



Return-to-Play Committee Q&A Session for Clubs

Committee members:

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Q&A session for clubs – timeline of events

Date (all in 2020)	Event (selected items relevant to our resumption of activities)
March 12	First Covid-19 cases reported in Manitoba. Announcement that the judo season was suspended (given preventive measures mandated by authorities)
March 31	Schools in the province are required to close
April 15	Formal notification of cancellation of season by Judo Canada
April 29	Initial steps announced to reopen the economy in Manitoba
May 21	Initial discussions of the Judo Manitoba Return-to-Play Committee
May 27	Announcement by health authorities that phase 2 will include resumption of sports and recreational activities provided a detailed plan is submitted and approved by each sport
June 6	Formal working session of the Return-to-Play Committee
June 13	Judo Manitoba AGM – an update on the Return-to-Play plan is provided to members
June 16	The Judo Manitoba RTP plan is finalized and submitted to the Board for approval
June 23	The Judo Manitoba Return-to-Play plan is submitted to Sport Manitoba
July 2	Judo Manitoba's RTPs plan is approved by Provincial Health authorities
July 14	First club to reopen: Provincial Training Centre. Approval after all required conditions were met

Q&A session for clubs – the 4 phases at a glance

Phase 1: Reopening with physical distancing

- Individual exercises only (outdoors or indoors)
- Temperature and symptom screening
- Limited number of participants respecting 1 person per 8 m²
- Wearing of mask permitted but not required (as long as physical distancing maintained)

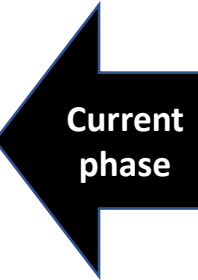
Phase 2: Working in dedicated pairs

- Exercises with partner possible (same partner for each training session throughout Phase 2)
- Temperature and symptom screening
- Limited number of participants respecting 2 persons per 16 m²
- Wearing of mask permitted but not required (as long as dedicated partners are maintained)

Phase 3: Physical distancing no longer necessary

- Exercises with any partners permitted
- Temperature and symptom screening
- No limits on the number of participants

Phase 4: Return to “new normal”



Q&A session for clubs – the 4 phases at a glance

RECOMMENDED ACTIVITIES (In Japanese terminology where applicable, with corresponding English translation in <i>italics</i>)	Phases			
	1	2	3	4
<u>Tandoku-Renshu</u> (<i>solo exercises</i>) with equipment (elastic, training dummy, ...)	✓	✓	✓	✓
<u>Geiko</u> (<i>drills practice</i>) with the same designated partner during the whole session. Possible work in cooperation or/and opposition.	✗	✓	✓	✓
<u>Tachi-Waza</u> (<i>standing techniques</i>) and <u>Ne-Waza</u> (<i>ground techniques</i>): Work skills and fundamental techniques	✗	✓	✓	✓
<u>Ukemi</u> (<i>break fall, falling technique</i>)	✓	✓	✓	✓
<u>Kiai</u> (<i>shout</i>)	✗	✗	✓	✓
Randori (<i>free fighting</i>)	✗	✗	✓	✓
Postures, movement, coordination, mobility	✓	✓	✓	✓
Any teaching adapted to comply with respiratory hygiene and prevention instructions	✓	✓	✓	✓

Q&A session for clubs

Working together and following guidelines, we can help ensure a safe and efficient return to judo in our province!



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Club COVID-19 Q&A Session
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Questions and Answers by Topic

No.	Topic	Question	Answer	Notes
1.1	Thermometers	Can I use any clinical thermometer?	Thermometers must be touchless . Infrared are the best ones. A recommendation was included in the notice sent to clubs in July.	
1.2	Thermometers	Can I be reimbursed for a thermometer that I already had?	An original invoice , or a scanned copy of the original invoice is required. It must show that the thermometer was purchased by the club (or by someone on behalf of the club).	
1.3	Thermometers	Can I just buy one (e.g. more expensive) thermometer?	For efficiency and to help ensure temperatures can be taken if one thermometer malfunctions or goes missing, we are asking clubs to buy at least two .	
1.4	Thermometers	Can I get reimbursement as soon as I order my thermometers online?	To get reimbursement the club must have: <ul style="list-style-type: none"> a. Already received the thermometers b. Completed and submitted for approval the Club Declaration form c. Submitted an expense claim (with copy of the original invoice) to Judo Manitoba 	
1.5	Thermometers	Will we receive training to measure temperature?	Each thermometer is different. Please refer to the operating instructions that came with your thermometer. Also, we strongly recommend for the instructor to arrange for two more people to screen attendees (including taking temperature readings) and manage the required hygiene procedures prior to each class .	
1.6	Thermometers	How do I know that my thermometers work properly?	Clearly, we cannot guarantee that a thermometer will work, but to test, the instructor can take a number of measures on himself/herself and someone else. (temperature readings for the same person within a few minutes should be consistent).	
1.7	Thermometers	During which phases are thermometers required?	Thermometers must be used for screening in Phases 1-3.	

