



# Return to Judo Post COVID-19 Guidelines

September 2, 2021 version

**(Prepared for Judo Manitoba by Dr. Pierre Plourde June 5, 2020)**

(Reviewed by Judo Manitoba's 'Return-to-Play Committee' on June 16, 2020)

(Revised July 17, 2021 by the 'Return-to-Play Committee')

(Revised September 2, 2021 by the 'Return-to-Play Committee')

Please see: "[Judo Manitoba memo\\_Return-to-Play\\_Sep 2, 2021](#)"

## INTRODUCTION

Judo Canada has developed national Return to Judo Post COVID-19 Guidelines (<https://judocanada.org/covid-19/>) that are meant to be used as guide to help provincial judo authorities develop their own local Return to Judo guidelines. These guidelines support and encourage the resumption of judo activities by judo clubs in the context of COVID-19, as long as the following protocols and measures outlined in this document are followed.

Judo Manitoba acknowledges that these provincial guidelines were drawn from the national Return to Judo Post COVID-19 Guidelines, with important modifications that take into account specific local realities, including local epidemiology and severity of the COVID-19 pandemic.

These guidelines and protocols apply to all judo clubs in Manitoba, including club members (judoka), accompanying persons (such as parents and spectators), as well as instructors and other staff, and must be followed to allow for a safe reopening of any club. These guidelines are consistent with Public Health recommendations from the Public Health Agency of Canada and from Manitoba Health, to limit the spread of COVID-19 and to ensure that all judoka practice their sport as safely as possible.

As judo is a close contact sport, Judo Manitoba is aware that in the context of the COVID-19 pandemic, which is expected to last for several months, it will not be possible to resume regular judo training practices in the short term, and it may be several months before "normal" judo training can resume. However, these guidelines offer direction around protocols and measures that can be put into place to permit a gradual resumption of judo training.

**Note: the information contained in this document does not replace any directives or regulations established by government authorities and it is not intended to replace professional medical advice.**

This document will be updated based on the evolution of public health COVID-19 pandemic prevention guidelines. **Make sure that you are using the most recent updated version of these guidelines (posted on Judo Manitoba's website).**

## BACKGROUND COVID-19 INFORMATION



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Coronavirus disease 2019 (COVID-19) is a worldwide pandemic caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Although this virus is very infectious, several effective vaccines have been developed and are currently being administered to the general public. Most people infected (80%) have mild symptoms and some have none. It is anticipated that most vaccinated persons will be protected from COVID-19 or will only get mild to no symptoms if they still become infected with COVID-19.

There are still unknown aspects to this new virus. What is known is that, similar to other respiratory viral infections, many people will only begin to develop symptoms several days after becoming infected, resulting in the potential spread of the infection prior to knowing that you have been infected.

Public health authorities have determined that the most effective measures to limit the spread of COVID-19 include: wearing of masks, physical distancing requirements, restrictions on public gatherings, quarantine measures, and limited movement to and from other provinces and countries. This is helpful to enable health systems to cope with the increase in health care resources needed for the management of this virus.

Until the COVID-19 pandemic subsides, the practice of judo will necessarily be different from what it was previously. Everyone involved in judo will have their share of responsibility for preventing the spread of COVID-19 and promoting a faster return to “normal”.

For any questions on more specific COVID-19 related issues in Manitoba, please contact local public health authorities who will be best able to provide you with the information you need at <https://www.gov.mb.ca/covid19/index.html> or <https://sharedhealthmb.ca/covid19/>.

## **REOPENING OF JUDO CLUBS**

Each club will need to review these guidelines and present an outline of their reopening plan to Judo Manitoba, that demonstrates how the club will comply with the recommendations put forward in these guidelines.

Each club, under the aegis of Judo Manitoba, is therefore responsible for complying with the most recent COVID-19-specific requirements formulated by Manitoba Health and the government of Manitoba. Club reopening dates may vary depending on rules and regulations in the facilities (i.e., schools, community clubs) where judo clubs operate. In addition to complying with these guidelines, judo clubs will need to adhere to regulations that exist in the facilities where clubs hold their practices. Hence, not all clubs may be able to reopen simultaneously.



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The reopening of a club cannot be done without the explicit approval of Judo Manitoba. Approval should also be sought and obtained from Judo Manitoba before moving to any new phase.



