

CASE STUDY : **Limiting and Mitigating Exposure**

IF FORUM 2020

Dr. Dae Hyoun Jeong, MD, FAAFP

Chairman, World Taekwondo Medical Committee

Assistant Professor, Department of Family & Community Medicine

Director, Sports and Musculoskeletal Medicine

Southern Illinois University School of Medicine

Springfield, Illinois, USA

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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

COVID19 PREVENTION GUIDELINES



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

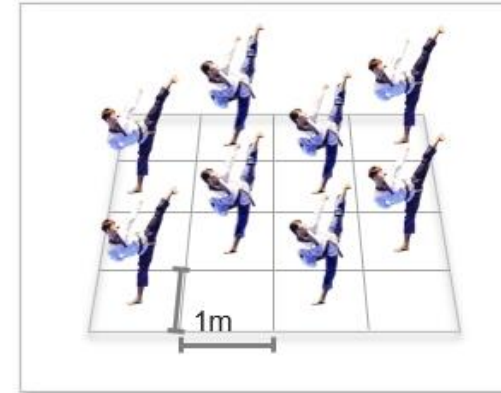


- ✓ Keep physical distance and **avoid social activity**



- ✓ 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)



37°C (98.6°F)

(Checking body temperature)



(Instead of useable cup, bring personal water bottle)



(Creating a visiting list)

DATE	TIME	NAME	TEMPERATURE	CONTACT NUMBER
30.07.2020	1:30pm	WT	36.5°C	(+82) 2 553 4728
-	-	-	-	-
-	-	-	-	-



Utilizing WT

'Taekwondo Home Training video'



Stay Home, Stay Safe, Stay Strong (Part 1)

Searching for
"World
Taekwondo Train
Taekwondo at
Home"
on YouTube



Stay Home, Stay Safe, Stay Strong (Part 2)



#StayHome with Jaouad
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 COVID19 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

