

**SINGAPORE TAEKWONDO FEDERATION  
PRECAUTIONARY MEASURES  
2019 NOVEL CORONAVIRUS (2019-nCoV)  
(UPDATED ON 5<sup>TH</sup> FEBRUARY 2020)**

In light of the 2019 Novel Coronavirus (2019-nCoV) situation, the Singapore Taekwondo Federation is advising all affiliates to implement the following precautionary measures to keep the Taekwondo community healthy and safe. **These measures are referenced from measures MOH, MOE and ECDA have instituted.**

Affiliates are required to implement the following precautionary measures for your classes and supplementary gradings. **Affiliates who are conducting classes in community clubs or similar establishments/associations can work with the relevant parties to ensure that the measures are in place.** STF will monitor the situation closely and will review the measures and step up where necessary, to ensure the health and wellbeing of the Taekwondo community in Singapore.

**1. TRAVEL DECLARATION FOR ALL STAFF, STUDENTS AND VISITORS**

- Affiliates are to advise staff and families to defer all travel to Hubei Province and all non-essential travel to Mainland China.
- Affiliates are to obtain travel declarations and monitor travel plans for staff (instructors and administrative staff) and students on an ongoing basis.
- Affiliates are to obtain travel declarations for visitors to your classes. Ensure that visitors have not travelled to Mainland China in the past 14 days.

**2. LEAVE OF ABSENCE FOR ALL STAFF AND STUDENTS RETURNING FROM MAINLAND CHINA**

- Affiliates are to implement 14-day Leave of Absence for all staff and students returning from Mainland China:
  - o on and from 28 January 2020,
  - o as well as those who returned within the last 14 days prior to 28 January, i.e. 14 January to 27 January 2020.

**3. LEAVE OF ABSENCE FOR ALL STUDENTS WITH ANY HOUSEHOLD MEMBER WHO IS ON HOME QUARANTINE ORDER**

- Affiliates are to implement 14-day Leave of Absence for young students with any household member who is on Home Quarantine Order.
- This is in view that young children may be less able to take the necessary precautions, while staying with household members under home quarantine.
- Parents of students should inform your instructor immediately if your child is living in a household with person(s) on Home Quarantine Order.

**4. TEMPERATURE SCREENING AND HEALTH CHECKS**

- Affiliates are advised to perform health checks and temperature screening for all students, staff and visitors.

- Affiliates are to monitor the health of students and staff, and advise them to see a doctor immediately if they are sick.
- If the student is unwell, advise parents/guardians to let the student stay at home to rest and return to your class only when the student has fully recovered.
- Affiliates are to advise parents and visitors with a fever and/or respiratory/flu-like symptoms (e.g. running nose, cough) to not enter the preschool, to prevent the risk of infection to others.

## **5. ENSURE GOOD PERSONAL HYGIENE**

- Affiliates are to advise staff and students to cover their mouth and nose with a tissue when sneezing or coughing, and to throw away the tissue immediately into a bin.
- Affiliates are to advise staff and students to wash hands frequently with soap, especially before class commences, eating or handling food, after toilet visits, or when hands are dirtied by respiratory secretions after coughing or sneezing.
- Affiliates are to advise staff and students not to share food/drinks, eating utensils, toothbrushes or towels with others.

## **6. ENSURE GOOD ENVIRONMENTAL HYGIENE**

- Affiliates are advised to keep their training premises clean.
- Affiliates are advised to clean frequently touched surfaces, equipment and commonly shared items, especially when contaminated by nasal or oral secretions.
- Affiliates are advised to ensure supplies such as hand soap, sanitisers, tissues and paper towels are available. Masks should also be available for emergencies.

## **7. SUPPLEMENTARY GRADINGS**

- Affiliates organising supplementary gradings are to take appropriate steps to ensure that group sizes are small to reduce risk of transmission. These include
  - o Stagger arrival time of students to minimise exposure of students to large crowds.
  - o Organise students into smaller groups for grading.
- Affiliates are advised to continue to adhere to the earlier precautionary measures (i.e. travel declarations, health checks, good hygiene) during supplementary gradings.

As stated on MOE website, STF also hope students can continue with as many of their usual learning and activities as possible, including Taekwondo. To do that, STF seek your cooperation and support to adhere to the measures. Let's work together to keep the Taekwondo community safe and healthy.

Thank you.