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1.8	Thermometers	Does the outside temperature impact the effectiveness of the thermometer?	Testing and experience say no. The thermometers have worked well even on hot days.	
2.1	Cleaning supplies	What kind of cleaning supplies should I buy?	<p>Please consult guidance provided by the Public Health Authorities, on sites such as: https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html#a2</p> <p>Also, please note that Judo Canada guidelines recommend cleaning mats using a solution with 10% bleach. Please see: https://www.judocanada.org/wp-content/uploads/2017/08/Safe-Judo-Practice-EN_aug_2017.pdf</p>	Concern about using bleach to clean mats and the long-term impact on the mat covering. Quaternary cleaners can be just as good.
2.2	Cleaning supplies	Will there be a subsidy for cleaning supplies?	At the moment, the only subsidy is for thermometers; we will advise if anything else is available.	
2.3	Cleaning supplies	Can we dry the mat with a fan after cleaning?	It's okay to use a fan to accelerate the drying. The mats can also be sanitized using a spray bottle and then wiped down.	Contact time between the cleanser and the mat is important. More is better.
2.4	Cleaning supplies	Judo Canada guidelines suggest cleaning mats before and after use. This will take a lot of time.	With limited time, especially in a shared facility, this is a constraint. If choosing one, clean before the class.	Don't put mats away wet.
2.5	Cleaning supplies	What about cleaning the gym floor?	This should be the facility manager's responsibility.	
3.1	Masks	Are masks mandatory?	<p>Masks are optional for athletes. Greeters and individuals doing screening must wear masks.</p> <p>Also, it is strongly recommended that instructors and assistants wear a mask. (Note: as instructors/assistants will have to project their voice, the mask will reduce the spread of particles during the class).</p>	<p>Masks can affect athlete breathing. This should be taken into consideration in deciding whether to use a mask.</p> <p>Fit is important, especially if wearing glasses, where fogging can be an issue.</p>

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3.2	Masks	What do we do if an athlete loses (i.e. drops) his/her mask during practice?	Based on advice from our medical experts, the masks should be discarded if they are dropped during practice. If this happens, the masks should be discarded as regular waste. Instructors should advise athletes and parents, in advance, that masks cannot be reused if they are dropped to the mat. The athlete/parent can bring additional masks, or if the club has the resources, they may decide to offer masks for practice.	
3.3	Masks	What about instructing deaf students, who rely on lip reading?	There are specially designed masks that are clear around the mouth, for lip reading.	
4.1	Procedures	What do we do if an athlete has temperature of 38C or above ?	The athlete should be advised to go home and self-monitor . If the athlete is a minor, the instructor should make sure that a parent or guardian is advised. Sport Manitoba also recommends contacting HealthLinks . HealthLinks provides an online / phone screening tool, and resources for select medical advice: https://sharedhealthmb.ca/covid19/screening-tool/	
4.2	Procedures	Does everybody have to sign the attendance sheet ?	Yes, and this includes athletes, instructors, parents, observers and any other individuals that come to the club. Everybody should answer the 4 statements in the attendance sheet. To avoid sharing items , the person doing the screening can put each person's name, initials and date on the attendance sheet.	
4.3	Procedures	If everybody is fine and have no symptoms, can we discard the sheets after class?	The attendance sheets should be retained for a minimum of 21 days .	

