



Return to Judo
A guidance booklet on Being Safe
Covid 19.

**Recommended actions and procedures
for clubs to initiate a safe return to
Judo and help to protect their
membership.**

Northern Ireland Judo Federation

May 24th 2021

Contents Page

Section

Introduction	3
Return to Judo Following Covid-19	4
Sport-Specific Issues	5
Executive Confirms Relaxations to Restrictions	6
General	7
Prior Arriving at Venue	8
During the Session	9
After the Session	10
Juniors Returning to Judo	11
Adults Returning to Judo	12
Parent/Guardian	13
Mat Layout	14
Mat Layout Examples	15
First Aid Protocol	16
Cleaning Guidelines	17
Cleaning the Dojo	18
Toilet and Changing Room Protocols	19

Appendices:

Club Check List.

Injury report Form.

Athlete Indemnity Form.

Club Declaration Form.

Test and Trace Form.

Posters

3. Introduction

The Northern Ireland Judo Federation are now reviewing the process as laid out by the NI Executive about relaxing some of the social distancing recommendations for indoor sport, which will allow participation in Judo to commence, albeit with some restrictions that will impact on how we initially deliver Judo throughout the Federation.

To continue to protect our sport of Judo, staff, clubs, membership, parents and guardians it is paramount that our NIJF club committees and coaches prepare to adopt the recommended Covid 19 procedures for training venues and sessions and ensure health and safety is practiced rigorously.

This document will layout criteria to support our sport of judo and all our membership in delivering Judo safely within government restrictions. If the government message changes, these guidelines will be adapted accordingly and promulgated to our membership.

Overriding Principles

- The Northern Ireland Judo Federation (NIJF) and its member clubs must:
- Ensure all activity is consistent with the Government's Public Health Guidelines regarding health, travel, social distancing and hygiene.
- Consider safety first, particularly minimising the risk of infection/transmission through droplet, fomite and population routes. A thorough risk assessment should be undertaken, and appropriate measures put in place to ensure participants, staff and volunteers are protected.
- 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. Think about how you can best do this.
- Put in place measures to enable an activity or event to return needs to be capable of being flexed or changed quickly if tighter movement/social distancing is reintroduced further into the future or indeed if the restrictions are further relaxed.

Venue and Club Issues & Responsibilities

1. Safety Checks

Venues, clubs and private providers of judo will be required to ensure that they are virus free and fit to return to delivering activity. They will be required to register for the NHS Track and Trace, complete a British Club Declaration form to say that they will abide by the NI Government Covid-19 Health and Safety Guidelines, Adapted NIJF recommendations and procedures taken from the BJA's Safe Return to Judo Guidelines and complete risk assessments.

2. Enabling Social Distancing for Safety at Judo – Social Distancing

Sessions will be arranged to minimise contact with other participants. The venue and training environment will be rearranged to enforce social distancing, and restrictions introduced are to limit singular access to communal areas (kitchen/toilets) depending on the current Phase in place. Signage to be put in place to ensure social distancing and hygiene rules are visible and practiced effectively. Face coverings to be worn according to government recommendations.

3. Managing Visitors or Spectators

Visitors and spectators will be discouraged from attending the sessions. Where attendance is necessary, they will be restricted to a designated area, strict hygiene enforced, and social distancing maintained.

4. Cleaning and Sanitising the Venue and Training Environment

Thorough cleaning and sanitising of the venue, training area and equipment (where necessary) will be conducted prior to and after sessions. If there are consecutive sessions enough time must be allocated to ensure cleaning of mats and equipment take place. Work surfaces and communal areas (kitchen/toilets) as required in line with government guidelines. Handwashing and appropriate hand sanitising products must be made available in the venue, training areas, toilets, changing areas, kitchens etc.

5. Risk Assessment

An initial risk assessment will be undertaken prior to re-opening the club. The risks will be continuously re-assessed and adapted if there are substantial changes in the working environment.

4. Return to Judo Following Covid-19

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 training or exercise begins

If the individual was not admitted to Hospital

Complete the social isolation period for at least ten days since the onset of symptoms

They must wait until at least Ten Days since the start of their symptoms and must be free from all symptoms for at least Seven Days before any exercise.

