



TAEKWONDO CANADA

Taekwondo Canada

**2022 Goyang World Taekwondo Poomsae
Championships Team Meeting**



Meeting Overview

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Outfitting and Team Support

- ▶ Official team kit and uniforms will be provided based on information submitted through the Participant Information form.
- ▶ Head Coach – Master Ri Seong Kang
- ▶ Team Coaches – Master Bhajann Mann and Master Shelley Vettese-Baert
- ▶ Team Manager – Master Lisa-Mae Petropoulos
- ▶ Team Medical – Elwin Lau
 - ▶ Medical support for acute issues and on-site injury management.



General Planning Considerations

- ▶ There will be a team training session April 2nd from 6:00pm to 8:00pm Eastern. More information to follow.
- ▶ As far as we know, transport to the host hotels will be provided if arriving on or after April 16th.
 - ▶ 2 people on 13th, and 3 on 14th.
- ▶ Double check your dates for host hotel accommodations on your Simply Compete registration confirmation email.
 - ▶ Make sure you have hotel booked for nights outside of host accommodation dates.
- ▶ We have not received any information on a meal plan.



Entry and Accreditation

- ▶ **Make sure you have printed hard-copies of all customs and immigration documents.**
 - ▶ PCR test results, invitation letter, Federal proof of vaccination, accommodation information, flight bookings, etc...
- ▶ **Entry fees are \$100 USD/event in cash.**
 - ▶ Each participant is required to bring their entry fees with them.
- ▶ **Accreditation will be on-site and completed no later than April 19th.**
- ▶ **Head of Team meeting and Drawing of Lots on April 20th.**

Date	Time	Event	Place
April 18	All day	Arrival International Referees	YMCA Youth Center
	All day	Arrival National Teams	TBD
	1000-1800	On- spot accreditation of teams	TBD
April 19	1000-1800	On- spot accreditation of teams	TBD
	1000-1800	International Referees Training	YMCA Youth Center & Venue
	0900-1900	Team Training	TBD
April 20	1000-1800	International Referees Training	YMCA Youth Center & Venue
	0900-1900	Team Training	TBD
	1000- 1200	On- spot accreditation (final day)	TBD
	1400 - 1600	Head of team meeting & Drawing of lots	Sono Calm GOYANG
	1700	Welcome Dinner	Sono Calm GOYANG
April 21	0830-	Competitions	KINTEX Exhibition Hall #10
	17:00	Opening Ceremony	KINTEX Exhibition Hall #10
	TBC	Medal Ceremony	KINTEX Exhibition Hall #10
April 22	0830-	Competitions	KINTEX Exhibition Hall #10
	TBC	Medal Ceremony	KINTEX Exhibition Hall #10
April 23	0830-	Competitions	KINTEX Exhibition Hall #10
	TBC	Medal Ceremony	KINTEX Exhibition Hall #10
April 24	0830-	Competitions	KINTEX Exhibition Hall #10
	TBC	Medal Ceremony	KINTEX Exhibition Hall #10
	TBC	Closing Ceremony (TBC)	KINTEX Exhibition Hall #10
April 25		Departure	Airport



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Medical Control WADA Rules Apply

- ▶ Ensure you have travel medical insurance.
- ▶ If you are unfamiliar with anti-doping procedures, I would strongly suggest that you have a look at the Canadian Centre for Ethics in Sport (CCES) resources: <https://cces.ca/course-outline>.
- ▶ Check any medications that you currently take through the website Global DRO: <https://www.globaldro.com/Home>.
- ▶ If you are taking a medication that is prohibited in competition, then you can apply for a Therapeutic Use Exemption (TUE). The process to apply for a TUE can be found on WT's website at: http://www.worldtaekwondo.org/anti_doping-wt/therapeutic.html.



