

A Safe Return To Judo Guidance for Clubs



**BRITISH
JUDO**

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Foreword

We all want to return to judo as soon as we can. The last few months have been tough on everyone and in times like this, we understand more than ever how important sport can be to us.

By the very nature of judo, it is clear that we will be one of the last sports to return to full action. What this document represents is phase one of the process to do that - but we have to return in stages in keeping with government advice. There will be a further updates to come and we will keep you fully informed of what they are.

Alongside this, our performance athletes will be returning to non-contact training soon. This is going to happen before our clubs can return and is being carefully planned and monitored by our team alongside UK Sport. There will be separate advice released regarding a Return to judo for Elite Sport as well as a return to our Events and Competition programme.

For now, we have a strategy in place which is **Protect**, **Prepare** and **Promote**:

Protect has seen us supporting our clubs and membership as best we can, sharing workout ideas and other tips via our social media channels and providing details of Sport England funding for clubs. Protecting our clubs and membership has been at the forefront of our thinking throughout this process.

Prepare is about making sure we have been ready to provide the right guidance, at the right time to our clubs and members. Behind the scenes, the team has been working incredibly hard to ensure we can respond to the changing situation as quickly as possible whilst ensuring the safety of the judo community.

Promote will come later in the process. We want to ensure that those who want to return to the sport are able to do so, that clubs are able to attract new members and that we can come out of this situation and thrive.

To do this, we will have to work together. We will remain social distancing of 2 metres for a little while longer, full contact will have to wait but we can start the journey to come back to the sport we love. Everyone will have to play their part to make sure equipment is clean, to remind each other to still wash their hands and their kit, to cheer on when things are going well and to support each other when times are hard.

Please carefully read through this first stage of guidelines for a safe return to club judo. It is really important that we all work together to keep each other safe and healthy. If you are a club member, please bear in mind the changes that your club or coach will be having to make. They will need your help and support in getting the sport up and running again.

We will be monitoring Government advice closely and the next stages of the plan will be issued as soon as we are able.

Thank you for your patience during this incredibly difficult time.

Andrew Scoular,
Chief Executive



Introduction

The UK Government has now relaxed some of the social distancing recommendations for indoor sport allowing participation in judo to commence, albeit with some restrictions that will impact on how we deliver judo throughout the organisation.

To continue to protect our sport, staff, clubs, membership, parents and guardians it is paramount that management, clubs and coaches prepare to adapt their training venues and practices where health and safety is practiced rigorously.

This document will lay out criteria to support the sport of judo and membership to return to action within Government guidelines. If the Government message changes, these guidelines will be adapted accordingly.

Overriding Principles

The British Judo Association (BJA) must:

1. Ensure all activity is consistent with the Government's Public Health Guidelines regarding health, travel, social distancing and hygiene.
2. Consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken, and appropriate measures put in place to ensure participants, staff and volunteers are protected.
3. Communicate clearly and regularly with members and participants setting out what they are doing to manage risk and what advice they are giving to individuals to do likewise.
4. Put in place measures to enable an activity or event that can be flexed or changed quickly tighter movement/social distancing is reintroduced in the future or if the restrictions are further relaxed.

We strongly recommend that **EVERYONE** follows Government Covid-19 guidelines.

Anyone planning to travel to a club session to practice, coach or support in any way **MUST** ensure that they do not exhibit any symptoms or have not been in contact with Covid-19.

If you have a temperature of 37.8C or above, a new continuous cough, loss or change to your sense of taste or smell or are within a self-isolation period due to having been in contact with coronavirus, you **MUST NOT** come to the judo environment under any circumstances and should be advised to seek medical advice.

Any member who has or suspects they have Covid-19 should be advised:

- Not to exercise for at least 10 days or until seven days after the symptoms have resolved, and take at least seven days to return to training, using symptoms such as fatigue and breathlessness as a guide to their response. If symptoms are ongoing, they **MUST** see a doctor to discuss if there are any ongoing underlying medical complications which need investigating.
- Athletes should be advised that even the fittest athletes are taking several weeks to return to full training and some of these are going on to develop later onset of fatigue and having to reduce their training load again.

(Please see next page for further information)

Useful External Links:

- UK Government
- NHS
- Public Health England
- World Health Organisation (WHO)
- MIND
- Mental Health UK

SUSPECTED OR CONFIRMED CASE OF COVID-19

IF THE INDIVIDUAL WAS ADMITTED TO HOSPITAL, IT IS CRUCIAL THAT SPECIFIC CLEARANCE AND GUIDANCE IS GIVEN BY A DOCTOR BEFORE ANY EXERCISE/TRAINING

IF THE INDIVIDUAL WAS NOT ADMITTED TO HOSPITAL.

COMPLETE THE SOCIAL ISOLATION PERIOD (FOR AT LEAST 7 DAYS SINCE THE ONSET OF SYMPTOMS).

THEY MUST WAIT UNTIL AT LEAST 10 DAYS SINCE THE START OF THEIR SYMPTOMS AND MUST BE FREE FROM ALL SYMPTOMS FOR AT LEAST 7 DAYS BEFORE ANY EXERCISE

THEIR PERSONAL AND PSYCHOLOGICAL READINESS TO TRAIN, WORK / STUDY FACTORS, AND THE REST OF THEIR FAMILY'S HEALTH AND MUST BE CONSIDERED.

COMPLETE REST; NO TRAINING OR PHYSICAL EXERTION WHATSOEVER

RETURN TO PLAY AFTER SUSPECTED COVID-19: STAGE 1



Sport Specific Issues



Club Agreement

Clubs will be required to sign a club agreement confirming that they will adhere to the Government and the British Judo Association's guidelines and recommendations.

Modification to the sport

Judo is a sport with strict rules of hygiene and etiquette and at this time these rules should be strictly applied. The participants training kit must be washed between sessions and special attention must be given to personal hygiene.

As a close contact sport, consideration will have to be given to how any form of social distancing can be applied. Activities must be modified using various practices and routines which allow the participant to work without a training partner unless the training partner is a member of the same household. (Different rules will apply for high performance training where the participants are part of a specially selected group selected by British Judo where social contact can be controlled.)



The sport is played on mats covering the practice area and these will be required to be disinfected after each practice session as advised by government guidelines.

Any other equipment used i.e. landing mats, rubber bands, cones, ladders etc. will also have to be sanitised.

Spectators will not be allowed to watch training sessions from within the same training room, unless there is enough space to allow for social distancing from the participants and other spectators.

Sections of the mat area can be cordoned off to give participants a safe working zone.



Changing room use

Participants should not to use changing rooms but arrive to judo-prepared, wearing their kit and with their own personal equipment (water bottles etc.). Following the session, they will be encouraged to leave the venue immediately with no social interaction and shower at home. Where it is necessary for participants to use the changing room, access will be restricted to numbers that will allow social distancing.



Access arrangements

Numbers of non-participants (parents/guardians) will be restricted, this may mean children being dropped off and picked up after the session. Where drop-off is not possible, and suitable waiting area is not available, parents/guardians will required wait in their car.



Venue, car parking and avoiding interaction

Class sizes will be required to be reduced to ensure that unnecessary encounters between people parking cars or accessing the venues is avoided. Staggering of session times should be considered to manage footfall in entrances and common areas. Parents/guardians must ensure when dropping off children that they are observed transiting to Dojo and that the coach has taken over responsibility for them.

Performance current situation

The English Institute of Sport has appointed David Hart as the Elite Covid-19 Manager, and the University of Wolverhampton will have a Covid-19 Officer.



This group will perform a risk register and assessment for movement to step one of the five-step return to elite sport plan. The movement to step one will require a detailed plan to meet the elite guidance as a minimum standard. UK Sport, English Institute of Sport and PD Forum are available to us for support and review.