Their personal and psychological readiness to train, work/study factors, and the rest of their family's health must be considered.

5. Sport-Specific Issues

Compliance Agreement

Clubs will be required to complete a compliance agreement confirming that they will adhere to the NI Executive and the Northern Ireland Judo Federation'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. For non-contact judo, 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 nominated selected group chosen by the NIJF, 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.

Competition Spectators are allowed indoors up to a maximum of 500 – numbers will be limited by venue size. Competition numbers include participants, coaches, club volunteers etc again can be up to a maximum of 500.

Please Note: The 2-metre rule is still in operation and this will reduce the numbers in both cases dependant on the venue.

Changing room use

Participants should not, where possible, use changing rooms but come to judo prepared, wearing their kit and with their own clearly identifiable 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 be required to 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 will also be considered to limit footfall in entrances to the minimum acceptable numbers. 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.

Important: Clubs and Membership Health Information

We strongly recommend that everyone follows the NI Government Covid-19 guidelines. Anyone planning to travel to a club session to practice, coach or support in anyway **MUST** ensure that they do not exhibit any symptoms or have not been in contact with Covid-19.

If you have a temperature 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. Anyone they have been in contact with should be tracked and traced.

Any members who have Covid-19 should be advised: not to exercise for at least 10 days or until 10 days after the symptoms have resolved, and take at least 7 days to return to training, using symptoms, 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.

6. NI Assembly confirms relaxations to restrictions

Date published: 20 May 2021

“Significant relaxations to the Covid-19 restrictions will come into effect from Monday 24 May, the Executive has confirmed today. Ministers said the easements will be immensely beneficial to families, communities and the economy, and urged everyone to stay safe as they enjoy more freedoms”.

Sports and leisure activities

- Indoor group exercise and training can resume
 - Includes soft play areas, leisure centres, gyms, swimming pools, equestrian centres, venues relating to motor sport and activity centres.
 - Numbers limited to suit the venue
 - Social distancing where possible
 - Risk assessment to maximum capacity
 - All contact details must be taken and retained
- Full return to outdoor sport. Removal of:
 - The limit of 15;
 - The limit on squad training;
 - The requirement for outdoor sport being permitted only for those affiliated to a Governing body or an organisation that regulates a sport or sporting activity; and
 - The cap of 100 on competitive sporting events, and replace with an overall limit of 500 on all outdoor sporting events
- Indoor club training in squads allowed
 - No limits on numbers (subject to conforming to the spatial requirements for social distancing)

7. General

- **Under 18's organised indoor full-contact Judo permitted from the 24th of May.** Numbers should be limited by the venue size – NIJF still recommend minimum 1 coach to maximum 15 player ratio, however they can have more coaches and players depending on venue size limitations.
- **Over 18's organised indoor non-contact judo permitted with an indicative start date of the 31st of May –.** Numbers should be limited by the venue size – NIJF still recommend minimum 1 coach to maximum 15 player ratio, however they can have more coaches and players depending on venue size limitations.
- Toilets can open and changing rooms can be use but keep usage to a minimum (e.g., disability participants).
- Car sharing is now permitted but you must follow the guidance for safer travel, which will be updated ahead of May 31st.
- Spectators allowed indoors (only if Essential) in groups of six/two households social distancing; more than one group of six/two households allowed – numbers limited by venue size. Numbers include participants, coaches, club volunteers etc. No more than 1,000 spectators indoors at any venue.
- Spectators will be permitted to view NIJF organised competitive events on both public and private land but need to adhere to social distancing rules and social gathering limits. Spectators are allowed indoors, but the total number of all participants, coaches, officials and spectators must be aligned with the ventilation rates permitted by the particular venue.

Outdoor Activity:

Can outdoor sport and physical activity take place?

- Outdoor organised sport and physical activity is permitted in larger numbers. This means that organised outdoor individual and team sport, outdoor exercise classes (including walking groups) and organised sport participation events can happen with any number of participants, as long as it's undertaken in line with sport-specific guidance. People with disabilities
- People with disabilities can participate in organised outdoor and indoor sport without being subject to social contact limits.
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- Indoor facilities can be used by schools and post-16 education and training providers (such as colleges and universities), for organised sport or individual fitness activities related to their curriculum. This could include running an indoor basketball session for a school group, or a sport science student training for their sport in a gym.
- Indoor organised sport is permitted where it is part of formal education, and can take place indoors if necessary, but outdoor provision should be prioritised.

