



**COVID-19: WKF GUIDELINES AND  
RECOMMENDATIONS**

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## 1. INTRODUCTION

The following guidelines have been issued by the WORLD KARATE FEDERATION (WKF) using the scientific knowledge available at the moment (as for 28 September 2020), after review by the WKF Medical Commission, and WKF Organizing Committees. It is important to bear in mind that all sport and recreation resumption decisions must be based on State and Territory COVID-19 public health advice, and thus, these guidelines shall be applicable for the karate events as minimum requirements only after their approval by the pertinent local authorities.

WKF's top priority regarding Covid-19 is public health and safety. WKF will always put the health and safety of all athletes, coaches, technicians, volunteers, officials, spectators and organizing committee staff, first.

Within these guidelines you will find points that may be applied to any event taking place immediately after a ban on mass-participation events is lifted, and as long as it is deemed appropriate by the Local Organizing Committee (LOC) and the local authorities.

The guidelines will be updated according to the latest information from the World Health Organization (WHO), International Olympic Committee (IOC) and the scientific information that are released on this topic. The guidelines will be published at the World Karate Federation Website and distributed to all Continental and National Federations and host countries involved in karate competition.

Please find below the WKF Covid team that will coordinate with the respective LOC Covid team for implementation of the WKF Covid Guidelines at WKF events:

- Covid Manager (to be appointed)
- Covid HQ team
  - Liaison / Point of contact: Michael Wenner ([mwenner@wkf.net](mailto:mwenner@wkf.net))
  - Logistics / Travel: Miriam Cerqueira ([mcerqueira@wkf.net](mailto:mcerqueira@wkf.net))
  - Communications / Awareness: Sergio Aguilera ([press@wkf.net](mailto:press@wkf.net))

The LOC Covid Doctor will be the ultimately responsible for the application of this WKF Guidelines, as well as local Covid protocols, and of the management of any positive Covid cases arising.

## 2. GENERAL CONSIDERATIONS

The COVID-19 pandemic has forced significant changes in the whole world and, of course, also in the world of sports. The transition period following the outbreak will be long and the organizers of sports events will be asked to implement all possible measures for respecting the social distancing and hygiene requirements. The organizing committees of any event must build a relationship with the local authorities based on trust to decide that it is safe to hold the sports event.

WKF needs to look for ways of conducting competitions in the safest possible way for the participants, the technicians, coaches, referees, organizing committee staff and volunteers, and also the spectators. We will need to adapt to new ideas -that hopefully will be only temporary ones- that should be shared among the entire karate family for everyone's benefit.

WKF is following all the recommendations from WHO/IOC and wants to offer full respect and support to the Local Organizing Committees and host countries to make sport karate events both feasible and safe.

The IOC has advised that during the evolving COVID-19 outbreak, effective protection of the health and safety of athletes must remain a priority. Under the IOC regulations, event organizers must ensure all athletes are covered by adequate measures to protect their health and that they have access to prompt medical care while participating in the event. Event organizers must put in place preventive measures to stop the transmission of infection and put in place mitigation measures to minimize the risk of infection. Event organizers must ensure that any athlete or participant in an event on their territory who needs immediate medical care is given access to medical facilities.

### 3. INDIVIDUAL RESPONSIBILITY

The World Karate Federation has decided to follow WHO recommendations regarding the measures aimed to reduce the general risk of transmission from COVID-19 infections:

- Participants should aim to keep at least **1,5 meters distance** from other people, particularly those who don't wear a certified mask, and especially if they feel unwell and have a cough or sneeze or may have a fever;
- Frequent hand washing by participants using soap and hot water or alcohol-based (at least 65–70%) hand rub for 20 seconds;
- People should practice cough etiquette (maintain distance of at least 1,5 meters, cover mouth and nose while coughing and sneezing with disposable tissues or clothing, and wash their hands);
- To avoid shaking hands or hugging;
- Avoid steam rooms or sauna;
- Avoid touching their own mouth, nose or eyes.