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## RETURN TO JUDO PLAN – PHASES 1 TO 4

Judo Canada presents its proposed Return to Judo plan in four graduated phases. Judo Manitoba will follow this scheme with some modifications that take into account local COVID-19 epidemiology, as well as local provincial Public Health recommendations. The protocols and guidelines presented in this document will be reviewed and subject to approval by Sport Manitoba and/or Manitoba Health.

These guidelines follow a controlled and progressive phased reintegration process that is designed to help minimize the risk of spread of COVID-19 should a judoka become infected with COVID-19. These 4 phases do not have a predetermined duration, as timelines will be governed by provincial public health recommendations. Judo Manitoba will keep track of such and will inform clubs regarding the current phase of return to judo.

The **table below** shows a high-level overview of the judo-specific recommended activities, by phase. More detailed requirements for each phase are outlined further below in this document.

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

The Judo Manitoba modified 4 phases of a gradual return to judo include:

- **Phase 1: Reopening with physical distancing**
  - o Individual exercises only (outdoors or indoors)
  - o Temperature and symptom screening
  - o Limited number of participants respecting 1 person per 8 m<sup>2</sup>\*
  - o Wearing of mask required while training on mat
  - o Mask required by Sensei at all times, and by all spectators



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- **Phase 2a: Working in dedicated pairs**
  - o Exercises with partner possible (same partner for each training session throughout Phase 2a)
  - o Temperature and symptom screening
  - o Limited number of participants respecting 2 persons per 16 m<sup>2</sup>
  - o Wearing of mask required while training on mat
  - o Mask required by Sensei at all times, and by all spectators
  
- **Phase 2b: Working in cohorts – currently up to 25**
  - o Exercises with cohorts of 25 or less allowed (same cohort for each training session throughout Phase 2b)
  - o Temperature and symptom screening
  - o Wearing of mask required while training on mat
  - o Mask required by Sensei at all times, and by all spectators
  
- **Phase 3: Physical distancing no longer necessary**
  - o Exercises with any partners permitted
  - o Temperature and symptom screening
  - o Wearing of mask not required, but may be recommended while training on mat
  - o No limits on the number of participants and no cohorts necessary
  
- **Phase 4: Return to “new normal”**

\* The training surfaces commonly used for judo practice (i.e. rectangular tatami mats) will facilitate demarcation of ‘individual 8 m<sup>2</sup> areas’. An area of 1.5 by 1.5 mats is roughly 9 m<sup>2</sup>, and 2 by 2 mats is 16 m<sup>2</sup>. In clubs that use other type of mats, e.g. “roll-out tatami”, areas can be easily outlined with sports tape.

**It is important to repeat that the reopening of a club cannot be done without the explicit approval of Judo Manitoba.**

Each club will need to create and implement protocols to ensure that their activities respect these guidelines for resuming training in safe sanitary conditions. It is imperative that clubs inform all their members about these protocols and guidelines, and that all club members commit to respecting them prior to resuming practicing judo.

The implementation of all phases will be subject to the directives of provincial public health authorities. Thus, significant restrictions on public gatherings and/or increased physical distancing regulations will result in the implementation of Phase 1 or Phase 2. The reduction of restrictions on public gatherings and/or physical distancing regulations could mean the transition to Phase 3. The increasing immunization of the general public leading to sufficient herd immunity of the population will eventually allow for the progression to Phase 4. Similarly, any increase in COVID-19 activity, especially variant



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strains that are more transmissible, leading to public health recommendations to reinstitute restrictive measures could result in reverting to earlier Phases 3, 2 or 1, or to the closing down of judo activities once again. The mere diagnosis of a case of COVID-19 in any club could lead to temporarily closure of that club, likely for a minimum 14 day quarantine period, or longer if the infection is due to a variant COVID strain.

**Note that the requirements from moving from one phase to another will need to be validated and approved by Judo Manitoba in consultation with Manitoba Health before implementation in any club.**



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## GENERAL SANITARY CONDITIONS APPLYING TO ALL PHASES

Public Health authorities have made several recommendations that must be followed in order to limit the spread of COVID-19. Everyone involved in judo has their share of responsibility for preventing the spread of the virus.