- Indoor sport for under-18s can also take place at school as part of educational provision, or as part of wraparound care.

8. Prior to arriving at venue

People	
Preparation information	<ul style="list-style-type: none"> • Ensure government safety and hygiene guidelines are available for members • Ensure club completes a BJA 'Club Declaration Form' and perform risk assessment. NHS Track and Trace application must be completed • Ensure all areas are in and around venue allow for recommended social distancing (includes carparks) 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) • Ensure NIJF membership is up to date • Ensure BJA coach award is valid – there is a coach revalidation extension in place • Cashless methods of payments recommended where possible • Slow phased return, appropriate volume and intensity relative to individual • Volunteers and competition officials must be made aware of and sign-up to abiding by competition health and safety rules prior to arriving
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 and clearly identified following government guidelines • Volunteers and competition official advised to avoid bringing personal belongings into venue or club.
Hygiene	<ul style="list-style-type: none"> • Cleaned judo clothing washed with detergent at 60 degrees (or as per manufacturer's instructions), • Handwashing before and on arrival, following government guidelines • Wear face coverings if required, following government guidelines • Take own tissues for wiping sweat etc.

Environment and 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 – dependent on phase and tier level • 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) • Two metre social distancing from non-family members • Three metre minimum from mat edge • Minimum 3 x 3 metre mat space available per person
Hygiene	<ul style="list-style-type: none"> • Mat cleansing with government recommended cleaning products

Session	
Session	<ul style="list-style-type: none"> • Activities: - Must allow for maintaining social distancing - Shadow judo technique options (unless living in same household) - Judo breakfalls - You can incorporate contact training for U18s and non-contact training for over 18s.
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

9. During the Session

People	
Social distancing	<ul style="list-style-type: none"> • Maximum participants dependant on phase and tier level – player/ mat ratio rules apply • Coach distancing rule – two metre from non-same household members - dependent on current guidelines. • Maintain social distancing from non-same household members – dependent on current guidelines.
Hygiene	<ul style="list-style-type: none"> • Handwashing as following government rules • Footwear must be worn off the mat - e.g., going to toilet • Do not share water bottles or equipment (unless same household) • Volunteers and competition official advised to avoid sharing equipment and sanitise any equipment being shared before and after using

Environment and 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 distance adherence	<ul style="list-style-type: none"> • Three metre space maintained between spectators and mat • Referees must wear mask when refereeing a judo contest (except for health reasons)
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 a sealed (pedal) bin.

Session Delivery	
Social distancing to be maintained	<ul style="list-style-type: none"> • No contact practice for Adults • Full contact practice for children • 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 • Contact is only permitted based on age and step restrictions. • Competition is only permitted based on age and step restrictions. • Judo breakfalls • Non-contact fitness activities • Ensure fluid breaks

10. After the 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 (or as per manufacturer's instructions)

Environment and Venue	
Signage	<ul style="list-style-type: none"> • Ensure signage is still 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

11. Returning to judo – Juniors

During the Covid-19 pandemic the lists below are designed to prepare you for and ensure your safe return to judo. Please read carefully and contact your club for further information to ensure yourself and your child are adequately informed of what the requirements are.

Before I leave home to go to judo 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
- ✓ Go to the toilet just before I leave
- ✓ Put my judogi on just before I leave, 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 clearly identifiable water bottle
- ✓ Plasters
- ✓ Tape
- ✓ Towel
- ✓ Anti-bacteria hand sanitiser
- ✓ Kitchen roll
- ✓ Anti-bacterial wipes
- ✓ Disposable rubber gloves (two pairs)
- ✓ Face mask
- ✓ Uchi-Komi bands (if required)

Things to avoid and consider, I will:

- ✓ Avoid sharing my personal items with anyone else
- ✓ Use my own tissues, cleaning and basic First Aid kit (see list) where possible – ask the coach what you need
- ✓ Not travel on Public Transport unless absolutely necessary
- ✓ Follow the signs regarding arrival and leaving the carpark and venue