Anyone who feels unwell (i.e. fever, cough) should stay at home and keep away from work, school, or crowds until symptoms resolve. **Stay away from the event when ill!**

In case of symptoms suggestive of acute respiratory illness before, during or after travel, the athletes are encouraged to seek medical attention and share travel and contacts history with their healthcare provider.

Public health authorities should provide travelers with all necessary information to reduce the general risk of acute respiratory infections via health practitioners, travel health clinics, travel agencies, conveyance operators and at Points of Entry. More information can be found at: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/points-of-entry-and-mass-gatherings>

#### 4. WHO RISK ASSESSMENT AND MITIGATION CHECKLIST FOR MASS GATHERINGS IN THE CONTEXT OF COVID-19

An event is considered a “**Mass Gathering**” if the number of people it brings together is so large that it has the potential to strain the planning and response resources of the health system in the community where it takes place.

Following this definition, high level international sporting events such as the World Cups, World Championships, Olympic Games and other major international sport events (including, of course, Karate World, Continental and Premier League Championships), and count as Mass Gatherings (MG). However, lower-profile karate events can also meet WHO’s definition of a mass gathering.

World Karate Federation strongly recommends that each organizing committee assesses its event using the WHO Risk Assessment and Mitigation Checklist for Mass Gatherings in the context of COVID-19 (mandatory for all World Karate events).

This is an operational tool that offers guidance for organizers holding meetings during the COVID-19 outbreak and that should be accompanied by the WHO COVID-19 Generic Risk Assessment Excel file available on the WHO website. WKF strongly advises the LOCs not to perform the risk assessment alone; do it in cooperation with counterparts especially with local Public Health Authorities and do not put them into situations to assess the risks without your involvement and understanding of the specific circumstances of each karate event. It is also important to introduce them into specific mitigation measures specified in this Guidelines that can be applied to karate events, as these may vary from one sport to another.

When organizers and health authorities are determining whether to hold a mass gathering or even an event that is not falling under the definition of “Mass Gathering”, they should determine what an acceptable risk is and what additional measures should be implemented to mitigate that risk.

World Karate Federation is asking all the organizers to familiarize with WHO’s mass gathering technical guidance and tools:

- FAQs on Mass Gatherings and COVID-19 including Sporting Events FAQs
- Key planning recommendations for Mass Gatherings during COVID-19
- Generic Risk Assessment and Mitigation Checklist
- WHO interim guidance on how to use risk assessment and mitigation checklist
- Decision-Tree flowchart for Mass Gatherings in context of COVID-19
- Sports addendum risk assessment and mitigation checklist
- Religious addendum risk assessment and mitigation checklist
- Ramadan guidelines
- International Traveling Health Guidelines
- Advice on Use of masks/mouth-nose face covering
- WHO interim guidance - “Considerations in adjusting public health and social measures in the context of COVID-19”.

All above documents are available on [WHO website](#).

## 5. PARTICIPANTS' HEALTH SCREENING (ATHLETES, COACHES, OFFICIALS, LOC STAFF AND MEDIA)

Athletes participating in a karate event must monitor their health status continuously (including taking their temperature and monitoring for any symptoms) from 14 days before their arrival and also during the event.

For delegations traveling with their own doctors and medical staff, the Team medical staff present at a World Karate Federation event must monitor the health status of their athletes/officials daily.

Pre-Travel and Pre-Event Health Checks for all incoming athletes and LOC staff are highly encouraged to ensure exclusion of those with potential additional risks (comorbidities, medications).

The possible requirement of a participant's Pre-Travel Medical Certificate is linked to the rules of the national health authorities of the host country to determine any necessary medical or health documentation for athletes and the results of the WHO Sport Event's Risk Assessment. This is something that needs to be determined by the local health authorities or WKF/National Karate Federation. For World Karate Federation events, this information will be clearly mentioned on the event's bulletin and/or website.