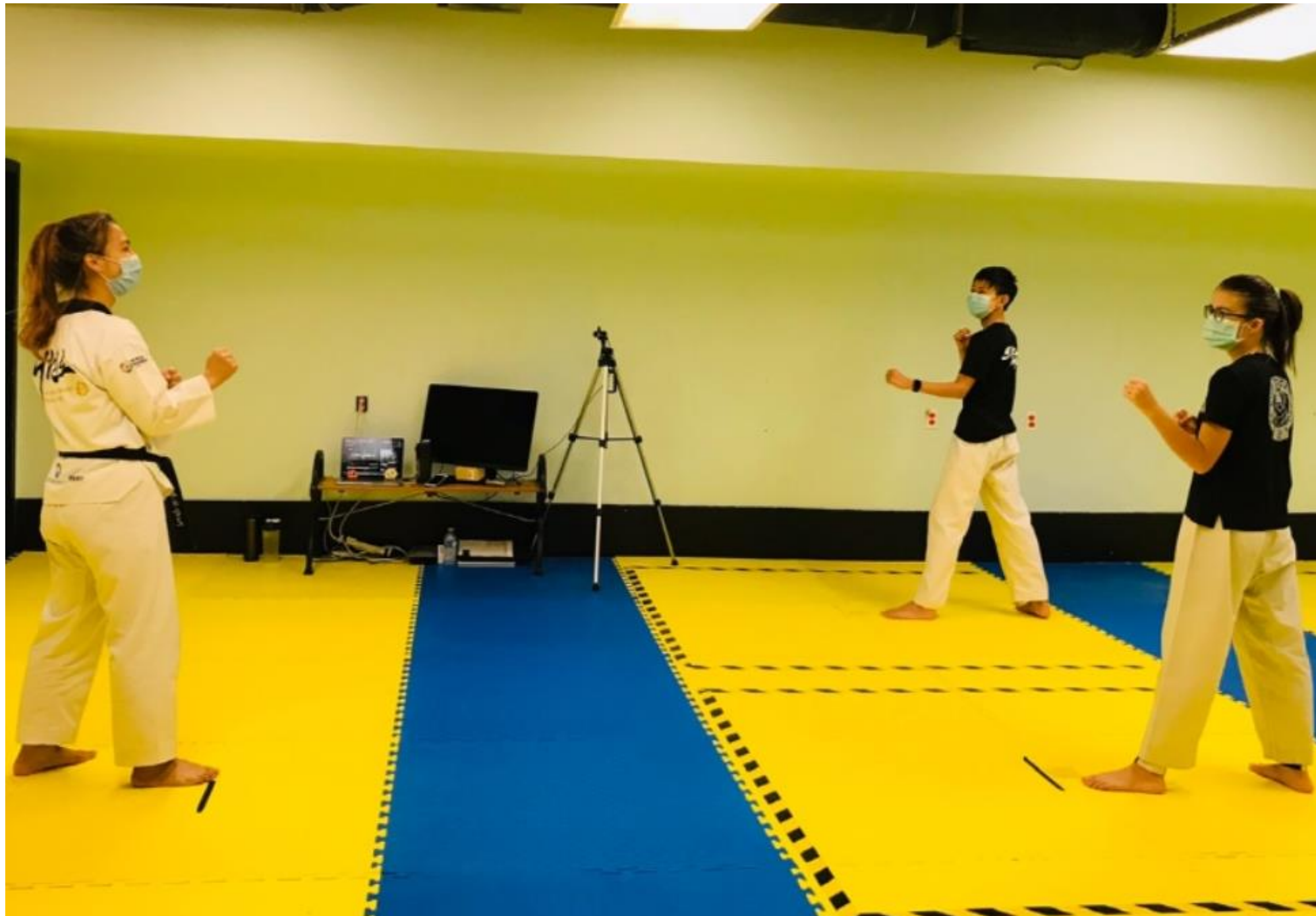
CHECK IN – FEVER AND COVID SYMPTOM SCREENING, HAND SANITIZATION



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



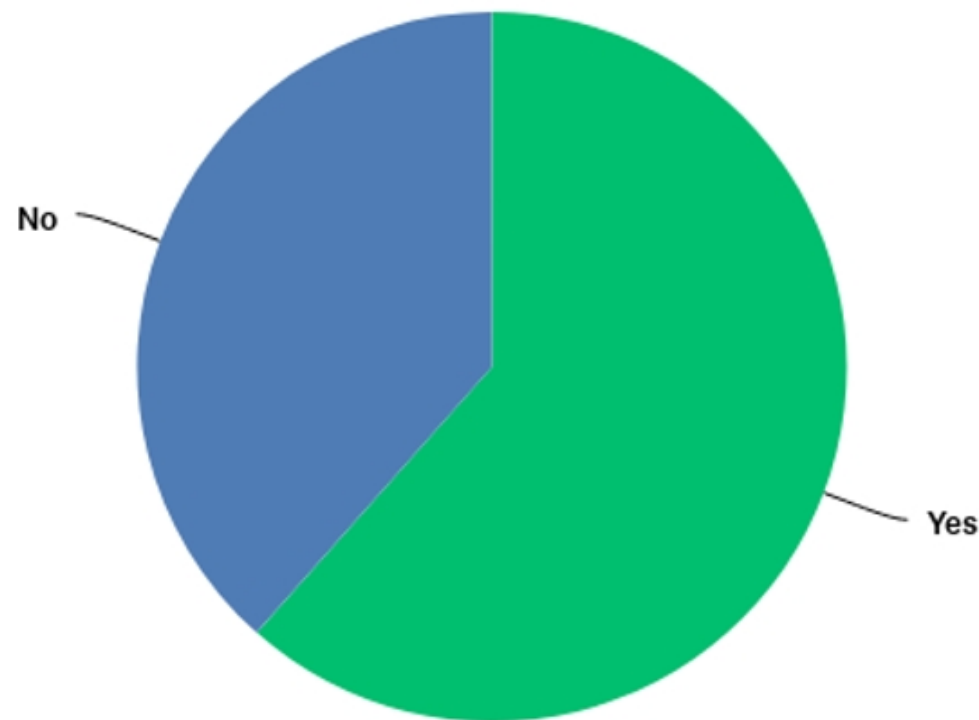
Requirements before Competitions:

- 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
 - LOC (Local Organizing Committee) in a hosting country and WT Sports and Event Management Department must perform risk assessment according to WHO Mass Gathering COVID-19 Risk Assessment Tool – Sports Events (Version 2 – 10 July 2020, <https://www.who.int/publications/i/item/10665-333187>). Check total score of risk evaluation and risk mitigation to assess the overall risk of transmission and further spread of COVID-19. (See decision tree in the link or appendix in this guidelines).
 - 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 document 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