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4.4	Procedures	If my club has already completed all the steps, can I reopen?	Each club should receive approval in writing from Judo Manitoba before opening. I.e. on the Club Declaration form, signed by the President or the Vice-President.	
4.5	Procedures	Can clubs request approval directly from the province or from Sport Manitoba?	No, clubs should follow the established protocols, meet the requirements, submit a completed Club Declaration form to Judo Manitoba, and wait to receive approval from Judo Manitoba.	
4.6	Procedures	How will a club know when Judo Manitoba is progressing to the next phase ?	Any potential changes to phases (progression or reversal) will be evaluated by the RTP Committee, based on guidelines from public health authorities. Clubs will be notified as soon as possible once a decision to move to another phase has been made.	
4.7	Procedures	Does a club need approval to begin operating under each phase?	Yes, as requirements for each phase are different, clubs will have to wait for approval and/or confirmation in writing from Judo Manitoba before moving to another phase.	Assuming a club has their declaration approved, we will be opening at Phase 2.
4.8	Procedures	If we are using shared facilities and there is another group using the same door but different parts of the building do we have to record them as well?	No, the groups should be streamed into the facility separately, so that only the participants in the Judo workout need to be screened.	
4.9	Procedures	Does Judo Manitoba want each club to outline how they will meet the policy, or just fill out the required forms.	The club should complete the club declaration, which includes compliance with the Judo Manitoba plan.	
4.10	Procedures	Can a club choose to stay at a prior stage longer than what Judo Manitoba is progressing at?	The club is welcome to stay at the current phase. They need to advise Judo Manitoba of their decision and submit their declaration once they decide to move to the next phase.	

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4.11	Procedures	If a club does not have permission to operate in a school, could it work out with another judo club that is located in a different facility, if the head instructor is in agreement?	Each club must get their own declaration approved. If they then decide to share a facility, they need to respect the 8m ² /person requirement and meet all other standards.	
5.1	Medical situations	What do we do if someone connected to the club (e.g. athlete, relative, etc) gets sick with Covid19?	<p>Implement your club emergency action plan (each club should already have one). Secure attendance sheets (as these will be needed for contact tracing), notify club members; notify Judo Manitoba.</p> <p>IMPORTANT: the name of the person infected should not be disclosed. The club will have to close until a proper reassessment is done. In order to reopen, the club must wait again to receive authorization from Judo Manitoba in writing.</p>	
5.2	Medical situations	Are medical officials inspecting clubs?	<p>Health officials have the authority and ability to inspect clubs. Penalties might be applied for non-compliance.</p> <p>The club can also be visited by a member of the RTP Committee, or an individual designated by them, to assess compliance.</p>	
5.3	Medical situations	If someone with symptoms has recently tested negative for COVID, can we modify the requirements for this person?	No. The protocols, as indicated in the Return-to-Play guidelines must be followed by everyone . It is recommended that, if someone tests negative, they still have to be symptom-free for at least 24 hours (with no medications) before returning to play.	The person with symptoms likely has a contagious disease, if not COVID, and should stay away from workouts.

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5.4	Medical situations	What do I do if a student shows suspicious symptoms during practice? (e.g. starts coughing , etc).	<p>Proceed with caution: take the student aside, speak with them, ask the 4 questions in the attendance sheet. If the student does not feel well, they should go home.</p> <p>Keep in mind that coughing is a frequent symptom of exercise-induced asthma, therefore, this may occur with athletes who have known asthma - if cough resolves promptly with use of a salbutamol puffer, then it is not likely a symptom of viral infection. Please apply common sense.</p> <p>IMPORTANT: if the athlete is underage, the parent or guardian should be involved.</p>	Encourage students to share information on pre-existing conditions as part of their registration process.

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5.5	Medical situations	What do we do if one or two members of the dedicated training pair / group (i.e. the 'cohort') has symptoms of Covid-19?	<p>All cohort members must isolate until tests can confirm if any of the athletes is infected with Covid-19.</p> <p>The club must be notified if athletes have Covid-19 related symptoms.</p>	<p>If the at least one athlete is infected (i.e. tests positive), he/she should follow treatment and isolation (the whole cohort will have to isolate too). They can return only upon receiving medical clearance.</p> <p>If all the cohort members are negative, they should wait and only return after being asymptomatic for 48 hours.</p> <p>For additional guidance please see: https://www.judocanada.org/wp-content/uploads/2020/09/Judo-Canada-Covid19-Return-to-judo-Retour-au-judo-Cohort-Presentation.pdf (Note: the Judo Canada reference is provided for information purposes only. All Manitoba clubs must follow guidelines as stipulated by Judo Manitoba).</p>
6.1	Working out	How can we do the initial bow?	You may still line up, ensuring a distance of at least 2 meters and an area of 8 m2 for each person on the mat.	