A Health Questionnaire (Annex II) is required by the WKF for an athlete registered to participate, the medical certificate must be issued at least in English by the National Federations' medical staff or a personal doctor and submitted to the Tournament Chief Doctor (TChD, from the LOC) with copy to the World Karate Federation Headquarters and Medical Commission Chairman (MCCh). Should the local health authorities and/or National Federation require a pre-travel medical certificate as well, the above will be also applicable.

- The certificate must declare that the athlete has been examined and he/she has not tested positive to PCR nasopharyngeal swab test done 48-72h before the onsite registration for the event and/or is not in quarantine and has been without any COVID-19 symptoms for the previous 14 days;
- The certificate must be signed by a doctor and the athlete and the test should be produced between 48 and 72 hours before the athletes' registration to the event;
- Results from serological tests to detect the antibodies must not be used as the sole basis to diagnose or to exclude COVID-19 infection, but waiting for their validation can be added to the medical certificate and the above requests;
- The Health Questionnaire can be found in Annex II. In cases where this certificate is not provided, the athlete will not be allowed to compete.

WKF strongly recommends that all athletes, coaches, officials, LOC staff and all accredited media in an event should present a signed Health Questionnaire (Annex II) upon arrival to the venue combined with the measurement of oxygen saturation levels, a temperature check on a daily basis (a saturation level lower than 95% and a temperature above 38°C should be reported to the TChD, WKF MCCh) and eventually a Pre-Event Health Check. The implementation of such procedures must be agreed by the local health authorities and shall be performed either by the designated event medical staff, or by the Team medical staff and presented to the event medical staff before the athletes/officials or members of the delegation are allowed into the sports hall.

The LOC medical team will be responsible for establishing this process.

The purpose of this process is to identify incoming event participants who may need to have their participation deferred or may be tested on-site and to ensure proper case management by competent authorities, to reduce risks both for the ill person and to the community.

The daily health screening of the athletes and the officials must take place in a different location to the rest of the groups (i.e.: VIP, spectators, food trucks and shop staff, etc.). Each accreditation card must be validated on a daily basis following the health screening. The Health Questionnaire can be found in Annex II.

## **6. USE OF CERTIFIED MASKS AND RUBBER/ DISPOSABLE GLOVES, AND MAINTENANCE OF PROTECTIONS**

The use of certified mask of FFP2 type or equivalents (N95 (United States), KN95 (China), P2 (Australia/New Zealand), Korea 1st class (Korea), DS2 (Japan)) within the specifications for use is mandatory at all times in the venue, with the exceptions for athletes that are detailed herein. WKF also strongly recommends frequent hand washing or sanitizing; rubber/disposable gloves by volunteers, officials and other accredited persons that are in contact with athletes (e.g. registration, food trucks or refresh areas, hotels, etc.), if worn, should be treated as the own skin, and washed or sanitized frequently

Athletes must wear certified masks and keep appropriate social distance and hand washing during any non-competition activity, even while into the sports hall. **(Please be reminded that even while wearing rubber/disposable gloves and certified masks you still need to disinfect and keep social distance.)** The LOC must communicate to everyone the proper use of certified masks and rubber/disposable gloves.

The LOC is only responsible for providing certified masks and rubber/ disposable gloves to its volunteers and staff along with a contingency amount for medical needs. All other accredited clients must bring their own equipment.

Hand and leg/foot protections shall be disinfected, with a product with viricidal effect that is nontoxic for humans, immediately before each fight, with enough time to allow them to dry before the start of the fight.

## **7. MEDICAL PROVISIONS AND RECOMMENDATIONS TO THE EVENT ORGANISERS**

Soap and water or alcohol-based hand sanitizers and tissues should be accessible in all common areas and especially in the warm-up and medical treatment areas.

Availability of certified masks for anyone who has cold-like symptoms.

Recommend that towels are for single use only, and kept in the athlete's bag when not in use.

Ensure availability of contactless thermometers (e.g. infrared) to check all accredited person's temperatures.

Organizers need to consider, with the local health authority, how and where participants presenting with COVID-19- like symptoms will be tested. This will also require prior agreement on specimen transport (or participant transport to testing facility).

Isolate persons who become ill -or are suspected to be ill- while at the event.