In this context, regardless of their phase of return to judo, each club is responsible for ensuring that the following main health guidelines are implemented (some of these guidelines, e.g. travel restrictions, are subject to change based on directives from public authorities):

- **Anyone with any symptoms of COVID-19 (including any of cough, fever/chills, difficulty breathing, sore throat/hoarse voice, loss of taste or smell, vomiting, diarrhea) should stay home.**
- **Anyone who is not fully immunized (and 14 days beyond receipt of their second vaccine dose), and has traveled outside of Manitoba in the past 14 days should stay home.**
- **Anyone who has had contact with people showing symptoms of illness consistent with COVID-19 within the past 14 days should stay home.**
- **Anyone who has risk factors (such as age 60 years or over, or chronic medical conditions including asthma) or who lives with someone who has risk factors are not excluded from judo practice, but must carefully weigh the risks vs benefits of attending judo practices.**
- **Anyone who practices judo must follow public health measures for the prevention of COVID-19:**
  - o Frequent hand washing and foot hygiene, either with soap and water, or with alcohol-based sanitizer
  - o Avoid touching eyes, nose or mouth (especially if wearing a mask where likelihood of touching the face are much higher)
  - o Cough or sneeze into your sleeve and not into your hands
  - o Blow your nose with disposable tissue, and discard in trash after use; wash hands afterwards
  - o Avoid unnecessary contact with sick persons
  - o Maintain physical distancing of at least 2 metres from other people (applies to phase one at all times and to phase two when off the mat)
- **During Phases 1 and 2, wearing of non-medical masks is required while training on the mat, and is required by everyone when off the mat, including Sensei and spectators. Sports masks are recommended while training on the mat to avoid the need for frequent adjustment resulting in frequent touching of the face. If a mask becomes soiled, damp, or needs to be adjusted frequently because it is falling off, it should not be used and the mask should be changed.**



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As a reminder, it is also important to comply at all times with the Judo Canada hygiene standards, for more information, please visit: [https://www.judocanada.org/wp-content/uploads/2017/08/Safe-Judo-Practice-EN\\_aug\\_2017.pdf](https://www.judocanada.org/wp-content/uploads/2017/08/Safe-Judo-Practice-EN_aug_2017.pdf).

## ADDITIONAL MEASURES TO BE TAKEN BY CLUBS

Each club must ensure that it has contacted Judo Manitoba to determine the limitations of the Sport Manitoba civil liability insurance coverage for clubs and judoka, before reopening and returning to judo activities. It is essential to understand that a resumption of activity in the context of COVID-19 may not be fully covered by insurance. Consequently, each club must ensure that each adult participant signs a written waiver for each judo season, in addition to signing a COVID-19 declaration prior to each training session attesting to the absence of symptoms and, if not fully immunized, the absence of out-of-province travel in the previous 14 days.

Judo Manitoba, Sport Manitoba and its insurer cannot be held responsible if clubs do not comply with these guidelines or with provincial public health recommendations.

Each club must contact Judo Manitoba to provide notification of its intention to resume judo activities. Each club must present to Judo Manitoba the measures put in place for a return to judo within safe sanitary conditions. If these measures comply with the health directives of Manitoba Health and the return conditions are favorable, Judo Manitoba may then provide its agreement for a reopening of the club.

In the context of the reopening of judo clubs and the resumption of associated activities, Judo Canada has developed various protocols and hygiene/disinfection measures that must be followed by clubs depending on the phase of the return.

These protocols are as follows:

- At the entrance to the club:
  - o Anyone (including parents) entering the club or arriving for practice (if outdoors) will have their **temperature taken** (each club will need to obtain an accurate, medical grade, non-touch infrared thermometer) by a greeter wearing a mask and gloves (who should either be a parent volunteer or dojo assistant trained in how to safely use the thermometer).
  - o Anyone found to have a **temperature of 38°C or above, will be sent home immediately** and asked to perform the COVID-19 screening tool at <https://sharedhealthmb.ca/covid19/screening-tool/> or by calling 1-877-308-9038 to access an interactive voice response format screening tool.
  - o **Ensure** upon arrival that participants have **all the necessary items to attend the practice** (judo bag, water bottle(s), sandals – no shoes in the dojo and must not walk barefoot off the mats)