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6.2	Working out	Should we mark the spots or just designate 'mat areas'?	It is recommended to clearly demarcate the area (e.g. with tape, or plastic cones) . The minimum size is 8m2 for individual athletes and 16m2 for pairs.	Recommend taking the total workout area and demarcating by the total number of participants, keeping the 8m2 in mind.
6.3	Working out	Are athletes not allowed to use the washroom?	Use of the washroom should be minimized and cleaning / sanitizing supplies should be provided for people to clean each time, after the washroom is used (use should only be allowed on an exceptional basis) .	Need to be reasonable, use wipes to clean-up after washroom use. This can be done by the greeter in the case of young participants..
6.4	Working out	Can athletes change at the club, or outside?	Athletes should arrive wearing their judogi. Use of changing rooms should not be allowed.	Goal is to not use the change room.
6.5	Working out	Can athletes work out with someone else?	As we are in phase 2 , they can work out with a dedicated partner (refer to guidelines).	Dedicated pairs encourage commitment. Athletes can also consider a group of four (4) i.e. a “cohort” from the same social bubble. Larger groups of dedicated training partners are not permitted at the moment.
6.6	Working out	Should dedicated partners limit their workout time?	At the moment, the guideline is for dedicated partners to train together for the duration of the phase . If there are changes, we will advise. Contact with all other participants should be avoided. Dedicated partners can work out together for the duration of the class (e.g. without limiting time), if there are changes to this item, we will advise.	Dedicated partners are for the duration of Phase 2.

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6.7	Working out	Can I switch to offer my classes online ?	Yes, virtual training can be offered, if you can effectively monitor those participating in the virtual training, e.g. participants sharing their training via a video call.	Virtual training is now endorsed by Judo Manitoba's insurer. Instructors should continue to remind athletes to always keep safety in mind when participating in virtual sessions
6.8	Working out	What about teaching a new technique?	Touching should be avoided. Use the other sensei or a dedicated training partner.	
7.1	Working out / Liability	Does my club need approval to do other workouts, e.g. exercise in the park, outdoor jogging, etc?	No approval is necessary as long as these are not "judo classes"; i.e. these activities can be conducted, but they will be at the individuals' own risk and will not be sanctioned by Judo Manitoba.	
7.2	Liability	Are clubs covered by Judo Manitoba's insurance for issues related to Covid?	No. Our insurance has an exclusion applicable to Covid-19. Please refer to the Waiver form available on our website.	
7.3	Liability	In the past, I have encouraged children to try judo without any paperwork, other than having a parent present for potential issues. Is it now the policy to have a signed COVID waiver form to even try out?	Yes, before someone participates in a Judo workout, they must sign the declaration and either the waiver or assumption of risk, depending upon age.	The waiver needs to be signed by participants 18 years and older. The assumption of risk needs to be signed by the parent/guardian of minors.
7.4	Liability	Just for reference, no new judo members can join?	No, new members are still welcome. The sensei needs to ensure they have capacity, given the 8m2 guidelines, and that the member can comply with all sanitation and distancing standards.	

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Provincial Training Centre Opening Observations

- ✓ Manage arrivals to minimize queuing in the club entrance.
- ✓ Sanitize all the time, every time they come on the mat.
- ✓ Water bottle should be kept in the demarcated area. There should be no water bottle sharing.
- ✓ Gel sanitizer is okay for hand, spray works better for feet
- ✓ Shop around for cleaning products. Note: Airton's cleaning supply company contact. <https://imperialsoap.com/>
- ✓ Using a booking process for each workout helps when space is restricted. Airton has added more classes to manage the space.
- ✓ The coach/instructor may need to speak loud especially in large rooms/gyms, and it would be a good idea for them to wear a non-medical mask
- ✓ Invariably someone will have to use the bathroom
 - for adults we instruct them that when they are done their business, or their child is done their business, wipe everything down (i.e. toilet seat cover, handle, sink faucets etc.) with Lysol wipes which are in the bathroom and at the end to wipe the inner and outer doorknob and light switch and throw the wipe away in the garbage right outside the bathroom. For judoka I have noticed 0 - 2 needing to use the washroom (over three classes) and for adults attending with their children 0 - 1 per child class. Pragmatically it is probably safer to follow such a routine versus parents or judoka using a nearby public washroom.
- ✓ Especially when people start returning, it is good to have one person doing the up-front screening, temperature, and hand sanitization and a separate person dealing with arranging foot sanitization, instructions for the class and getting them on the mat in their respective places. We found that after two weeks (~ 5 classes) most attendees were accustomed to the routine and would know to wait for up front screening before entering the mat area, even if they arrived late.
- ✓ we routinely screen parents who stay and visitors
- ✓ occasionally a child will come in with their younger sibling for a later class - we screen both at the same time