Determine with the local health authorities where an individual diagnosed with COVID-19 will be cared for and isolated.

Establish isolation room in on-site medical treatment clinics/facilities where such persons can be initially assessed, and triage should be considered.

The isolation area should be equipped with the necessary supplies to facilitate hand hygiene and respiratory etiquette.

The medical staff attending persons who are ill should wear a mask, gown, goggles and rubber/disposable gloves, and dispose of them immediately after contact and cleanse thoroughly afterwards.

Increase medical personnel on-site including designated medical providers who are able to triage and refer suspected cases for COVID-19 testing.

Determine how all involved parties will be notified of a case and COVID 19 situation.

Define a place where a large number of people could be quarantined if necessary.

Predetermine emergency contacts with local authorities.

It will be not possible for anyone diagnosed with COVID-19 illness to return to their home country for the treatment except by the use of specific MedEvac flights with appropriate isolation/containment facilities.

## **8. RISK COMMUNICATION AND AWARENESS**

It is important that all the provisions in place are communicated clearly to all participants and spectators in advance through social media, websites and through their NFs and WKF communication channels.

Display health advisories at-venue and in all possible venue facilities and access routes, reminding everyone and encouraging to maintain high levels of personal hygiene, including advice on hand washing, and minimizing physical contact.

LOCs should develop a risk communication strategy for COVID-19 before the event. It is not unlikely that such an event will draw significant media attention in that context and that widely available and present social media would enable inaccurate and unnecessary disinformation.

Event organizers should appoint designated person(s) to lead media activities and to be tasked with managing all external communications with national and international government officials, the general public, and the media. Spokespersons can be appointed too. It is advisable to set-up monitoring of national and international media for rumors, to be able to counter them early.

Coordination with major social media sites like Twitter, Facebook, Instagram, TikTok, Wechat, etc. should be set up so that messaging can be coordinated with, and assisted by, those platforms.

## **9. PARTICIPANTS' CONDUCT**

The following measures must be in place:

- Daily health screening of participants when accessing the competition venue.

The organizing staff and the officiating Referees will have to arrive at the venue in advance in order to pass the necessary standard security check, as well as a health screening, before the first competition category starts.

The daily health screening will consist of temperature check and/or validated antigen test of each accredited person allowed access to the venue by the LOC medical team, with the support of the WKF Medical Commission.

The athletes will reach the venue in separate groups, according to the competition categories that will take place in the different timings scheduled by the WKF OC. Upon arrival, each category will have to pass the above-mentioned health screening. The first group of arrival at the venue will be the biggest one and all doctors involved in the competition will be at disposal for the required health screenings. For the arrival of athletes and other accredited persons to the venue throughout the day at least two doctors (not involved in the competition itself) will be designated by the LOC to perform the health screenings for access to the venue.

- Physical (at least 1,5 meters) separation of athletes, officials, spectators and support staff. Spectators should follow the social distancing rules that are requested by the public health authorities of the specific country where the event is taking place.

- Athletes should wear certified masks and maintain frequent hand washing or sanitizing, even if wearing rubber/disposable gloves during any non-competition activity. **(Please be reminded that even while wearing rubber/disposable gloves and certified masks you still need to disinfect and keep social distance.)** The LOC must communicate to everyone the proper use of certified masks and rubber/disposable gloves.

- Sharing of equipment should be prohibited, in particular regarding water bottles and cups.

- **Anyone due to participate in the event who is feeling ill should not come to the venue** and notify the designated contact online or by telephone.

- Everyone is briefed on the protocols, for suspected and confirmed patients, for infection prevention and control measures and on where to find more information.

- Detailed contact details of a specific Covid responsible for each participant must be available to the organizing committee.

- Inform everyone involved with the event over 65 years old and any person with compromised health conditions of the greatest possibility for serious consequences in case of contamination and recommending them to take greater preventive measures or even not-participating.

## 10. VENUE FACILITIES

All working spaces and provided facilities must be organized in a way that social distancing is respected.