Team Training and Attire

- ▶ We will be using a Whatsapp group chat for communication.
- ▶ Team training will be arranged upon arrival by the team coaches.
- ▶ Please wear Canada clothing at all team meetings and when going to the competition venue. Pack extra Canada shirts if you have them.
- ▶ Label any personal items (re: rollers, bands, etc...).
- ▶ Bring a reusable water bottle, only reusable items are allowed in the venue.
- ▶ Team photos will be taken on-site.
- ▶ **SUPPORT YOUR TEAMMATES**



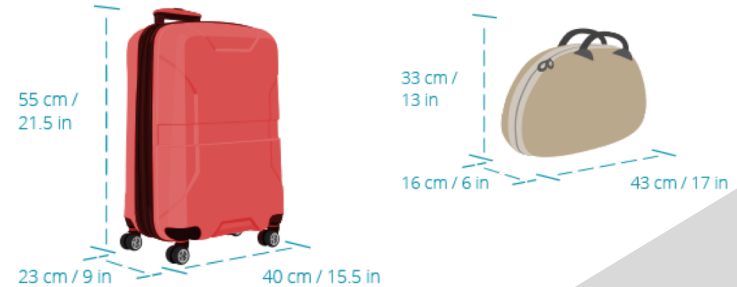
Freestyle Music Requirements

- ▶ All music must be submitted on a USB stick at the Head of Team meeting.
 - ▶ Each filename must have Country, Category, and Athlete Names
- ▶ USB Should be marked with the name of the country.
- ▶ Submit in a bag or envelope with a slip of paper that lists:
 - ▶ Country, Category, and Athlete Names for each file on the drive.



Important Travel Tips

- ▶ The won is the official currency of South Korea. It is best to convert some cash before you leave. Make sure you bring some US dollars for registration, plus it's typically easy to convert USD to won.
- ▶ Local SIM cards are likely an option or look at having a travel plan added to your cellphone.
- ▶ For your carry-on:
 - ▶ Pack your team jacket, belt, and uniform.
 - ▶ All medications.
 - ▶ Basic toiletries.
 - ▶ At least 1 change of clothes, but preferably 2.
 - ▶ Travel laundry detergent.
 - ▶ Follow airline rules for liquids and sharp objects.
 - ▶ Follow airline rules for baggage.





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Review of COVID Specific Information



COVID-19 Quarantine Exemption

- ▶ As of March 21st, the Korean Government will remove the mandatory isolation period for fully-vaccinated travellers.
- ▶ Completion of 2nd dose between 14 and 180 days of arrival.
- ▶ Completion of 3rd dose.
- ▶ Completion of 1 dose of Johnson & Johnson
- ▶ Cross-vaccination is also recognized.
- ▶ Must register with Quarantine Information Pre-Entry System (Q-CODE).
 - ▶ <https://cov19ent.kdca.go.kr>



COVID-19 Testing Requirements for Travel

- ▶ **Regardless of vaccination status, all participants entering Korea must show proof of a negative PCR test issued within 48 hours of their departure flight.**
 - ▶ Test method must be PCR based on DNA amplification (RT-PCR, LAMP, TMA, SDA, NEAR, etc.).
 - ▶ Antigen, antibody, and all forms of self-administered tests are not valid.
- ▶ **The test report must contain the following information:**
 - ▶ Name (needs to match the name on the passport); Date of Birth; Test Method; Test Date; Test Result; Date of Issuance; Name of Testing Centre
- ▶ **The test result must be NEGATIVE**



COVID-19 Testing Requirements for Travel

- ▶ INDETERMINATE or UNCLEAR are both invalid.
- ▶ The test report must be written in Korean or English.
- ▶ As per the latest guidelines, PCR test results issued by any testing centre in Canada is valid (subject to change).
- ▶ Visit the Korean Embassy to Canada website for more information:
 - ▶ https://overseas.mofa.go.kr/ca-en/brd/m_5238/view.do?seq=727670&page=1
- ▶ COVID-19 testing requirements for the return to Canada will be based on Health Canada guidelines at the time of return.



COVID-19 Event Protocols

- ▶ Upon arrival, a COVID-19 PCR test will be performed on each participant. This test will occur at a temporary residential facility and all participants must wait at the facility until a negative result is returned. Participants may be required to wait at the facility from anywhere between a few hours to a full day.
- ▶ If a negative test is returned, they will be required to download and install the self-diagnosis app and will be permitted to leave the facility for the host hotel.
 - ▶ All participants will have a daily rapid antigen detection test during the competition.



- ▶ All participants must wear a mask in public places, and will have their body temperature checked when entering or exiting the hotel or competition venue.
- ▶ Participants are not allowed to exit or leave the event premises (hotel or competition venue) until they complete their competition and they depart Korea. There are no exceptions.
- ▶ In the event of a medical emergency, the COVID-19 coordinator and physician in charge at the event will permit and/or escort the athlete or coach/staff member to an exit for transportation to a medical facility.