



### **ITF England advice on coronavirus**

- ITF England recognises the fact that the martial art we teach and take part in involves close physical contact. It is however no different than many other sports which involve physical contact in some way.
- Our advice is to follow all UK government guidelines and it is therefore very important that instructors keep themselves fully up to date with all advice on how to halt the spread of the virus.
- Personal hygiene on hand washing and containing coughs and sneezes are particularly important. There is clear guidance on the government's website on how to effectively wash your hands and prevent aerosol distribution through coughing and sneezing.
- At this point the government advice does not extend to restricting activity, restricting classes or restricting events. Therefore, at this point at the point of writing (**14th of March 2020**) organisations and instructors should continue to train as normal.
- It is up to individual instructors as to whether they wish to restrict physical contact such as hand shaking.
- Instructors may wish to omit ho sin sul training during the epidemic as this discipline involves the closest physical contact.
- Any members displaying flu like symptoms should stop attending class and inform their Instructor
- Instructors should be proactive and encourage hand washing and coughing and sneezing control (e.g. sneezing into elbow, not hands)
- Equipment and surfaces should be cleaned regularly. Instruct students to clean their sparring equipment.
- Should you be organising an event and have any concerns regarding coronavirus and whether the event should go ahead you should contact your local public health team at your local council. However, at this moment there is no directive from the UK government to cancel events. This decision has to be made by the event organiser based on risk and local circumstance.
- Read what you need to know about coronavirus (COVID-19) on Public Health England's website: <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>
- Find out about the virus and how to protect yourself on the NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

### **How to avoid catching or spreading coronavirus (from www.nhs.uk)**

#### **Do**

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell

#### **Don't**

- do not touch your eyes, nose or mouth if your hands are not clean