At the entrance of each tent, room, athletes' or officials' resting rooms, VIP, media, warm-up or competition areas, alcohol-based hand sanitizers must be available.

Provide disinfectant wipes and advise venue cleaning staff to disinfect door handles, toilet handles, bathroom faucet handles, etc. in all areas several times per day.

Room doors must remain open if possible and if not should be managed by volunteers for not allowing the different participants touching the door handles.

Closed bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in all rooms must be provided.

## **11. ACCREDITATION**

Restrict the number of people inside an accredited area. Those with access must be limited to the absolute minimum and social distancing in relation to available venue area space must be considered when determining the numbers. **Limitations to the usual components of NF delegations may apply for specific event.**

Only one coach per competition category (i.e.: male or female, seniors, juniors, cadets, U21, ParaK) and one medical doctor plus one physiotherapist per NF will be accredited to all WKF events. The maximum quota of coaches allocated to the delegations as per the WKF Organizing Rules shall always be respected.

The re-validation of the accreditation card must take place on a daily basis following the health screening process.

In case that accredited persons are not following the established prevention procedures around the COVID-19, their accreditation card will be removed and will be asked to leave the venue.

Any participant that doesn't comply with the established prevention procedures around the COVID-19 will not be allowed to participate in the event and will be asked to leave the venue.

## **12. SOCIAL ACTIVITIES**

Farewell parties and opening/closing ceremonies should not be planned so as to minimize the opportunities of mass gathering in small spaces.

## **13. STAFFING**

The social gathering of the LOC team and its volunteers must be kept to an absolute minimum.

All training sessions should take place either via online platforms, or on site while respecting social distancing.

The number of volunteers must be reviewed and kept down to the absolute necessary.

The working conditions must follow the recommendations from the local Health Authorities

## **14. SPECTATORS' FLOWS IN VENUE AREAS (CONTROLLED ACCESSED AREAS)**

All the flows within the venue must be one-directional. Spectators are advised not to stop in narrow sections of the corridors.

## **15. MEDIA SERVICES**

Accredited media representatives must be limited, taking into account social distancing and the available space.

The media center must be prepared with at least 1,5 meters between each seat/working place and each row of seats.

The wearing of certified masks and rubber/disposable gloves when interacting with people is strongly recommended to be enforced.

If there is a photo stand, or during Medal presentation ceremonies, a distance of 1,5 meters must be kept between the photographers not wearing certified masks and all available positions must be pre-marked.

The media representatives must go through the same health screening process as the rest of the accredited groups.

## **16. TECHNICAL OFFICIAL/WORLD KARATE FEDERATION SERVICES**

WKF will review and if possible, optimize the size of the technical officials and referees' teams and number of staff traveling to an event.

Accommodation arrangements should consider the social distance and WKF, in contact with the LOC and host country, will prefer arranging single occupancy where possible.

## **17. ATHLETES' SERVICES**

### **a. GENERAL**

The WKF OC and LOC must look into ways of conducting the registration process (that will be, whenever possible prepared on-line in advance), referees, coaches and athletes briefings, and, in general all situations where information is going to be communicated to groups of people, using electronic and on-line media, so as to reduce pre-race social interaction.

### **b. AIRPORT TRANSFERS**

The LOC must plan to minimize the mixing of delegations during airport transfers. If not possible, there should always be empty seats between the different delegations.

It is strongly recommended for the delegations to send only the necessary support staff and try to reduce its size to the absolute minimum.

### **c. TRANSFERS TO THE VENUE**

The LOC will provide all those accredited persons with transport from the official hotels to the competition venue, according to the specific transportation information for each event as detailed in the event rules.

The total occupancy of the buses will be limited, and a safety distance will be maintained occupying only one seat out of two of each vehicle. The use of certified masks is mandatory inside the buses for all.

There will be dedicated buses for the teams / delegations and different ones for the Referees and staff.

There will be a staggered bus Schedule, according to each competition category.

All safety and sanitary measures must be followed, including hand washing, safety distance, cleaning of the competition equipment, bags, karategis, etc. The transport of athletes and teams will follow strict schedules, in order to avoid great

crowds in the warm-up and competition areas. The staggered arrival to the venue will also allow the health screening of all those involved in competition.

