition. Protective gear covers face but is not a mask.