When I arrive at the Dojo, I will:

- ✓ Wash my hands or use hand-sanitiser before going into the building
- ✓ Put my mask on before going into the building if required
- ✓ Enter the building ensuring I keep two metres away from everyone else
- ✓ Not go into the changing rooms
- ✓ Ensure I wash my hands properly with soap and water if I go to the toilet
- ✓ Follow the one in and one out for going to the toilet
- ✓ Sign-in on the register and handover my indemnity form from my parent/guardian

When I go into the Dojo, I will:

- ✓ Bow when I enter the Dojo and maintain social distancing
- ✓ Follow the coach's instructions and wait for the coach to invite me onto the tatami
- ✓ Bow when I move onto the tatami
- ✓ On the instruction of the coach move to my personal recommended mat area
- ✓ Have my water and personal belongings next to me within my personal area
- ✓ Have no contact with anyone on the mat
- ✓ Stand in the middle of my personal area
- ✓ On instruction of the coach bow knowing this means the class has officially started
- ✓ Ensure I keep the recommended distance away from anyone else on the tatami
- ✓ 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 allocated space to attract the attention of the coach if I feel unwell and wait on the instructions from the coach

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

12. Returning to judo – Adults

During the Covid-19 pandemic the lists below are designed to prepare you for, and ensure, your safe return to judo. Please read carefully and contact your club for further information to ensure you are adequately informed of what the requirements are.

Before I leave home to go to judo I will:

- ✓ Follow government guidelines on self-isolation and stay away from training (If you exhibit any signs of infection.)
- ✓ Ensure NIJF membership is up to date.
- ✓ 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 (or as per manufacturer's instructions (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 clearly identifiable 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.
- √ Have my temperature taken on arrival.
- √ 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.
- √ At present, Judo training will be non-contact until further clarification is received.
- √ 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.
- ✓ 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.

13. Returning to judo – Parents and Guardians

Northern Ireland 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 NIJF 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 may be reduced. It is important that your child adheres to the instructions given by the coach and stay within their designated area on the mat. Activities may be restricted full-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 public transport and please be reassured a full risk assessment has taken place by the club coach Dojo to NIJF 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.

14. Mat Layout

Judo needs specific guidelines to be able to return to judo training to ensure it is done in a safe manner, following the relaxation of Covid-19 lockdown. It is envisaged that this will be a phased approach starting with activities where social distancing must be maintained and precautionary measures being taken including the policing of movement and the cleansing of everything that the participants come into contact with. The main items of concern are, but not limited to venue, mats, apparatus, clothing, toilets, changing rooms, judogi and of course the participants.

This advice relates specifically to the mat capacity, operational areas and movement management.

Mat capacities

The coach has the responsibility to ensure that the approved spacing guidelines are not compromised in any way, the mat ratio's that NIJF Judo are working to, are a minimum mat space per participant as follows:

2m x 2m

It is recommended that the maximum number of participants in a judo session are: 15

Number of participants will be dependent on NI government guideline requirements

The mat area will not always fit the mathematics of dividing it up exactly into operational squares of 2m x 2m, 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 on the following pages. 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:

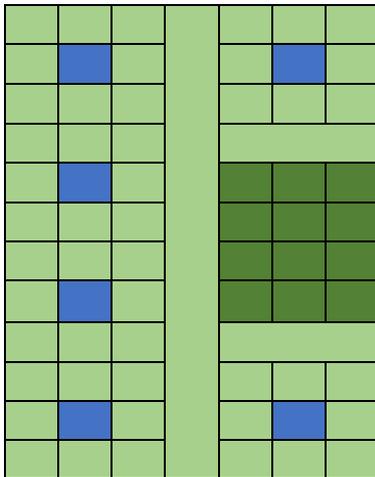
- All on mat disciplines remain the same as sessions having peripheral walk areas.
- Additional processes will be required to facilitate the start, end and interruption processes as mats against walls will not facilitate walking around other participants operational areas at safe distancing.