Physical and mental well-being must be at the centre of all decisions taken. The benefits of a timely return versus getting it right have been discussed by the Performance Leadership Team and decision has been made not to rush the return to elite judo. Currently, there is no international calendar, therefore we can truly prioritise Physical and Mental Wellbeing and the overall public health contribution responsibility we have.

A Phased Return

Timelines for a return to indoor sport are currently unclear, however based on current knowledge of judo requirements and phased approaches from other sources, it is predicted that a phased return for judo would go from non-contact to full competition in five distinct phases:

RETURN TO CLUB

- Shadow practice – solo or member of same household, restricted to sectioned 3 x 3m mat area per member
- Maximum mat numbers will be 15 plus coach (dependent on size of mat area.)
- Non-contact fitness – solo judo specific and general
- Outdoor fitness – adhering to social distancing rules

RETURN TO CLUB

- Shadow practice – as per Phase 1
- Throwing practice – one partner only from outside same household restricted to sectioned mat area per person
- Mat numbers as of Phase 1
- Partner and non-contact fitness – one partner only from outside same household
- Outdoor fitness – adhering to social distancing rules

RETURN TO CLUB

- Judo situation practice – not full randori
- Small group indoor activities (2-4 players) - mat numbers will be dependent on mat size and government guidelines
- Outdoor fitness – adhering to social distancing rules

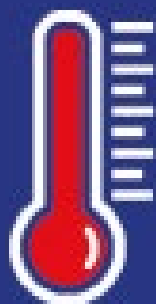
RESTRICTED COMPETITION

- Free practice - full randori
- Medium group indoor activities (5-20 players) - mat numbers will be dependent on mat size and government guidelines
- Competition – max. 32 players with no spectators
- Outdoor and indoor fitness – adhering to social distancing rules

FULL COMPETITION

- Free practice - full randori
- Large indoor group activities (limited to mat size)
- Competition – no restrictions

Note: Event and course considerations are not captured in these phases. Timescales for restarting these will be decided during the initial phases based on how clubs are settling back into judo.



DO NOT TRAIN IF YOU
DISPLAY ANY OF THE
ADVISED SYMPTOMS

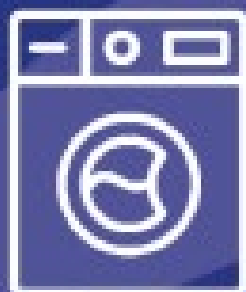


ENSURE YOUR BRITISH
JUDO MEMBERSHIP IS
IN DATE



ABIDE BY SOCIAL DISTANCING
GUIDELINES TRAVELLING TO
AND FROM JUDO

PHASE 1. PRE-SESSION.



WASH ALL JUDO KIT
AT 60 DEGREES



ENSURE ALL MATS
ARE THOROUGHLY
CLEANED



ATTEND YOUR SESSION
DRESSED IN YOUR
JUDO GEAR



BRITISH
JUDO

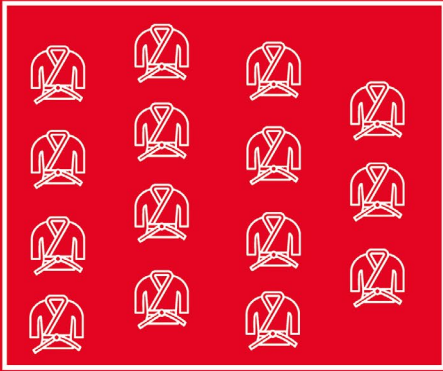
Phase 1: Pre-Session

People	
Preparation information	<ul style="list-style-type: none"> • Ensure government safety and hygiene guidelines are available for members • Ensure all areas are in and around venue allow for recommended social distancing (includes car parks) to be maintained • Inform members and parents what a return will look like – dates, times, delivery method, what to bring, social distancing expectation etc. • Ensure everyone entering the training environment has completed a Covid-19 indemnity form – those in high risk groups should not return • Ensure there is an up to date register of club members and visitors entering the club environment (includes outdoor activity). Ideally this will be stored electronically to avoid handling paperwork. • Ensure BJA membership is up to date – there is a membership extension in place to cover the lockdown • Ensure BJA coach award is valid – there is a coach revalidation extension in place • Where possible, payments should be made through contactless means. • Slow phased return, appropriate volume and intensity relative to individual
Travel	<ul style="list-style-type: none"> • Abide by social distancing guidelines travelling to and from judo. Includes public transport
Personal Items	<ul style="list-style-type: none"> • Clothing, footwear, training bags, water bottles etc. must be cleaned following government guidelines
Hygiene	<ul style="list-style-type: none"> • Cleaned judo clothing washed with detergent at 60 degrees, • Handwashing before and on arrival, following government guidelines • Wear face coverings if required, following government guidelines • Take own tissues for wiping sweat etc.

Environment & Venue	
Signage	<ul style="list-style-type: none"> • Government social distancing and hygiene guidelines must be clearly displayed
Social distancing	<ul style="list-style-type: none"> • Adhere to government guidelines in social areas, Dojo (judo hall). Participants to avoid changing areas • Organise session times to allow social distancing, mat cleaning and limit participation numbers
Hygiene	<ul style="list-style-type: none"> • Cleanse all areas (club or facility owner) following government guidelines • For ventilation check government guidelines • Provide pedal bins for disposing of tissues etc.
First aid	<ul style="list-style-type: none"> • Equipment/process for dealing with injury/illness must be available

Mat Area	
Distancing	<ul style="list-style-type: none"> • Spectators/parents (if allowed in Dojo) <ul style="list-style-type: none"> - Two metre social distancing from non-family members - Three metre minimum from mat edge • The number of members on the mat at one time will be dependent on the size of your mat area. • All members must have a minimum of 3 x 3 metre mat space available for the session. • A maximum of 15 members on the mat at one time.
Hygiene	<ul style="list-style-type: none"> • Mat cleansing with government recommended cleaning products

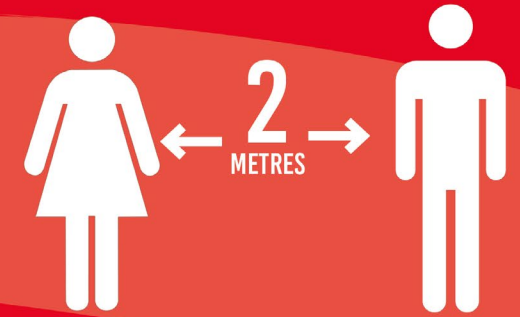
Session	
Session	<ul style="list-style-type: none"> • Activities <ul style="list-style-type: none"> - Must allow for maintaining social distancing - Shadow judo technique options (unless living in same household) - Judo breakfalls - Non-contact fitness activities
Equipment	<ul style="list-style-type: none"> • Clean equipment for technique training or ask people to bring own cleansing equipment • Use of visual aids to demonstrate where necessary – e.g. video



**MAXIMUM OF 15 JUDOKA
ON THE MAT AREA**
(DEPENDENT ON MAT SIZE)



**MINIMUM AREA:
3 X 3M**



**ABIDE BY SOCIAL DISTANCING
GUIDELINES FOR
NON-HOUSEHOLD MEMBERS**

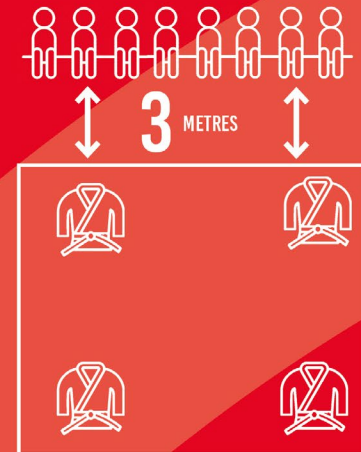
PHASE 1. DURING SESSION.