#### **d. TRAINING FACILITIES**

Tatami or gym training sessions may be provided, always with advanced booking, as long as the use of the facilities is allowed by the public authorities, and the surfaces, tatamis, etc. are thoroughly cleaned with disinfectants with viricidal effect (i.e.: diluted bleach) before a new delegation enters the facility.

Social distancing must be respected during the use of these facilities, especially to avoid group interaction when a delegation is going out and another one is going into the facility.

### **18. ATHLETES' AND COACHES' BRIEFINGS IN WORLD KARATE FEDERATION EVENTS**

All coaches' briefings shall be conducted on-line, if technically feasible, for World Karate Federation events.

The athletes' briefing is not mandatory for any athletes.

All tournament information must be provided to the athletes online, through the event and WKF website.

Specifically, for the top-level (i.e.: Continental or World Championships, or Premier League and Pre-Olympic tournaments) WKF events:

- An online briefing should be organized (on the Zoom or similar platforms) at a time and date decided by the WKF OC, TC, RC and MC and AD Commissions, in those cases where it cannot be held respecting social distance and other measures in place.
- The attendees of the online briefings / meetings will be view-only and watch the presentation, and they will have the opportunity to make questions or ask for explanations by the online Q&A feature.
- The presenters from the different WKF Commissions shall be available for any clarifications during the course.

### **19. WEIGH-IN ZONE IN/OUT**

The officials and volunteers involved in the process shall wear certified masks. Athletes shall also wear certified masks during the weigh-in process. Social distancing inside the weigh-in area shall be respected.

All processes must be simplified and kept to the minimum with the goal the athletes are spending as little time as possible at the venue, and there is as little people accumulation as possible.

The WKF OC and the LOC must establish check-in times for weigh-in in specific time slots according to the order of competition and the number of entries. The time slots must be calculated according to the size of the weigh-in area, the number of electronic scales, the number of athletes and the number of officials involved. The number of athletes accessing the weigh-in area will not exceed 10 persons and will follow strict order by category and country in alphabetical order.

The weigh-in area shall be wide enough and have two separate doors, one as entrance and the other one as exit, to avoid the cross-over of incoming and outgoing athletes. The distance of 1,5 m between athletes must be respected inside the weigh-in area at all times, but also at the waiting area outside the weigh-in zone. In the weigh-in area there will be up to 10 chairs for the athletes to leave their clothes. The weigh-in will be performed in underwear only and with the accreditation ready in the hand.

All the necessary checks will be carried out visually, whenever possible. The officials may need to do a physical check to some athletes. In this case, sanitary wipes will be available to athletes and officials for wiping down after officials checked the athlete.

After each weigh-in group has finalized, the elements used in the weigh-in area will be sanitized. Alcohol-based hand sanitizers and tissues should be available at the entrance and exit doors of the weigh-in area.

## **20. ATHLETE CLASSIFICATION (PARA-KARATE)**

### **a. GENERAL**

Timing of the appointments will need to be flexible enough to offer the opportunity to air out the classification room which must have windows, and to clean and disinfect the equipment used in each case.

General requirements for classification will be shared in advance between the Para-Karate Commission and the LOC, and will contain the main provisions around hand sanitizer and disinfectant wipes to clean down the examination equipment.

Waiting areas will need to be clearly marked and allow for the 1,5 m social distancing. Number of people apart from classifiers, athletes and NF representatives will be minimized as much as possible, so that there is one accompanying person only. No observers allowed in this period.

The Chief Classifier will make the final decisions on the required provisions to ensure safety of the environment.

Disposable certified masks and rubber/disposable gloves should be available to classifiers for each athlete session.

Athletes are advised to wear certified masks and to perform frequent hand or rubber/disposable gloves washing or sanitizing during the classification process.

NFs and athletes must adhere to the classification schedule according to the World Karate Federation Classification Rules.