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- o **The name of each** participant and accompanying person **entering the club should be recorded** (and that attendance list kept for at least 21 days, in case public health authorities should ever require it to follow up on any COVID-19 case associated with the club).
  - o It is important to have **someone assigned (could be a parent)** to greet members at **the entrance to the club** to take care of signing COVID-19 attestation documentation and to take temperatures. **This person cannot be the instructor** who will need to welcome the judoka at the tatami and assign them to a specified area where they will stay for the duration of the session.
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- Each judoka must have previously provided emergency contact information.
  - Anyone **arriving at the club must wash their hands** with hand sanitizer. The same will be **done prior to leaving the club**. Each club must ensure that enough hand sanitizer is always available.
  - **Limits must be placed on the number of people** (participants, accompanying person, staff) who will be permitted **inside the club at the same time**; for Phases 1 and 2 this is defined as no more than 25% occupancy of the club facilities, aside from change rooms which can have 50% occupancy.
  - **Parents may stay in the club** for the duration of the session as long as physical distancing can be maintained and all other protocol is followed (i.e., signing COVID-19 attestation, temperature check, hand hygiene before entering and before leaving club); and for Phases 1 and 2 no more than 25% occupancy of the club facilities is maintained.
  - Participants must arrive **no earlier than 15 minutes before the start of the session**, with the exception of participants who may be designated to set up and clean/sanitize the tatami and therefore, might be required to arrive earlier).
  - **All doors inside the club must be kept wide open** to avoid contact with door handles/knobs.
  - The **locker rooms** may be used, but during Phases 1 and 2 must adhere to no more than 50% occupancy, as long as participants are able to maintain at least 2 metres of separation. **Participants** are encouraged to **arrive at and leave the club in judogi** to minimize duration of use of change rooms if possible.
  - The **water fountains will be closed**, and participants will have to **bring enough water bottles** for their anticipated needs.
  - Provide an **emergency protocol** (designated area, who to contact) if a **person becomes unwell during the session**.

The **main hygiene and disinfection measures** to be followed according to Judo Canada are as follows:

- Anyone **arriving at the club must take off their shoes and wear sandals/zori or equivalent**.
- **Permanent availability of hand sanitizer at the entrance of the club and next to the tatami**.



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- Participants should come to the club with a **sports bag** or equivalent to **store their personal belongings**.
- **Use of toilets in the dojo facility will be allowed**, but must adhere to no more than 25% occupancy during Phases 1 and 2.
- **Alcohol-based sanitizer must be used on hands and feet before stepping on the mat.**
- **Back at home and after each session:**
  - Participants should **take a shower**.
  - Participants should **wash their judogi**.
- **Cleaning/disinfection of the tatami** mat and the equipment used must be carried out **before each session**, or more frequently if required.
- **At the end of each day, the entire club will be disinfected** (all surfaces, chairs, toilets, door handles, etc.).

## DISINFECTION AND CLEANING

The development and the implementation of a disinfection protocol will contribute greatly to the reduction of the risks of spread of COVID-19. It will be important to ensure that each club adheres to consistent disinfection and cleaning protocols.

Since some judo clubs may be in shared premises such as schools or community clubs, it is important that all clubs communicate in advance with those with whom they share space to inquire about their cleaning protocols, in particular, how to help ensure a clean environment for all participants and how to share responsibilities.

The equipment used during judo sessions including tatami must be frequently disinfected. Although Judo Canada recommends disinfecting tatami before and after each training session, this may not be pragmatically possible given the long drying time (30 minutes) required and the limited rented time for each session. Judo Manitoba therefore recommends that tatami be disinfected at least before each training session.

It is also recommended to keep disinfectant wipes near the tatami for other equipment cleaning needs that may arise during training sessions, and to make sure that easy access to the trash is possible.

## COMMUNICATION

Before resuming activities, it is essential that all judoka and parents are informed of the latest return to judo guidelines and the resultant measures taken in the club. It is important that these guidelines are understood and accepted by every judoka, and in the case of minors, their parents or guardians.

Judoka and parents need to be advised that anyone who arrives at the judo club/dojo with symptoms associated with COVID-19 or is found to have a temperature of 38°C or above, will be sent home immediately and asked to perform the COVID-19 screening



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tool at <https://sharedhealthmb.ca/covid19/screening-tool/> or by calling 1-877-308-9038 to access an interactive voice response format screening tool.

Judoka and parents should be informed that in the event that a person has any of the symptoms associated with COVID-19, they may be asked to seek testing for COVID-19. If any person who attended the judo club/dojo ends up having a confirmed COVID-19 infection, all those who have been in contact with them will be informed by public health, and may be required to self-isolate until COVID-19 testing is performed and results obtained.