**HANDWASHING AND/OR ANTI-BACTERIAL
HAND SANITISER AVAILABLE IN TOILETS
AND TRAINING AREA**



**NO CONTACT PRACTICE UNLESS
LIVING IN SAME HOUSEHOLD**



**THREE METRE SPACE MAINTAINED
BETWEEN SPECTATORS AND MAT**



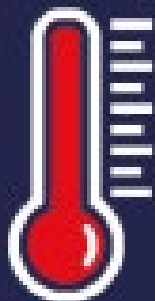
Phase 1: During Session

People	
Social distancing	<ul style="list-style-type: none"> Maximum of 15 participants on mat at one time – player/mat ratio rules apply. Coach distancing rule – two metre from non-same household members Maintain social distancing from non-same household members
Hygiene	<ul style="list-style-type: none"> Handwashing as per Government guidelines. Footwear must be worn off the mat - e.g. going to toilet Do not share water bottles or equipment (unless same household)

Environment & Venue	
Signage	<ul style="list-style-type: none"> Signage displayed related to government social distancing and hygiene guidelines
Handwashing	<ul style="list-style-type: none"> Handwashing and/or anti-bacterial (60% alcohol) hand sanitiser available in toilets and training area

Judo Mat	
Social distancing adherence	<ul style="list-style-type: none"> Three metre space maintained between spectators and mat Two metre space maintained between people participating on the mat (unless same household) The number of members on the mat at one time will be dependent on the size of your mat area. All members must have a minimum of 3 x 3 metre mat space available for the session. A maximum of 15 members on the mat at one time.
Hygiene	<ul style="list-style-type: none"> Immediate mat cleansing with government recommended products between each session and if blood or other contaminants appear Handwashing as per government guidelines if participants go to the toilet Ensure all tissues or other waste products are immediately put in pedal bin provided

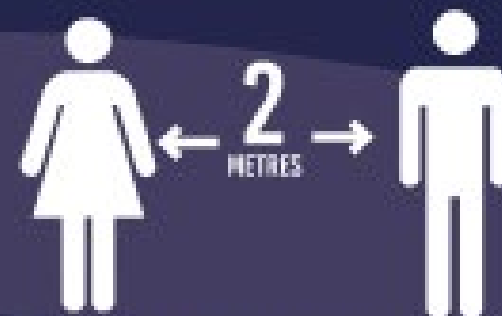
Session Delivery	
Social distancing to be maintained	<ul style="list-style-type: none"> No contact practice unless living in same household Use of dummies, bands or other equipment for technique training Use of visual aids to demonstrate where necessary
Content	<ul style="list-style-type: none"> Begin with low volume and intensity relative to individual's current fitness level Shadow judo technique options (unless living in same household) Judo breakfalls Non-contact fitness activities Ensure fluid breaks



SELF ISOLATE AND LET
YOUR COACH KNOW IF
YOU DISPLAY ANY OF THE
ADVISED SYMPTOMS



LEAVE AS SOON AS YOUR
SESSION IS COMPLETED



ABIDE BY SOCIAL DISTANCING
GUIDELINES TRAVELLING
FROM JUDO

PHASE 1. POST-SESSION.



WASH ALL JUDO KIT
AT 60 DEGREES



ENSURE ALL MATS
ARE THOROUGHLY
CLEANED AGAIN



SHOWER AS SOON AS
YOU ARRIVE HOME.
DO NOT SHOWER AT
THE VENUE!



BRITISH
JUDO

Phase 1: Post-Session

People	
Social distancing	<ul style="list-style-type: none">• Maintain social distancing from non-family members (2m rule)
Hygiene	<ul style="list-style-type: none">• Shower and wash hair on return home• Clean judogi and training clothing - washed with detergent in 60c

Environment & Venue	
Signage	<ul style="list-style-type: none">• Signage displayed related to government social distancing and hygiene guidelines
Handwashing	<ul style="list-style-type: none">• Ensure handwashing and/or anti-bacterial (60% alcohol) hand sanitiser available in toilets and training area is replaced• Mat area must be cleared and cleaned using suitable government recommended products• All additional areas should be cleaned with government recommended products after sessions• All pedal bins contents sealed in bag and disposed of carefully

Returning To Judo - Juniors

Before I leave home to go to judo I will:

- ✓ If I exhibit any signs of infection – follow government guidelines on self-isolation and stay away from training.
- ✓ Ensure BJA membership is up to date – there is a membership extension in place to cover the lockdown.
- ✓ I will have a shower or as a minimum ensure I am clean and have washed my hands.
- ✓ Ensure my judogi has been washed after the last session and is clean to wear.
- ✓ Ensure I have washed my zori (flip flops) so they are clean and wear them up to the tatami edge.
- ✓ Expect to complete a Covid-19 indemnity form before returning to training.
- ✓ Go to the toilet just before I leave.
- ✓ Put my judogi on just before I leave.

Travel

- ✓ Travel to and from judo training in judogi (covered by track suit). Not essential but advised to wear rash guard and leggings under judogi to limit sweat transmission.
- ✓ Abide by social distancing guidelines travelling to and from judo. Includes public transport and car parks, wear face coverings as per government guidelines.

I will bring the following items in my own personal bag with me to judo (where required):

- ✓ A signed indemnity form from my parents/guardians to say I am fit, well and do not have any of the Covid-19 signs or symptoms or other illnesses. This form will only be required for indoor sessions and a copy will be required for each session you attend.
- ✓ A water bottle
- ✓ Plasters
- ✓ Tape
- ✓ Towel
- ✓ Anti-bacteria hand sanitiser
- ✓ Kitchen roll
- ✓ Anti-bacterial wipes
- ✓ Disposable rubber gloves (two pairs)
- ✓ Face mask
- ✓ Uchi-Komi bands

On Arrival

- ✓ Follow training centre/Dojo signage and social distancing rules
- ✓ Limit use of toilets, changing rooms and shower facilities
- ✓ Infra-Red thermal thermometers for temperature check (pre entry to Sports centre / Dojo)
- ✓ Use hand sanitiser on arrival, per government guidelines (sanitiser supplied by club / sports centre at entrance)
- ✓ Parents/carers may be asked to wait in car park or return after session if social distancing from mat can't be observed
- ✓ Dojo and mats to have been cleaned following government and NGB guidelines

In the Dojo

- ✓ Wait for the coach to invite me onto the tatami
- ✓ Rash guard and leggings may be worn under judogi to limit sweat transmission
- ✓ Smaller class sizes limited to NGB guidelines on use of mat space available (social distancing)
- ✓ On the instruction of the coach move to my personal 3-metre square area
- ✓ Have my water and personal belongings next to me within my personal area
- ✓ Have no contact with anyone on the mat (unless from the same household)
- ✓ Stand in the middle of my personal area

- √ On instruction of the coach, bow, knowing this means the class has officially started
- √ Expect shorter sessions (to allow for cleaning between sessions and more sessions to be run to accommodate more members)
- √ judo with no physical contact (unless with a person from inside your family household bubble)
- √ Slow phased return, appropriate volume and intensity relative to individual
- √ Individual drills – shadow Uchi-Komi – fitness training etc
- √ Understand the session will be ukemi/movements/exercises with various kinds of Uchi-Komi
- √ Ask the coach first if need to leave the tatami for any reason
- √ Bow if I leave the tatami and put my zori on
- √ Sit down in the centre of my three metre space to attract the attention of the coach if I feel unwell on the instruction of the coach bow knowing the class has now officially finished

When the session has finished I will:

- √ Bow when leaving the Dojo,
- √ Not go into the changing rooms,
- √ Not gather, meet up with my friends or socialise either inside or outside the Dojo or building,
- √ Go out of the building straight away without delay and into my parents/guardian's car,
- √ Not mix with anyone on my way home, if not in a car,
- √ Stick to the Government guidelines if going home by bus or train.

Note: Everyone should shower and wash judogi on return home.