### **b. PHYSICAL IMPAIRMENTS**

One-meter wide paper roll, to be disposed of after each athlete using the test bench or chair, should be provided.

Athletes shall be allowed to use their own wheelchairs during the classification process. Functional testing will need to be done, and a space at least 8x8 meters without obstacles (pillars, columns, stairs, etc.) is required.

Body contact by the classifiers will be kept to the minimum.

## 21. COMPETITION

### a. WARM-UP AREA

The warm-up area shall be of at least 9m<sup>2</sup> per athlete (and coach).

If possible, the tatami will be identified by flipping pieces for alternate blue/red color of respectively 9m<sup>2</sup>, in order to assist the athletes to stay within their own area.

The access to the warm-up area will be restricted to one coach for each competitor. Team physios and doctors will not be able to access the warm-up area and a separate room will be made available for those athletes needing treatment. No other athlete or coach, other than those involved in the competition area in the ongoing category will be allowed to access the warm-up area.

After each competition category / group leaves the warm-up area, it will be sanitized.

Inside the warm-up area everyone must wear the certified mask of FFP2 type or equivalents (N95 (United States), KN95 (China), P2 (Australia/New Zealand), Korea 1st class (Korea), DS2 (Japan)) and keep social distance, except the athletes during their warm-up. Alcohol-based hand sanitizers and tissues should be available at the entrance and exit doors of the warm-up area.

Flow of athletes from the warm-up area to the competition area will be one-way only, with the relevant signage on the floor, indicating the right direction.

### b. CHANGING ROOMS & TOILETS

The use of changing rooms and toilets will have limited occupancy only and will be sanitized after each use.

### c. COMPETITION AREA

The use of certified masks of FFP2 type or equivalents (N95 (United States), KN95 (China), P2 (Australia/New Zealand), Korea 1st class (Korea), DS2 (Japan)) without valve is compulsory for all those involved in the competition and on the FoP, except for the athletes during their bout. Social distance has to be respected at all times.

The flow of athletes and officials will be one-way only, with the relevant signage on the floor, indicating the right direction.

The competition equipment of each athlete, mitts and shin pad & foot protector, will be sanitized by a staff member before each bout, at the seat in the waiting area of each tatami.

After each category, the tatami area, as well as the scorekeepers' table will be sanitized.

Alcohol-based hand sanitizers and tissues should be available at the entrance and exit of the FoP, as well as on the officials' and scorekeepers' tables.

A dedicated cleaning team shall be available on the competition area with the adequate cleaning and sanitizing materials for their use, whenever required.

## **22. MEDAL CEREMONIES**

Certified masks of FFP2 type or equivalents (N95 (United States), KN95 (China), P2 (Australia/New Zealand), Korea 1st class (Korea), DS2 (Japan)) will be of compulsory use for the medal presenters at the medals' ceremonies. The medal presenters will receive one certified mask of FFP2 type or equivalents (N95 (United States), KN95 (China), P2 (Australia/New Zealand), Korea 1st class (Korea), DS2 (Japan)) beforehand.

## **23. MISCELANEOUS**

The number of cleaning personnel shall be increased for a thorough cleaning and sanitizing of the venue during the different activities, such as access, weigh-in, warm-up, competition and medals' ceremonies.

Signage on the floor shall ease the flow of athletes in the different areas of the venue. Special attention shall be granted to indicate the areas of weigh-in, warm-up and competition.

Access will be granted by a QR code only to those areas intended for use of athletes and coaches, weigh-in, warm-up and competition.

A dedicated room will be available for physios and doctors, next to the warm-up area, with individual cabins that will be sanitized after each use by the local staff.

The number of persons in each of the rooms of the venue shall be kept at a minimum and accreditation cards shall be granted with a strict control of the limits and access areas.

Each athlete will be entitled to one single coach in the warm-up area and FoP, but no other accompanying persons are allowed.