ANSWER CHOICES	RESPONSES	
Yes	61.54%	16
No	38.46%	10
TOTAL		26

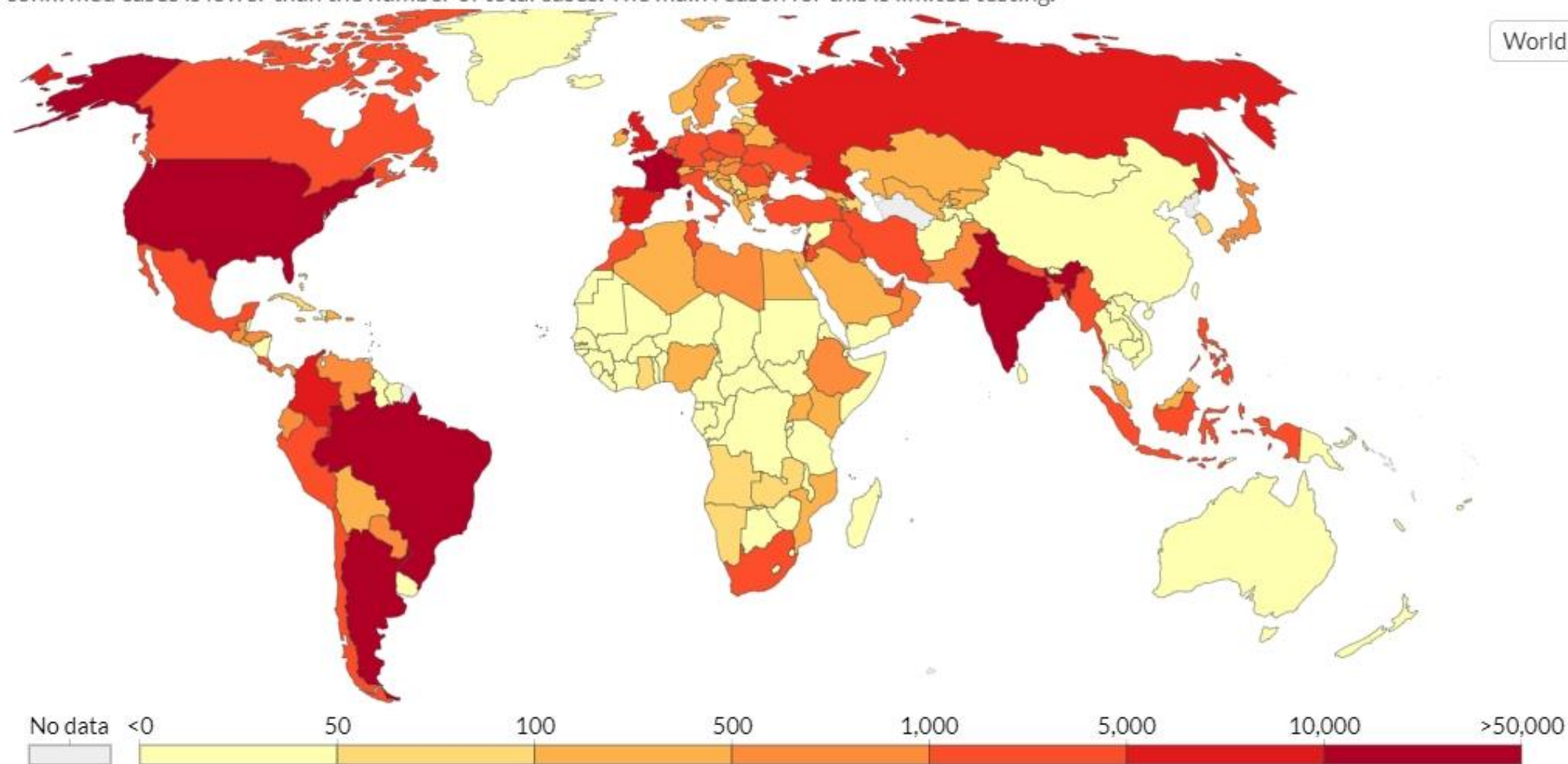
DAILY CONFIRMED COVID19 CASES, ROLLING 7DAY AVERAGE OCT5, 2020

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.