Returning To Judo - Adults

Before I leave home to go to judo I will:

- ✓ If you exhibit any signs of infection – follow government guidelines on self-isolation and stay away from training.
- ✓ Ensure BJA membership is up to date – there is a membership extension in place to cover the lockdown.
- ✓ Book in with my club if they are adopting a booking system due to low numbers expected to be allowed on the mat.
- ✓ I will shower or as a minimum ensure I am clean and have washed hands before travel to training.
- ✓ Expect to complete a Covid-19 indemnity form before returning to training.
- ✓ Cleaned judo clothing washed with detergent at 60 degrees (before every session).
- ✓ Clothing, footwear, training bags, water bottles etc. must be cleaned per government guidelines (only essential kit to be taken to training to include hand sanitiser, wipes and towel).

Travel

- ✓ Travel to and from judo training in judogi (covered by track suit). Not essential but advised to wear rash guard and leggings under judogi to limit sweat transmission.
- ✓ Abide by social distancing guidelines travelling to and from judo. Includes public transport and car parks, wear face coverings as per government guidelines.

I will bring the following items in my own personal bag with me to judo (where required):

- ✓ A signed indemnity form to say I am fit, well and do not have any of the Covid-19 signs or symptoms or other illnesses
- ✓ A water bottle,
- ✓ Plasters,
- ✓ Tape,
- ✓ Scissors,
- ✓ Towel,
- ✓ Anti-bacteria hand sanitiser,
- ✓ Kitchen roll,
- ✓ Anti-bacterial wipes,
- ✓ Disposable rubber gloves (two pairs),
- ✓ Face mask,
- ✓ Uchi-Komi bands.

On Arrival

- ✓ Follow training centre/Dojo signage and social distancing rules.
- ✓ Limit use of toilets, changing rooms and shower facilities.
- ✓ Infra-Red thermal thermometers for temperature check (pre entry to Sports centre / Dojo).
- ✓ Use hand sanitiser on arrival, per government guidelines (sanitiser supplied by club / sports centre at entrance).
- ✓ Dojo and mats to have been cleaned following government and NGB guidelines.

In the Dojo

- ✓ Hand sanitising pre entry to Dojo (sanitiser supplied by club at entrance).
- ✓ Smaller class sizes limited to NGB guidelines on use of mat space available (social distancing).
- ✓ Shorter sessions – (to allow for cleaning between sessions and more sessions to be run to accommodate more members).
- ✓ Individual training areas may be marked out on the mat.
- ✓ judo with no physical contact (unless with a person from inside your family or household bubble).
- ✓ Slow phased return, appropriate volume and intensity relative to individual.
- ✓ Individual drills – shadow Uchi-Komi – fitness training etc.
- ✓ On the instruction of the coach move to my personal three-metre square area.
- ✓ Have my water and personal belongings next to me within my personal area.

- ✓ Have no contact with anyone on the mat (unless from the same household).
- ✓ Stand in the middle of my personal area.
- ✓ On instruction of the coach, bow, knowing this means the class has officially started.
- ✓ Expect shorter sessions – (to allow for cleaning between sessions and more sessions to be run to accommodate more members).
- ✓ judo with no physical contact (unless with a person from inside your family or household bubble).
- ✓ Slow phased return, appropriate volume and intensity relative to individual.
- ✓ Individual drills – shadow Uchi-Komi – fitness training etc.
- ✓ Understand the session will be ukemi/movements/exercises with various kinds of Uchi-Komi.
- ✓ Bow if I leave the tatami and put my zori on.
- ✓ Do not continue if I begin to feel unwell.

When the session has finished I will:

- ✓ Bow when leaving the Dojo.
- ✓ Not go into the changing rooms.
- ✓ Not gather, meet up with my friends or socialise either inside or outside the Dojo or building.
- ✓ Go out of the building straight away without delay and into my car/public transport.
- ✓ Not socialise with anyone else on my way home, if not in a car.
- ✓ Stick to the Government guidelines if travelling home by public transport.

Returning To Judo - Parents/Guardians

British Judo has prepared a range of resources for clubs to use to ensure the safety of all judo participants on their return to judo. Clubs and coaches will be required to follow the strict protocols put in place by British Judo which are all based on government guidelines. The protocols provide the clubs with detailed health and safety guidelines that ensure the venue and the mats are cleaned as government guidelines after each session.

The protocols require your child's judo club provides you with details of when and how your child can safely return to judo. The club will also provide detailed instructions letting you know what special measures and restrictions are in place and what your child can expect on their return to their judo class.

Class sizes will be reduced and each child will be allocated a space on the mat that will ensure that there will be no contact with others during the session. It is important that your child adheres to the instructions given by the coach and stay within their designated area on the mat. Activities will be restricted non-contact judo movement for the first few weeks and will gradually be widened to allow contact as social distancing measures are relaxed.

Changing rooms may not be available and your child should put on their judo kit before leaving home. Access to toilets may be limited, so please ensure that your child goes to the toilet last thing before leaving home so they not need to go during the session. If they do have to use the toilets, ensure they wash their hands properly with soap and water and use the bins provided.

These guidelines along with any information provided by your child's club will help you ensure your child can make a safe return to judo.

Important: It is vitally important that you contact your child's club before you let them return to judo - do not just turn up at the club!

Before leaving home to take your child to judo please ensure:

- ✓ They have had a shower or as a minimum that they are clean and have washed their hands.
- ✓ Their judo kit has been washed after the last session and is clean to wear.
- ✓ They always wear something on their feet up to the mat edge.
- ✓ They have gone to the toilet just before leaving home.
- ✓ Your child has changed into their judo kit before leaving home.
- ✓ Please re-enforce to your child that they must not share their personal items.

Note: Where possible please avoid using on public transport and please be reassured a full risk assessment has taken place at the Dojo to BJA standards.

When you arrive at the Dojo please ask your child to:

- ✓ Wash their hands with recommended hand sanitiser before going into the building.
- ✓ Put their mask/face covering on before going into the building (if required).
- ✓ Keep two metres away from everyone else.
- ✓ Avoid going into the changing rooms.
- ✓ Wash their hands properly with soap and water and use the bins provided when they go to the toilet.
- ✓ Remember that it is one in and one out for going to the toilet.
- ✓ Sign the attendance register and hand in the signed declaration form.
- ✓ Pay attention to all signs related to social distancing and health and safety.

When your child goes into the Dojo, this will be the procedure they should follow:

- ✓ All instructions given by the coach and other club officials.
- ✓ Have their water and personal belongings with them.
- ✓ Your child will stand in the middle of their Designate Training Area (DTA) unless instructed otherwise by the coach.
- ✓ Ask the coach if they want to leave the mat to go the toilet or other reason.
- ✓ Put something on their feet when they leave the mat.
- ✓ Tell the coach and sit down in DTA if they feel unwell.
- ✓ If your child needs first aid the coach/club member will come and fetch you to look after your child.

When the session has finished you and your child are asked to:

- ✓ Leave the building without delay.
- ✓ Not go into the changing rooms.
- ✓ Not gather, meet up with friends or socialise either inside or outside the building.
- ✓ Not mix with anyone on the way home, if not in a car.

Mat Layout

Mat capacities

The coach has the responsibility to ensure that the approved spacing guidelines are not compromised in any way, the mat ratios that British Judo are working to are a minimum mat space per participant of 3x3m.

The number of members on the mat at one time will be dependent on the size of your mat area.

It is recommended that the maximum number of participants (not including coach) in a judo session are 15 participants.

The mat area will not always fit the mathematics of dividing it up exactly into operational squares of 3m x 3m, some typical mat layouts are attached in the appendices as examples for coaches to consider for their particular situation.

Session Management

Assuming there is 1.5m or more of clear walking space all-round the mat:

All participants should stay within their designated square of mat and, unless otherwise directed by the coach, use the centre part of the square. If possible, the centre activity area should be a different colour to the peripheral safety area. See examples in Appendix 1.

All operational squares must have the opportunity for the individual to leave the mat without compromising anyone else's social distancing, this may need additional spacing where mat edges are up against obstructions. Where additional space does not exist, the entering and leaving process will require a bespoke process to be defined by the coach for their particular mat shape, size and bespoke circumstances.