## **ANNEX I: RECOMMENDATIONS FOR KARATE TRAININGS**

The following recommendations have been issued by the WORLD KARATE FEDERATION (WKF) using the scientific knowledge available at the moment (as for 28 September 2020) and following the guidelines of the World Health Organization (WHO), after review by the WKF Medical Commission, and WKF and Organizing Committees. These recommendations shall be applicable for the karate training only after their approval by the pertinent local authorities through the respective National Federation or club.

### **Health recommendations before arrival to the training venue**

- Take a shower and wash the hair.
- Ensure that the equipment to be used for the training (karategi and protective equipment) has been cleaned and/or sanitized adequately.
- Hand washing or sanitizing and use of toilets before the training.
- Use of certified masks in public transport, if other forms of transport are not possible
- Use of certified masks, according to the health measures in place.

### **Sanitary recommendations in the training area**

- Training room with external ventilation or alternatively an air renewal system.
- Prepare a space where the social distancing measures can be respected.
- Indicate through signage the areas recommended for social distancing between each practitioner.
- Health questionnaire to be filled in before granting access
- Temperature check of the practitioner before the training, restricting those persons having a temperature of 37°C or over.
- Alcohol-based hand sanitizers should be available for the practitioners
- Dedicated recipient for disposal of sanitary hygiene products
- Sanitizing of the area after each training

### **Health recommendations for KATA training**

- Training shall take place whenever possible in turns, with an occupancy of maximum 50% of the total capacity of the sports or training hall.
- Use of certified masks both for the trainer, as well as for the practitioners, whenever the training takes places inside. Should the training take place in an open outdoor space, this will not apply [this applies only in a transition period, as very soon overall recommendation for the use of certified masks will not be in place for training]

### **Health recommendations for KUMITE training**

- Training shall take place on a surface of at least 3m x 3m per practitioner
- Use of helmet with transparent mask and fixed surgical mask on the outside.
- In case of group training, do it in pairs with the same opponent throughout the entire training.

## **ANNEX II: HEALTH QUESTIONNAIRE**

### **PRACTITIONER**

Name: .....

Club: .....

Date and time of the training: .....

Trainer: .....

Parental consent\*: .....

### **PRACTITIONER & TRAINER**

Have you experienced any of the below symptoms in the last 14 days?

#### **Symptoms**

	YES	NO
1 Temperature of 37,5°C or more	<input type="checkbox"/>	<input type="checkbox"/>
2 Dry cough	<input type="checkbox"/>	<input type="checkbox"/>
3 Sore throat	<input type="checkbox"/>	<input type="checkbox"/>
4 Difficulty for breathing	<input type="checkbox"/>	<input type="checkbox"/>
5 Sudden diarrhea or vomiting	<input type="checkbox"/>	<input type="checkbox"/>
6 Sudden muscle or body aches	<input type="checkbox"/>	<input type="checkbox"/>
7 Fatigue without a known cause	<input type="checkbox"/>	<input type="checkbox"/>

### **TRAINER**

Do any of the below apply to you?

	YES	NO
8 Have you or any family member met in the last month with a (presumable) COVID-19 patient or any person that has been in contact with a (presumable) COVID-19 patient?	<input type="checkbox"/>	<input type="checkbox"/>
9 Is anyone at your home in self-isolation or officially imposed isolation?	<input type="checkbox"/>	<input type="checkbox"/>
10 Is any of the members at your home at risk or fragile (> 70 years old, cardiac pathology or chronic obstructive pulmonary disease)?	<input type="checkbox"/>	<input type="checkbox"/>

Hereby I confirm that:

- Should I have had COVID-19 and been hospitalised, I should firstly consult with a doctor, before resuming training.
- Should I have had any COVID-19 related symptoms (fever, chills, cough, chest pain, fatigue, loss of taste or smell, diarrhea, etc.), these symptoms having commenced earlier than 24 days before and having stopped at least 48h before, I will have to present a negative COVID-19 PCR test certificated in at least two consecutive samples with a time difference of at least 24h, after the acute illness is over.

.....  
Signature of trainer

.....  
Signature of athlete / parents / legal tutor

*\*Parental consent: father/mother or legal tutor authorized to sign a parental consent for the minor.*