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

15. Mat layout Examples - Adults

Options for allocation of operational areas on typical mat shapes:

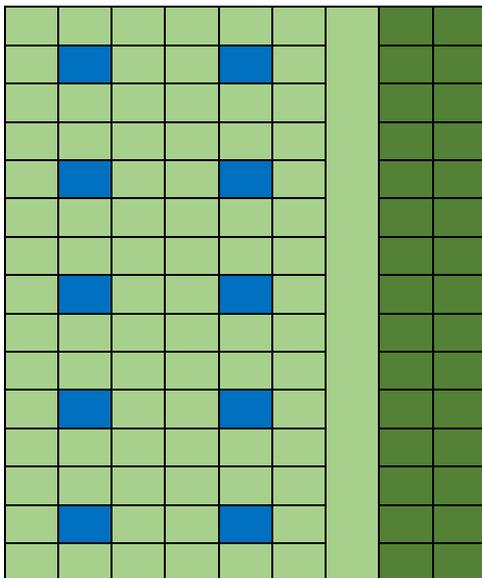


12m x 7m Mat Area

L/Green = Mat

Blue = Player

D/Green = Coach

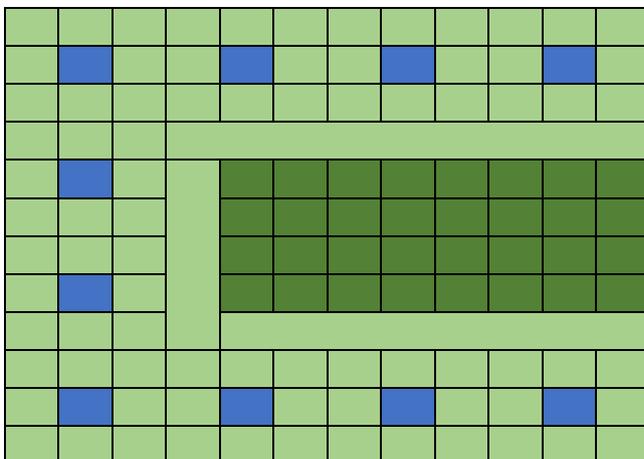


15m x 9m Mat Area

L/Green = Mat

Blue = Player

D/Green = Coach

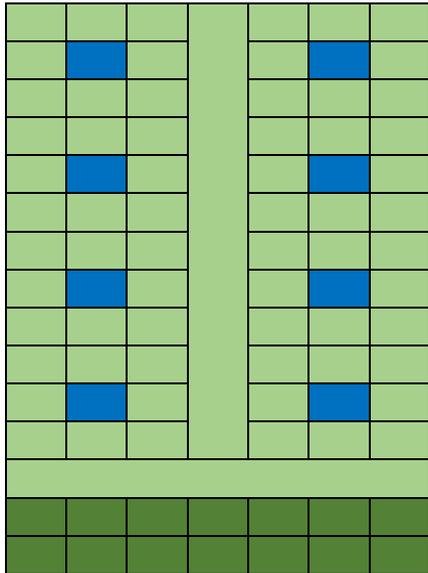


12m x 12m Mat Area

L/Green = Mat

Blue = Player

D/Green = Coach



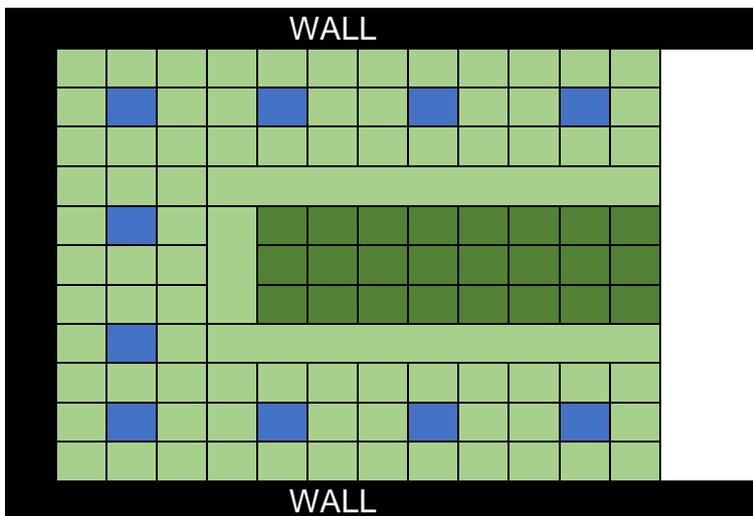
12m x 7m Mat Area

L/Green = Mat

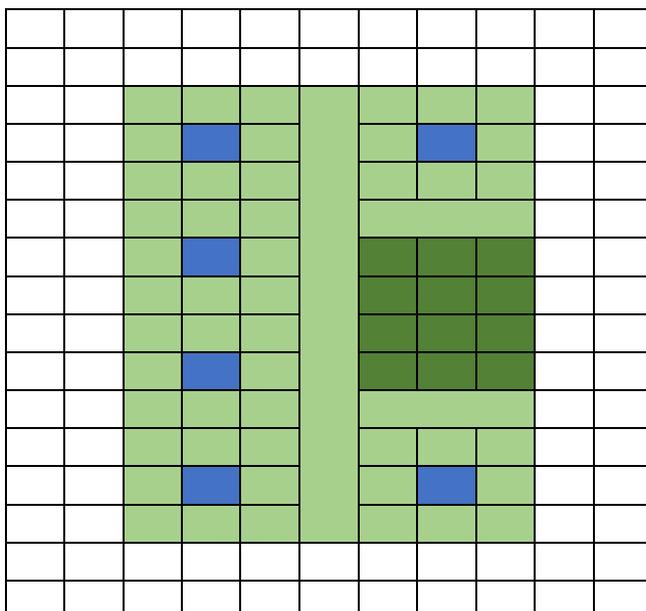
Blue = Player

D/Green = Coach

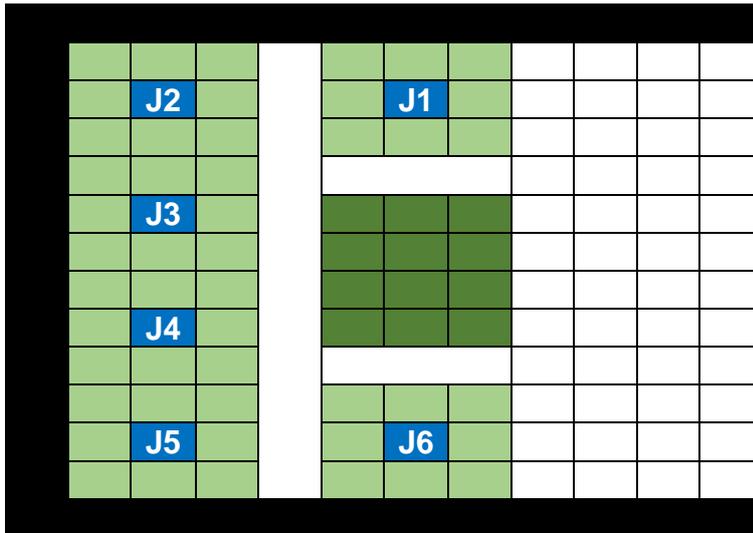
Entry and Exit Example



The Coach would be the first person in and then the last person out of the venue to manage the process to maintain social distancing.



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.



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.

Mat area Layout for Children

Taking current protocols into account, giving each child a 4m² training area, the following is allowed:

10 x 10-meter Mat Area would allow for 24 children

9 x 9-meter Mat Area would allow for 20 children

8 x 8-meter Mat Area would allow for 16 children

7 x 7-meter Mat Area would allow for 12 children

6 x 6-meter Mat Area would allow for 8 children

16. 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/NIJF.

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](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 NIJF guidelines using the report form found at appendix one:

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.

17. 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 Northern Ireland (PHNI) 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, floors, chairs, door handles, telephones, grab-rails in corridors and sanitary fittings, following one of the options next:

use either a combined detergent disinfectant solution at a dilution of 1,000 parts per million available chlorine

or a household detergent followed by disinfection (1000 ppm av.cl.). Follow manufacturer's instructions for dilution, application and contact times for all detergents and disinfectants or

- if an alternative disinfectant is used within the organisation, this should be checked and ensure that it is effective against enveloped viruses.

Avoid creating splashes and spray when cleaning.

