

USA-NKF Statement on COVID-19

USA National Karate-do Federation continues to regularly monitor concerns associated with **coronavirus** (COVID-19), and we want to take a moment to provide an update as it relates to USA Karate activities, including the USA Open, Junior International Cup and the National Championships and Team Trials. We are closely monitoring the cases of COVID-19 in the US and looking to the Center for Disease Control (CDC), World Health Organization (WHO) and US Olympic and Paralympic Committee Infectious Disease Advisory Group for guidance as well as the local Health Departments where our signature events are planned.

We have posted the latest information available on the virus for our members on our website at coronavirus.usankf.org.

Statement from the Chief Medical Officer, Dr. Jonathan Finnoff, of the United States Olympic & Paralympic Committee:

"As the status of the Coronavirus outbreak is dynamic and ever changing, the USOPC Infectious Disease Advisory Group - comprised of infectious disease experts from exceptional institutions around the country, and an internal multi-departmental USOPC Coronavirus working group - remains engaging and working closely with the CDC, WHO, and IOC's medical staff to regularly obtain up to date information, disseminate this information, and establish policies and procedures related to this infectious disease."

The following online resources are available, including: [WHO Coronavirus Website](#), [CDC Coronavirus Website](#) and [USOPC Coronavirus Update Website](#). The IOC has also developed specific [advice for athletes](#), including a [statement from the IOC Medical and Scientific Director, Dr. Richard Budgett](#). We encourage you to follow the [travel](#), [prevention](#), [testing](#), and [treatment](#) recommendations outlined by the CDC.

Currently the 2020 USA Open and Junior International Cup and 2020 National Championships will be held as scheduled. We will not be relocating any of our events. We recognize that our participants will come from all over the United States and some from outside the US. We will be advising our participants of safety precautions as the event gets closer. If you have registered for the USA Open or Junior International Cup and decide you are no longer comfortable participating we will refund your registration fee. As we know the situation is very fluid and individuals need to delay the decision to participate we will waive the late fee prior to the onsite registration.

We are in contact with the WKF and PKF on upcoming events. Currently, there is no indication that the 2020 Junior or Senior Pan American Championships or the 2020 WKF Senior World Championships will be canceled.

We recommend the following prevention measures for all athletes and staff. These include social distancing, frequent handwashing, avoiding contact with your face, covering your mouth with a tissue or your elbow, staying home if you are sick, and regularly cleaning frequently touched surfaces. It is also best practice to ensure immunizations are up to date to reduce the risk of seasonal flu infections."

Best ways to prevent spreading COVID-19:

- Practice frequent and meticulous handwashing with soap and water or alcohol-based hand rub
- Avoid touching your eyes, nose, or mouth with unwashed hands
- When coughing or sneezing, it is suggested to do so into a flexed elbow
- Avoid close contact with anyone with cold or flu-like symptoms
- Quarantine anyone who is sick (athlete, coaches, parents, roommates)
- Ensure safe food sources; thoroughly cook meat and eggs
- Use individual water bottles; do not share them
- Towels should not be shared in any way

We will continue to keep you updated as we gather more information on the topic.