The coach must ensure that participants social distancing is maintained, this is a matter of:

- Maintaining absolute discipline during the session.
- A fully effective start, end and interruption process when participants are outside of their operational area.
- Injury / medical attention process.

Venues without at least 1.5m of clear walking space around the mat:

- All on mat disciplines remain the same as sessions having peripheral walk areas.
- Additional processes will be required to facilitate the start, end and interruption processes as mats against walls will not facilitate walking around other participants operational areas at safe distancing.

For example, the next page shows how entering and exiting of the mat could happen keeping everyone safe. In the case of interruption for the most difficult positioned participant, the other participants in the nearest direct line off the mat will need to systematically create a social space before the participant with the need can move.

See next page for example mat layouts

Mat Layout Examples

Options for allocation of operational areas on typical mat shapes



= Member

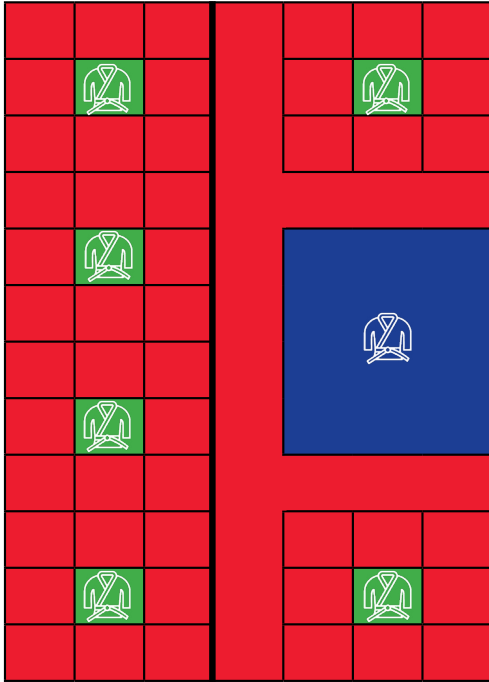


= Member

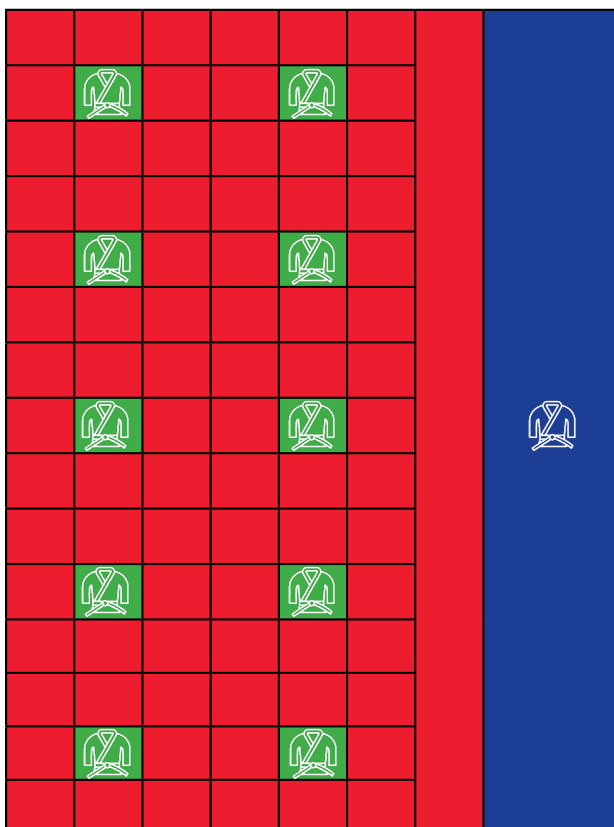


= Coach

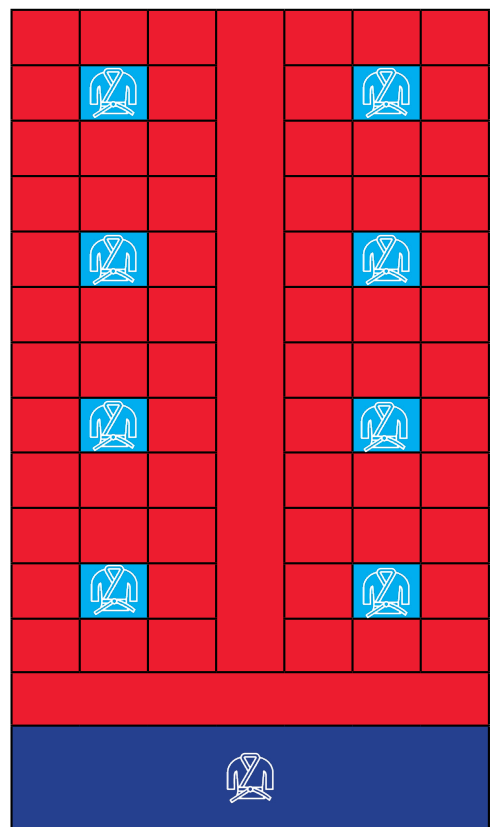
12m x 7m Mat Area:



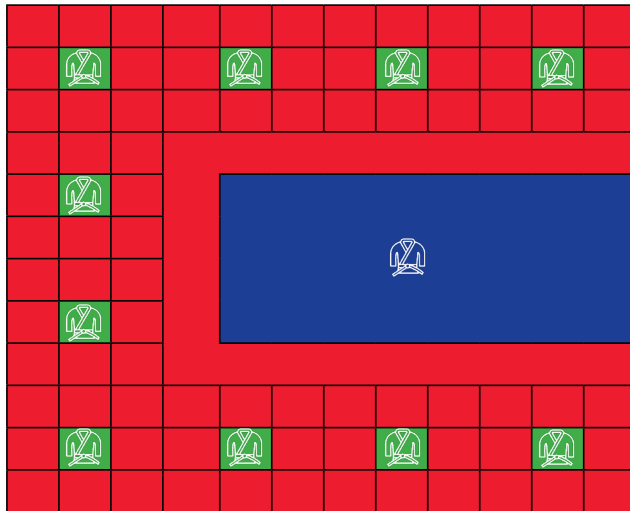
15m x 9m Mat Area:



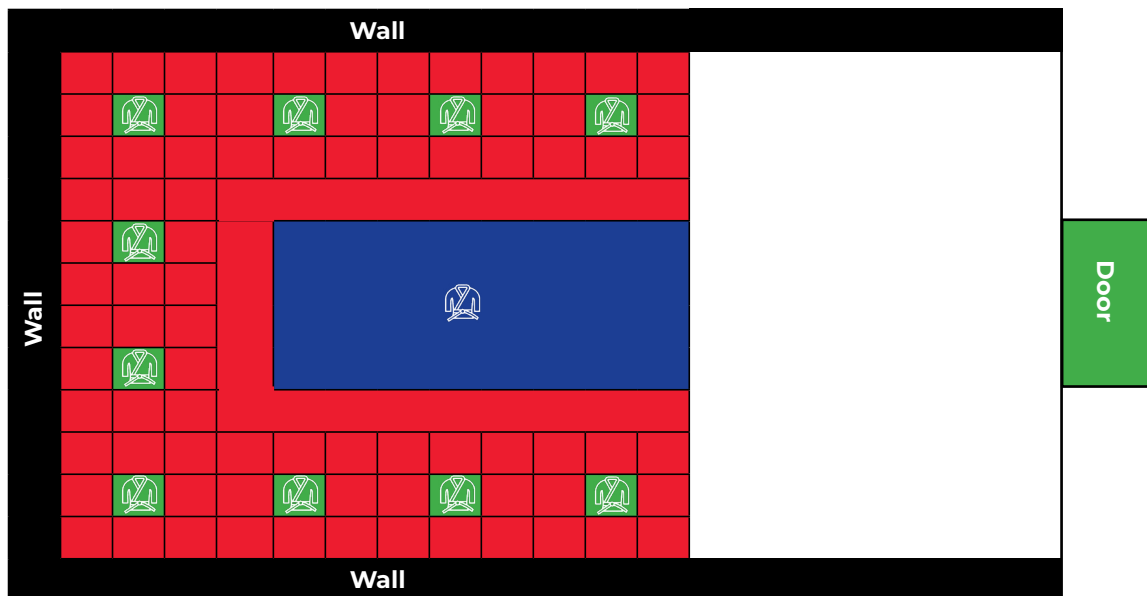
15m x 7m Mat Area:



12m x 12m Mat Area:

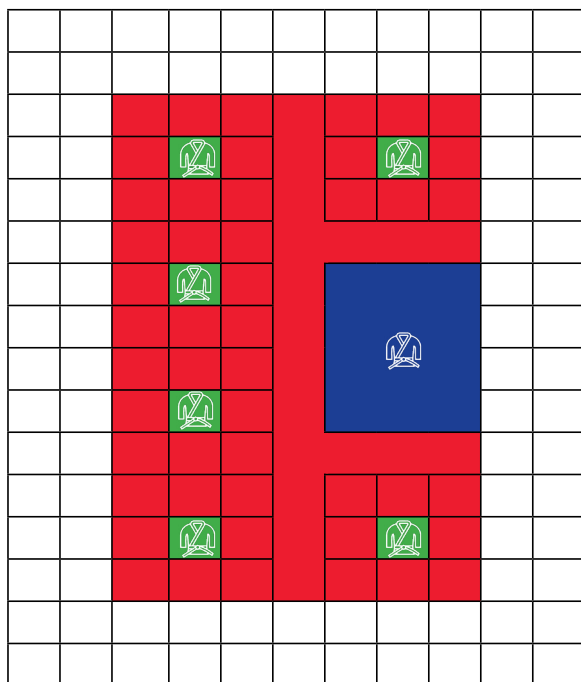


Entry and Exit Example:



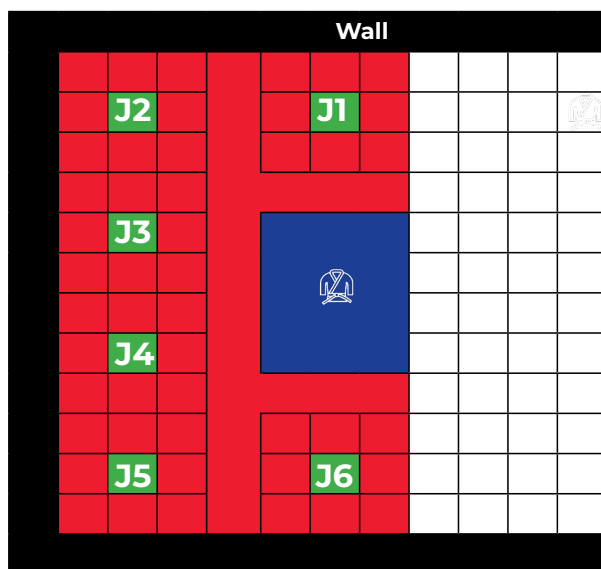
The coach would be first in and last out of venue to manage the process, maintaining social distancing.

Managing interruption when space around mat is available:



In this case, there is a two metre space all around the mat being used, therefore the process for minor interruption would be to leave the mat at the nearest point and walk around the mat maintaining social distancing with all other participants operational areas.

Managing interruption when obstructions/walls are around the mat:



In the case where J5 needs to interrupt the session, the coach would, adhering to social distancing, manage J6 to move out of the way off the mat. This will allow J5 to exit the mat through the J6 position. In the case of J3 or J4 needing to interrupt, the coach could remove them to a position where they are still observing everyone and keep the session going. Bespoke mat sizes and shapes will require bespoke plans managed by the coach.

First Aid Protocols

The following protocols will ensure that there are clear guidelines for dealing with injuries on the return to judo where abiding by government social distancing and hygiene rules will be essential in reducing the risk of Covid-19 being transmitted in British Judo clubs.

First Aid

Individual judoka:

It is recommended that players to bring their own first aid equipment with them to judo.

- Personal First Aid Kit (PFAK):
- Water, plasters, tape, scissors, sling, towel, hand sanitiser, kitchen roll, anti-septic wipes, disposable rubber gloves, face mask.

First aid qualifications:

The club must ensure anyone administering first aid has up to date minimum qualifications recognised by the BJA.

Covid-19 and CPR Rules

The clubs responsible first aider must familiarise themselves and abide by Covid-19 first aid and CPR specific rules. Use the following Health and Safety Executive (HSE) link for more information - <https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm>

Personal Protection Equipment (PPE):

The club must ensure they have face mask and disposable gloves available for anyone who is going to administer first aid.

Reporting an injury:

All injuries must be recorded as per BJA guidelines using the report form below.

If a player needs administration of First Aid:

- They will sit down if possible, in their Designated Training Area (DTA).
- Attract the attention of the Coach and/or Designated First Aider (DFA).
- If they cannot attract the attention of the Coach/DFA, they will ask a player next to them to do so or a parent/guardian nearby in the Dojo.
- Ideally, they will administer first aid themselves using their own PFAK and carry on with the session if safe to do so ensuring they have put any equipment used in their personal bag that will be in their DTA.
- If they cannot treat themselves, the coach will arrange for their parent/guardian/DFA to come into the Dojo to treat them and carry on with the session if safe to do so.
- The person administering first aid must wear face mask and disposable rubber gloves.
- If a player is unlikely to be able to carry on with the session, they should leave the mat and Dojo as soon as possible if safe to do so, go home and/or to hospital as advised by the Coach/DFA.
- They should not hang around, socialise or interact with people inside or outside the Dojo.
- If they came to judo with other family's members who are participating in the session they should go into their parents/guardian's car and wait for the session to finish or ensure they comply with Government social distancing guidelines if they need remain in the building/Dojo.
- The players parent/guardian are responsible for a them once they have left the Dojo.
- If a player cannot move off the mat the coach will ensure the adjoining Designated Training Area (DTA) are cleared.
- The Coach will assign responsible people to stand on the mat three metres away from the player facing outwards to ensure they do not get injured further.
- The player should be encouraged to move off the mat if capable as soon as possible.
- If a player moves off their DTA it should be cleaned as per the guidelines before anyone else uses the DTA.
- If the player cannot move from their DTA for example due to a dislocation/fracture the Coach will ensure the adjoining player designated areas will be cleared and if safe to do so the session may continue.
- If an ambulance has been called the Coach/DFA will assign a responsible adult to meet the ambulance outside the Dojo and show the NHS Staff etc to the injured player.
- If the injury is serious for example a player has hurt their neck/spine or they are having a seizure the coach will stop the session, call an ambulance and clear the Dojo/building apart from essential people who need to stay.

Injury Report Form

Please use this form to report any injuries that occurred in an organised judo session of the British Judo Association (BJA) where it was required to administer first aid (FA) to a player or a player was advised to go to hospital or a player did go to hospital due to an injury.

Name of reporting person	
Date of report	
Position/role of reporting person	
Contact details of reporting person	
Date of injury	
Time of injury	
Venue of injury	
BJA Club	
Name of coach in charge of session	
BJA membership of coach	
Nature of suspected injury	
What activity was taking place when injury occurred	
Name of player injured.	
BJA membership number of player	
Date of birth of player injured or age	
Players contact number	
Name of players emergency contact	
Number of emergency contact	
Relationship of emergency contact	
Did the player receive first aid treatment	
Who administered first aid	
Where was first administered	
Describe first aid treatment given	
Did the player continue training	
Did the player retire from training	
Was an ambulance called for	
Was the player advised to go to hospital	
Did the player go to hospital	
Who accompanied them to hospital	
How did they get to hospital	
Did the player report back to the coach/ club after attending hospital	
What was the outcome of attending hospital	
Name of witness/es	
Contact details of witness/es	
Name of witness/es	
Contact details of witness/es	
Name of witness/es	
Contact details of witness/es	
Signature of reporting person	

Cleaning Guidelines

The risk of infection depends on many factors, including:

- the type of surfaces contaminated
- the amount of virus shed from the individual
- the time the individual spent in the setting
- the time since the individual was last in the setting

The infection risk from Coronavirus (Covid-19) following contamination of the environment decreases over time. It is not yet clear at what point there is no risk. However, studies of other viruses in the same family suggest that, in most circumstances, the risk is likely to be reduced significantly after 72 hours.