Any cloths and mop heads used must be disposed of and should be put into waste bags as outlined below. When items cannot be cleaned using detergents or laundered, for example, upholstered furniture and mattresses, steam cleaning should be used. Any items that are heavily contaminated with body fluids and cannot be cleaned by washing should be disposed of.

Laundry

Wash items in accordance with the manufacturer's instructions. Use the warmest water setting and dry items completely. Dirty laundry that has been in contact with an unwell person can be washed with other people's items. Do not shake dirty laundry, this minimises the possibility of dispersing virus through the air. Clean and disinfect anything used for transporting laundry with your usual products, in line with the cleaning guidance above.

Waste

Waste from possible cases and cleaning of areas where possible cases have been (including disposable cloths and tissues):

1. Should be put in a plastic rubbish bag and securely tied when full.
2. The plastic bag should then be placed in a second bin bag and tied.
3. It should be put in a suitable and secure place and marked for storage until the individual's test results are known.

Waste should be stored safely and kept away from children. You should not put your waste in communal waste areas until negative test results are known, or the waste has been stored for at least 72 hours.

- if the individual tests negative, this can be put in with the normal waste
- if the individual tests positive, then store it for at least 72 hours and put in with the normal waste.

If storage for at least 72 hours is not appropriate, arrange for collection as a Category B infectious waste either by your local waste collection authority if they currently collect your waste or otherwise by a specialist clinical waste contractor. They will supply you with orange clinical waste bags for you to place your bags into so the waste can be sent for appropriate treatment.

18. Cleaning the Dojo

What you need to know?

- 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 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 months, 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 - affecting 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.

19. 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.

Appendices:

- Club Check List.
- Injury report Form.
- Athlete Indemnity Form.
- Club Declaration Form.
- Test and Trace Form.
- Posters.

**PLEASE NOTE A COPY OF THESE FORMS AND RESOURCES ARE AVAILBLE
TO DOWNLOAD AT WWW.NIJUDO.COM**

CLUB CHECK LIST

BEFORE RE-OPENING MY CLUB, I WILL:

- Read and understand all NIJF Judo documents regarding a “A Return to judo”.
- Prepare your club venue and consult with venue owners
- If applicable, ensure that our venue owners follow government and NIJF 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.reed@britishjudo.org.uk
- I will send a copy of this form to Gail Reid at admin@nijudo.com
- 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 NIJF safeguarding guidelines.

INJURY REPORT FORM

Please use this form to report any injuries that occurred in an organised judo session of the Northern Ireland Judo Federation (NIJF) 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.	
NIJF 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 aid administered	
Where was first administered	
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	
Signature of reporting person	

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 – emails:		
Contact Details – Phone/Mobs:		
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 old)	
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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 Northern Ireland Judo Federation (BJA) affiliated clubs and registered venues must sign this declaration form to say that they will abide by the NI Government and NIJF/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 admin@nijudo.com and also carbon copied to sarah.reed@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 NIJF/BJA affiliated club/registered venue, I declare that at all times we will adhere to the NI Government and NIJF/BJA guidelines related to Covid-19 social distancing and hygiene requirements.

Typed/electronic signature	
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CLUB INFORMATION RESOURCES

These resources are available to download at www.nijudo.com but if you need any further assistance, please email admin@nijudo.com

KNOW THE COVID19 SYMPTOMS



- HIGH TEMPERATURE
- SHORTNESS OF BREATH/
BREATHING DIFFICULTIES
- LOSS OF TASTE OR SMELL
- COUGHING

DO NOT TRAIN IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS

PLEASE FOLLOW PUBLIC HEALTH GUIDELINES

NORTHERN IRELAND JUDO 

LOTTERY FUNDED

FOLLOW PUBLIC HEALTH GUIDELINES FOR HYGIENE



STAY SAFE PRACTICING JUDO

NORTHERN IRELAND JUDO 

LOTTERY FUNDED

STAY SAFE PRACTICING JUDO



FOLLOW THE NIJF RETURN TO JUDO PROTOCOLS

NORTHERN IRELAND JUDO 

LOTTERY FUNDED

PLEASE ADHERE TO SOCIAL DISTANCING GUIDELINES



NORTHERN IRELAND JUDO 

LOTTERY FUNDED