Our World
in Data

World



Source: European CDC - Situation Update Worldwide - Last updated 4 November, 11:36 (London time)

OurWorldInData.org/coronavirus • CC BY

The rolling average is the average across seven days - the confirmed cases on the particular date, and the previous six days. For example, the value for 27th March is the average over the period from 21st to 27th March.

https://slides.ourworldindata.org/2020_pandemic/2020_pandemic#/18

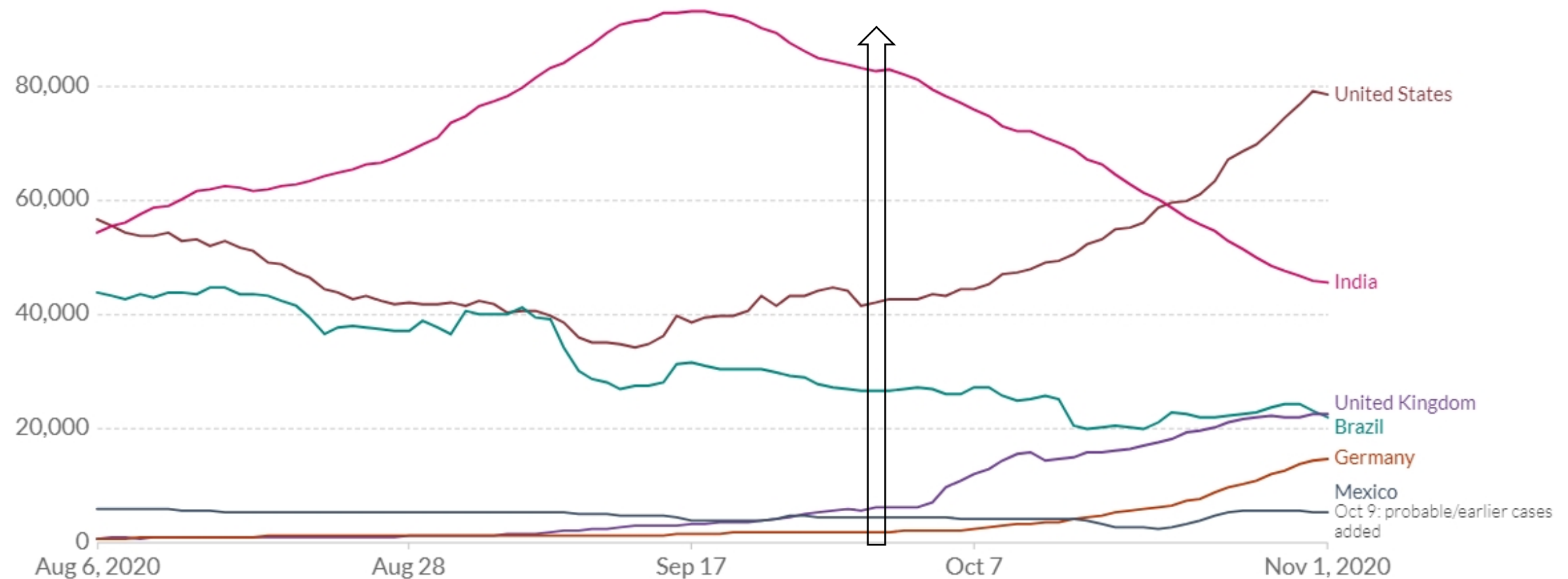
WORLD WIDE DAILY CONFIRMED COVID19 CASES (OCT 5, 2020)

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.



+ Add country



Source: European CDC - Situation Update Worldwide - Last updated 4 November, 11:36 (London time)