What you need to know?

- Cleaning an area with normal household disinfectant after someone with suspected Covid-19 has left will reduce the risk of passing the infection on to other people.
- Wear disposable or washing-up gloves and aprons for cleaning. These should be double-bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished.
- Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products you normally use. Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells and door handles.
- If an area has been contaminated, such as with visible bodily fluids, from a person with Covid-19, use protection for the eyes, mouth and nose, as well as wearing gloves and an apron.
- Wash hands regularly with soap and water for 20 seconds, and after removing gloves, aprons and other protection used while cleaning.

Principles of cleaning after the case has left the setting or area

Personal protective equipment (PPE)

Although this information is generally for situations, where Covid-19 is suspected or confirmed, from a general judo club perspective PPE may include items used to, clean-up to remove the chances of cross infection, treat bodily fluid spills, injury or illness (e.g. gloves, masks, aprons etc).

The minimum PPE to be worn for cleaning an area where a person with possible or confirmed Covid-19 is disposable gloves and an apron. Hands should be washed with soap and water for 20 seconds after all PPE has been removed.

If a risk assessment of the setting indicates that a higher level of virus may be present (for example, where unwell individuals have slept such as a hotel room or boarding school dormitory) or there is visible contamination with body fluids, then the need for additional PPE to protect the cleaner's eyes, mouth and nose might be necessary. The local Public Health England (PHE) Health Protection Team (HPT) can advise on this.

Non-healthcare workers should be trained in the correct use of a surgical mask, to protect them against other people's potentially infectious respiratory droplets when within 2 metres, and the mask use and supply of masks would need to be equivalent to that in healthcare environments.

Cleaning and disinfection

Public areas where a symptomatic individual has passed through and spent minimal time, such as corridors, but which are not visibly contaminated with body fluids can be cleaned thoroughly as normal.

All surfaces that the symptomatic person has come into contact with must be cleaned and disinfected, including:

- objects which are visibly contaminated with body fluids
- all potentially contaminated high-contact areas such as bathrooms, door handles, telephones, grab-rails in corridors and stairwells

Use disposable cloths or paper roll and disposable mop heads, to clean all hard surfaces and floors.

Cleaning The Dojo

What you need to know?

- Wear disposable or washing-up gloves and aprons for cleaning. These should be double-bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished.
- Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products you normally use. Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells and door handles.
- If an area has been contaminated, such as with visible bodily fluids, from a person with Covid-19, use protection for the eyes, mouth and nose, as well as wearing gloves and an apron.
- Wash hands regularly with soap and water for 20 seconds, and after removing gloves, aprons and other protection used while cleaning.

We would strongly recommend that on a weekly basis all water outlets (taps / showers etc) are run for a minimum of a minute for the duration of the lock down. This will prevent Legionella!

Any Gi's, clothing, washable equipment should be removed and washed to prevent mould. Once washed, if they need to be returned to the Dojo then please bag up individually whenever possible.

It is highly unlikely that Covid-19 is on any surfaces of a Dojo that has been closed for a week or more. This is because the virus will be dead after 72 hours (please feel free to use government web sites to confirm this)

Deep clean prior to opening of Dojos

Self-Care

Please use appropriate Personal Protective Equipment (PPE), Disposable Gloves (marigolds will suffice) and it is best practice to have a spare set of clothes just in case.

Post clean you must remove clothing, place into a bin liner and tie. Wash hands and face thoroughly and change into fresh clothes. Dirty clothes should be washed immediately when home.

Dojo/venue Care

1. Hoover all carpets and the Tatami (brushing often disperses dust into the air which will then settle post clean).
2. Using a damp mop, mop the Tatami to collect the remainder of the dust. Please ensure as much dust as possible is removed as you will be introducing moisture to the area.
3. Open any windows and doors-this will allow quicker drying time for the disinfectant.
4. Using a solution of household thin bleach and water- 3 full caps to a litre of water should be enough to kill any bacteria, germs. Wipe down all hand contact point, remember, door handles, handrails, tables, doors, vending machines, showers, toilets, sinks, seating, window ledges, etc
5. Once cleaning is complete, pour away remainder of solution as this will be none effective approximately 6-12 hours later. Always use fresh solution each day.
6. As the Dojo has now been empty for many weeks, you may start to see mould spores growing on walls and surfaces. It is imperative that these are cleaned as a build-up will be harmful to judoka - effecting lungs in particular!
7. Please do not use bleach on your Tatami as regular use of chlorine will corrode surfaces.
8. Using a pump spray, dilute a solution of disinfectant and water. We would recommend Dettol or a good off-the-shelf product- Please see bottle for dilution recommendations.
9. Using a pump spray, starting at the furthest point from entry. Evenly coat the Tatami with the solution. Best practice is to keep the nozzle 18 inches from the surface and ensure the nozzle is turned to mist. This will aid even distribution.
10. Exit your Dojo and allow to dry. Your Dojo will now be ready for a session.

Post Session Clean

Ensure all hand contact points are wiped with the chlorine solution.

Using a clean damp mop and disinfectant, mop the Tatami.

You are relying on club members to be honest about whom they have come into contact with but in the eventuality that a member is infected then at least the Dojo will remain clear. We would recommend, if clubs open to allow drop off and pick up (perhaps develop a procedure). We would not allow spectators unless it is necessary, and government social distancing rules can be adhered to.

Toilets & Changing Room Protocols

For the purposes of this document these instructions are specifically for clubs and other factors may influence activities depending on whether the venue is in a building shared and controlled by other users such as a leisure centre.

Toilets and Changing Rooms

Clubs have a responsibility to ensure the toilets are cleaned either before or at the end of each session. There must be personal cleaning and sanitising equipment available. Shared facilities such as in a leisure centre will be the responsibility of the leisure centre management, coaches should obtain confirmation that cleaning has taken place. Changing rooms are not to be used at any time - apart from emergencies.

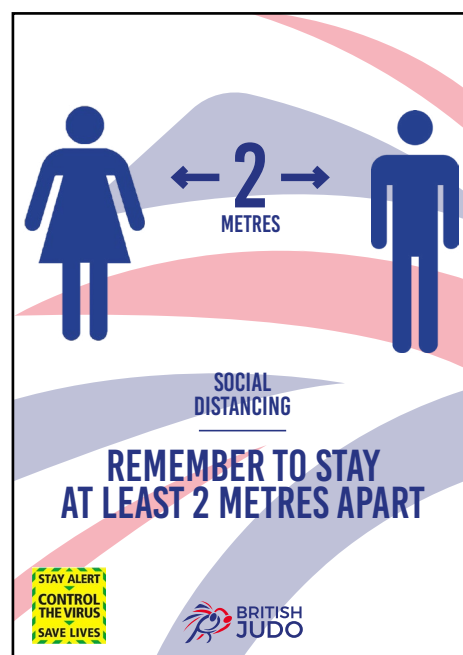
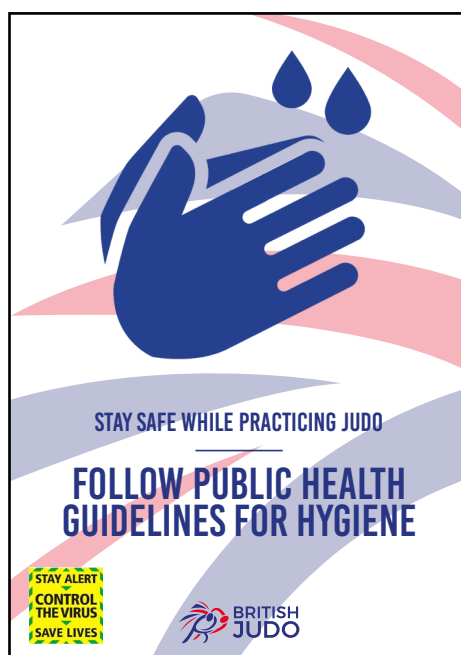
Access

Access to toilets and changing rooms should be restricted as much as possible to minimise any transmission of infection, but may be required for medical reasons, menstruation, emergencies and unforeseen circumstances. For clubs, people must access the rooms singularly whilst the numbers are to be restricted and controlled by the coach or designated person, to maintain the two metre social distancing rules. Shared facilities will have their own access rules in line with government guidelines.