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Club COVID-19 Shopping List

Thermometer	Medical grade Touchless/infrared Judo Manitoba recommends having two for backup and volume purposes.
Hand/Foot Sanitizer	Gel hand sanitizer is okay. Spray is better for feet
Mat Sanitizer	Quaternary or 10% bleach solution. <ul style="list-style-type: none">Note: bleach-based solutions may shorten the life of the tatami if used frequently.
Wipes	Bleach based Wipe down other contact surfaces as needed
Signage	Reminders on club protocol, social distancing and sanitization
Demarcation markers	For demarcation of athlete spacing on the tatami Need to be able to set up and take down quickly No risk of injury if an athlete falls or trips on it. Flat sports cones are suggested
Gloves	May be worn when sanitizing surfaces
Masks	May be helpful to have spare masks available for those who may need them (Sensei, dojo entrance screeners)
Spray bottles	
Paper towels	
Waste baskets	
Garbage bags	



July 21, 2020

Return to Judo – Notice to Clubs

The Board of Directors and the Return-to-Play Committee at Judo Manitoba are pleased to inform you that **we have started implementing our return to play plan.**

The “Return-to-Judo” guidelines and related information are now available on the Judo Manitoba website (please see: <http://www.judomanitoba.mb.ca/covid-19/>).

We encourage you to **review the guidelines and related documents.** Becoming familiar with this information is essential for club re-opening.

Club Declaration

The head instructor for each club is responsible for completing a “**Club Declaration**” form. The form is **available on our website.** A complete form must be submitted to Judo Manitoba to: judo@sportmanitoba.ca. Once the form is received and reviewed, the President (or an authorized delegate) will notify the head instructor of the decision.

Important: please remember that clubs must **not** resume practices or move to another phase without written approval from Judo Manitoba.

Support for purchase of thermometers

The Judo Manitoba Board of Directors is happy to advise clubs that, in order to support re-opening efforts, Judo Manitoba will **reimburse** the purchase of two (2) medical-grade thermometers. The reimbursement will be **up to a maximum of \$150**, and will be subject to the following conditions:

- A signed Club Declaration must have been submitted and should have received approval by Judo Manitoba
- The head instructor should provide proof (e.g. an invoice) that at least two (2) **touchless medical-grade** thermometers have already been purchased for the club

Note: the thermometers should be appropriate to obtain reasonably reliable measures. For an **example of a non-contact (i.e. touchless) medical-grade thermometer**, please **see next page.**

If you are unsure on whether the thermometers you intend to purchase qualify for the reimbursement, please send the specifications to Judo Manitoba, to the attention of the “Return-to-Play Committee”, **before purchasing** the thermometers. A member of the Return-to-Play Committee will respond, advising you whether or not the item is deemed acceptable.

Q&A Session

The Return-to-Play Committee will host an **information session** to answer questions from club instructors. The session will be offered to head instructors and assistants in August. Please stay tuned for the specific date and time of the session.

Example of a medical-grade thermometer approved by the Return-to-Play Committee (below).

Note: for hygiene reasons, the thermometers used by clubs should be 'non-contact', i.e. touchless. Please make sure to read and understand the device specifications prior to completing your purchase*:



HELOV No-Touch Quick Read Forehead Body Digital Infrared Thermometer (handheld) for adults, children, babies. Distance Range: 5 to 15 cm

This thermometer can be found online.

***Important:** Judo Manitoba provides this only as a recommendation and cannot warrant or guarantee the proper function of this or any other thermometers. Please exercise proper diligence and caution when purchasing any equipment or items online.