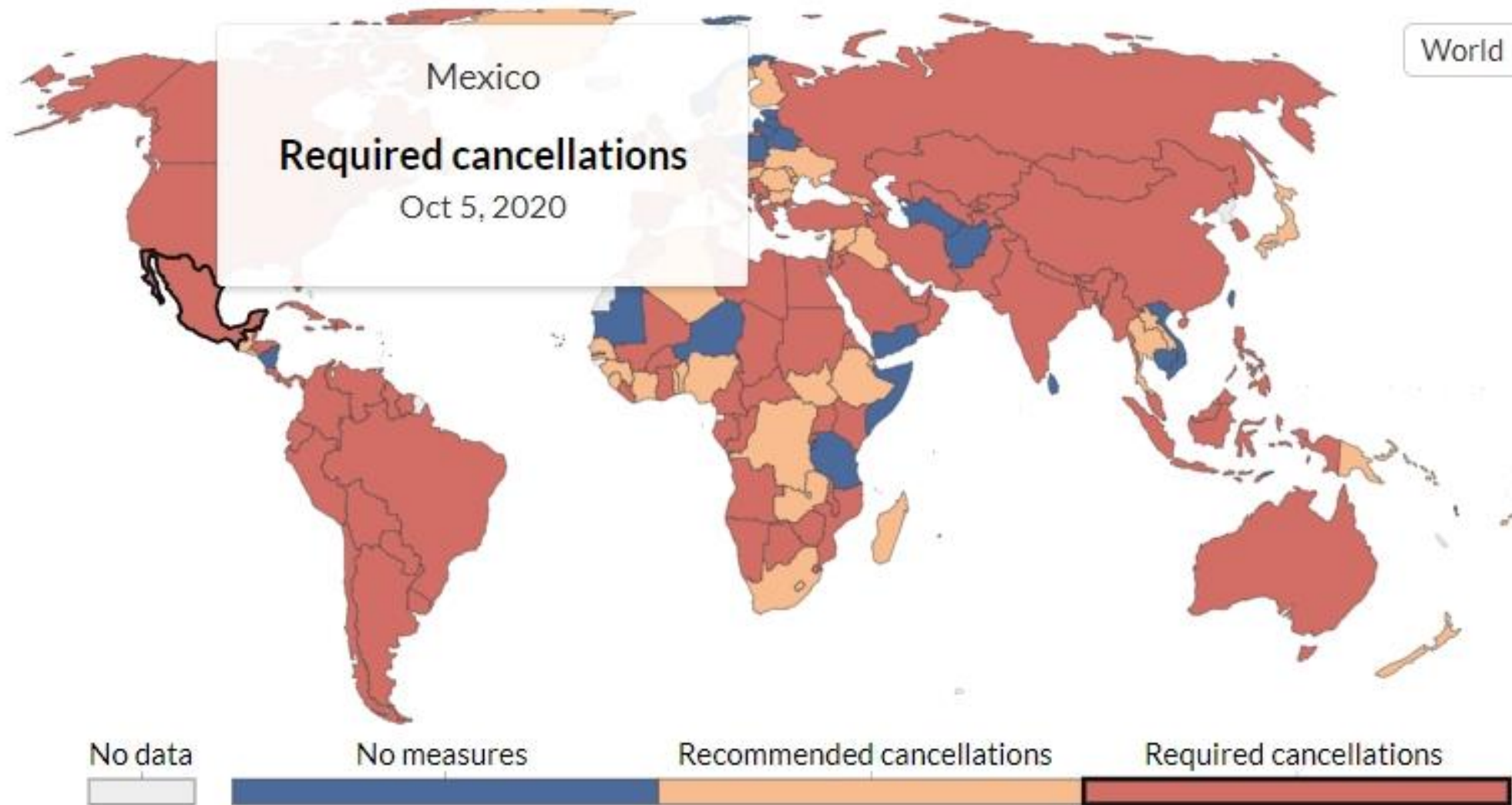
OurWorldInData.org/coronavirus • CC BY

Note: The rolling average is the average across seven days - the confirmed cases on the particular date, and the previous six days. For example, the value for 27th March is the average over the 21st to 27th March.



https://slides.ourworldindata.org/2020_pandemic/2020_pandemic#/18

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



Source: Hale, Webster, Petherick, Phillips, and Kira (2020). Oxford COVID-19 Government Response Tracker – Last updated 4 November, 16:30 (London time)
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.
OurWorldInData.org/coronavirus • CC BY

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



19 대비 방역에 사활

DISINFECTION



FACIAL SHIELD/ SPECIAL HEAD PROTECTOR WITH ATTACHABLE MASK



Special thanks to Master Sookyung Park (WT referee) for sharing the photos

COMPETITIONS



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)



IN COMPETITION



Verica

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)