Signage

Clubs must have appropriate social distancing and hygiene signage clearly displayed inside and outside the rooms.

- Cleaning an area with normal household disinfectant after someone with suspected coronavirus (Covid-19) has left will reduce the risk of passing the infection on to other people.
- Wear disposable or washing-up gloves and aprons for cleaning. These should be double-bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished.
- Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products you normally use. Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells and door handles.
- if an area has been contaminated, such as with visible bodily fluids from a person with Coronavirus (Covid-19), use protection for the eyes, mouth and nose, wear gloves and an apron.
- Wash hands regularly with soap and water for 20 seconds, and after removing gloves, aprons and other protection used while cleaning.



[Click on each poster below to download an A3 PDF version.](#)

See page 30 for full range of downloadable posters.

Athlete Indemnity Form

This form must be utilised to ensure that you are free from Covid-19 symptoms and pose a limited risk to others. It is important that once you have completed and signed this form that you send to or hand over to the person at your club or venue responsible for processing.

To avoid virus transmission, an electronic version of the form is **recommended** and where possible sent back to the club via email or other electronic means.

Date*		
Name*		
Contact details - email*		
Contact details -phone number		
Are you currently diagnosed with or believe you may have Covid-19?* (Check appropriate box - x)	Yes	No

Do you currently display any of the following symptoms?

	Yes	No
High temperature (fever)*		
A new or continuous cough*		
Loss or change to your sense of taste or smell*		
New unexplained shortness of breath*		
Have you been in contact with a Covid-19 confirmed or suspected case in the previous 14 days*		
Yes	No	Maybe

Typed/electronic signature* (Parent/Guardian if under 18 years olds)	
---	--

If you have answered YES to any of these questions you should stay at home and inform your coach and/or club Covid-19 contact person and medical practitioner.

You should follow current UK Government Public Health guidelines. Only return to judo once you have sought medical advice and considered not to be at risk of infecting others with Covid-19.

Club Declaration Form

To ensure a safe return to judo, all British Judo Association (BJA) affiliated clubs and registered venues must sign this declaration form to say that they will abide by the UK Government and BJA guidelines related to Covid-19 social distancing and hygiene requirements at all times.

It is important that once your designated club representative has completed and signed this form that you send it back to the BJA before opening for business.

To avoid virus transmission, an electronic version should be submitted using email to sarah.walker@britishjudo.org.uk

Date	
Club representative name	
Club representative role	
Contact email	
Contact telephone number	
Club or registered venue address	
Club affiliation number	

On behalf of our BJA affiliated club/registered venue, I declare that at all times we will adhere to the UK Government and BJA guidelines related to Covid-19 social distancing and hygiene requirements.

Typed/electronic signature*	
------------------------------------	--

Downloadable Collateral

Click on each poster below to download an A3 PDF version:

NO CONTACT PRACTICE UNLESS LIVING IN SAME HOUSEHOLD

THREE METRE SPACE MAINTAINED BETWEEN SPECTATORS AND MAT

MAXIMUM OF 15 JUDOKA ON THE MAT AREA

ABIDE BY SOCIAL DISTANCING GUIDELINES TRAVELLING FROM JUDO

ATTEND YOUR SESSION DRESSED IN YOUR JUDO GEAR

ENSURE YOUR BRITISH JUDO MEMBERSHIP IS IN DATE

DO NOT TRAIN IF YOU DISPLAY ANY OF THE ADVISED SYMPTOMS

MINIMUM AREA: 3 X 3M

STAY SAFE WHILE PRACTICING JUDO

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

BRITISH JUDO

SOCIAL DISTANCING

REMEMBER TO STAY AT LEAST 2 METRES APART

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

BRITISH JUDO

HIGH TEMPERATURE

SHORTNESS OF BREATH/
BREATHING DIFFICULTIES

LOSS OF TASTE OR SMELL

COUGHING

FOR 8 OUT OF 10 PEOPLE, REST AND OVER THE COUNTER MEDICATION CAN HELP YOU FEEL BETTER

CORONAVIRUS COVID-19

KNOW THE SIGNS

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

BRITISH JUDO

STAY SAFE WHILE PRACTICING JUDO

NO CONTACT PRACTICE UNLESS LIVING IN SAME HOUSEHOLD

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

BRITISH JUDO

STAY SAFE WHILE PRACTICING JUDO

THREE METRE SPACE MAINTAINED BETWEEN SPECTATORS AND MAT

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

BRITISH JUDO

STAY SAFE WHILE PRACTICING JUDO

FOLLOW PUBLIC HEALTH GUIDELINES FOR HYGIENE

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

BRITISH JUDO

SOCIAL DISTANCING

REMEMBER TO STAY AT LEAST 2 METRES APART

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

BRITISH JUDO

SUSPECTED OR CONFIRMED CASE OF COVID-19

IF THE INDIVIDUAL WAS ADMITTED TO HOSPITAL, IT IS CRUCIAL THAT SPECIFIC CLEARANCE AND GUIDANCE IS GIVEN BY A DOCTOR BEFORE ANY EXERCISE/TRAINING

IF THE INDIVIDUAL WAS NOT ADMITTED TO HOSPITAL:

- COMPLETE THE SOCIAL ISOLATION PERIOD (FOR AT LEAST 7 DAYS SINCE THE ONSET OF SYMPTOMS).
- THEY MUST WAIT UNTIL AT LEAST 10 DAYS SINCE THE START OF THEIR SYMPTOMS AND MUST BE FREE FROM ALL SYMPTOMS FOR AT LEAST 7 DAYS BEFORE ANY EXERCISE
- THEIR PERSONAL AND PSYCHOLOGICAL READINESS TO TRAIN, WORK / STUDY FACTORS, AND THE REST OF THEIR FAMILY'S HEALTH AND MUST BE CONSIDERED.

COMPLETE REST: NO TRAINING OR PHYSICAL EXERCISE OR WORK/STUDY

RETURN TO PLAY AFTER SUSPECTED COVID-19: STAGE 1

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

BRITISH JUDO

A Safe Return To Judo



Club Checklist

Before re-opening my club, I will:

Read and understand all British Judo documents regarding a “Safe Return to judo”.

Prepare your club venue and consult with venue owners.

If applicable, ensure that our venue owners follow government and BJA guidelines.

Complete a Risk Assessment for my club;
venue, mat and equipment cleaning; signage; social distancing; hygiene; general safety.

Complete and sign the “BJA Club Declaration Form” before opening for indoor judo/
fitness sessions. I will then send this form to Sarah Walker at sarah.walker@britishjudo.org.uk

Contact parents and participants to inform them of what to expect when returning to judo.

Ensure all participants complete and sign ‘BJA Indemnity Form’ before each judo session.

Follow general BJA safeguarding guidelines.

BRITISH JUDO



BRITISH JUDO ASSOCIATION

Kudhail House, Birmingham Road, Great Barr, B43 7AH

T 0121 728 6920 **E** bj@britishjudo.org.uk

www.britishjudo.org.uk