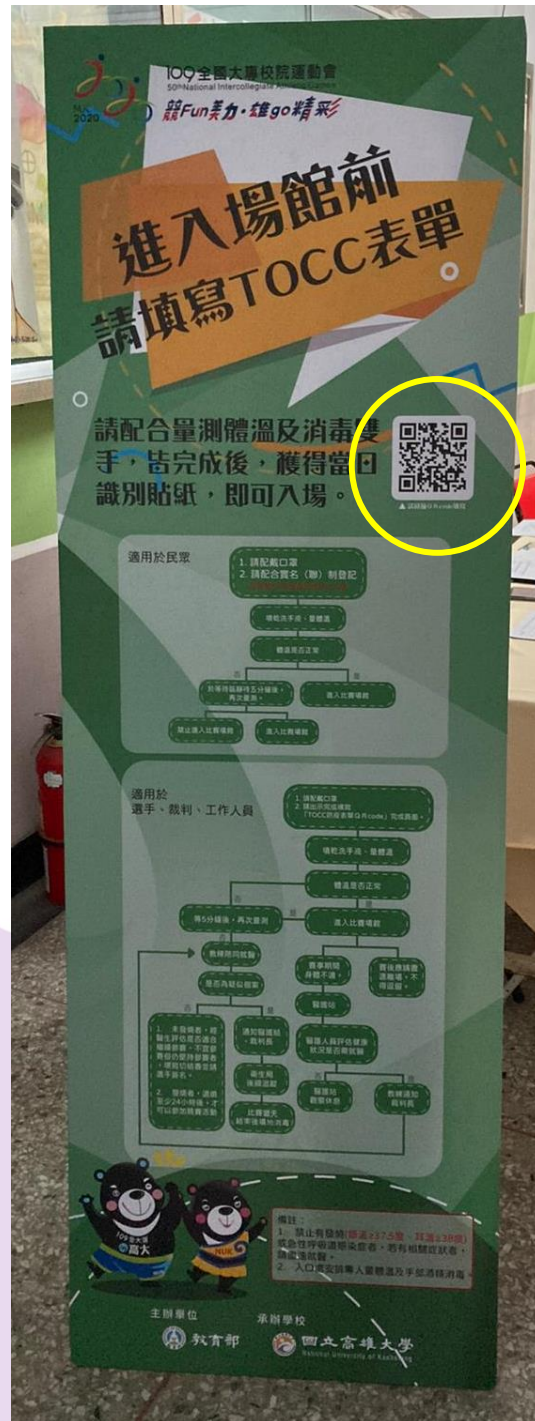
Accumulated COVID cases: 555 (as of Oct 31, 2020)



ENTRANCE



ONLINE APP FOR DAILY SELF-COVID SCREENING



109年全國大專校院運動會 TOCC防疫表單

* Required

旅遊史

請問您最近 14 日內旅遊史 *

有國內旅遊

有國外旅遊

無國內外旅遊

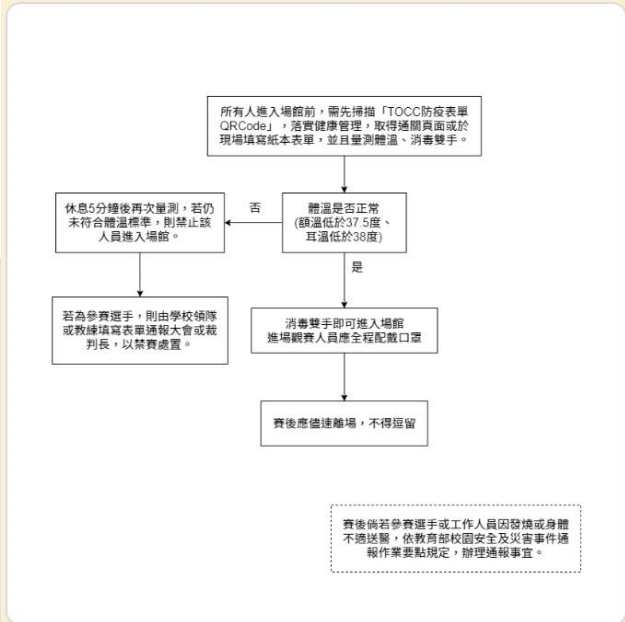
[Back](#) [Next](#)

Never submit passwords through Google Forms.
This form was created inside of 國立高雄大學. [Report](#)



109年全國大專校院運動會 TOCC防疫表單

本表單內容僅供防疫用途使用



賽後倘若參賽選手或工作人員因發燒或身體不適送醫，依教育部校園安全及災害事件通報作業要點規定，辦理通報事宜。



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



COMPETITIONS



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!**

DAE HYOUN (DAVID) JEONG, MD, FAAFP || EMAIL: DHJEONG15@GMAIL.COM