Each club must adopt a communication plan to keep judoka and parents informed. This plan must also include an emergency action plan (EAP) that describes actions to be taken in the event that someone in the judo club/dojo is confirmed as a case of COVID-19.

Each club's communication plan (including an EAP) should be communicated to judoka and parents, and should be posted on the club website. Posting of club COVID-19 procedures within the club is also recommended by Judo Canada.



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## PHASE 1 – REOPENING WITH PHYSICAL DISTANCING

The following **protocol** details the different **steps to be followed** for holding a judo session given the return to judo plan in **Phase 1 – Reopening with Physical Distancing**.

These measures apply as much for participants and accompanying persons as for instructors and club staff:

- **Upon arrival at the club:**
  - **Temperature Taken** by the greeter (parent volunteer or dojo assistant).
  - **Complete and sign (or initial) the COVID-19 Attendance – Symptom and Travel Screen sheet (see appendix for example template).**
  - **Take off shoes and wear sandals/zori or equivalent (no walking bare feet off tatami).**
  - **Wash hands with hand sanitizer.**
  - **Ensure** each participant has **necessary items** (equipment bag, bottle(s) of water, sandals, etc.).
  - **Someone should be assigned (i.e. a parent) to greet members at the entrance to the club and remind participants of the measures to follow when inside the club. This person cannot be the instructor who will need to welcome and assign a place to the participants on the tatami. This person must record attendance** of everyone who enters the club.
- **Cleaning/disinfection** of the tatami mat and the equipment used must be carried out **before each session**, or more frequently if required.
- **Wearing of non-medical mask is required by everyone, including participants training on the mat, Sensei, greeters, and spectators.**
- The **locker rooms** can be used, but must adhere to no more than 50% occupancy, as long as participants are able to maintain at least 2 metres of separation. **Participants** are encouraged to **arrive in judogi**.
- Participants should put their **personal belongings in their bag** and leave it in a designated place.
- **Parents may stay in the club** for the duration of the session as long as physical distancing can be maintained and all other protocol is followed (i.e., signing COVID-19 attestation, temperature check, hand hygiene before entering and before leaving club), and parent attendance falls within 25% occupancy of the facility.
- **Wash hands with hand sanitizer before stepping on the mat.**
- **Wash feet with alcohol-based sanitizer before stepping on the mat.**
- **Participants bow with 2 metres physical distance or in their designated area (1 person per 8m<sup>2</sup>).**
- **The instructor assigns one area per participant (1 person per 8m<sup>2</sup>), where they will stay throughout the session.**



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- When **leaving the club**, wash hands with hand sanitizer.

## PHASE 2a – WORKING IN DEDICATED PAIRS

The following **protocol** details the different **steps to be followed** for holding a judo session given the return to judo plan in **Phase 2a – Working in Dedicated Pairs**.

Note: a “**dedicated pair**”, for the purpose of this Return-to-Judo plan, is defined as two individuals who will train together for the duration of phase 2a, and will commit to following the guidelines to ensure each other’s safety. Preferably, where possible, persons who live in the same household (e.g. siblings, parent/child, roommates, etc.) should form dedicated pairs.

These measures apply as much for participants and accompanying persons as for instructors and club staff:

- **Upon arrival at the club:**
  - o **Temperature Taken** by the greeter (parent volunteer or dojo assistant).
  - o **Complete and sign (or initial) the COVID-19 Attendance – Symptom and Travel Screen sheet (see appendix for example template).**
  - o **Take off shoes and wear sandals/zori or equivalent (no walking bare feet off tatami).**
  - o **Wash hands with hand sanitizer.**
  - o **Ensure** each participant has **necessary items** (equipment bag, bottle(s) of water, sandals, etc.).
  - o **Someone should be assigned (i.e. a parent) to greet members at the entrance to the club and remind participants of the measures to follow when inside the club. This person cannot be the instructor who will need to welcome and assign a place to the participants on the tatami. This person must record attendance** of everyone who enters the club.
- **Cleaning/disinfection** of the tatami mat and the equipment used must be carried out **before each session**, or more frequently if required.
- **Wearing of non-medical mask is required by everyone, including participants training on the mat, Sensei, greeters, and spectators.**
- The **locker rooms** can be used but must adhere to no more than 50% occupancy, as long as participants are able to maintain at least 2 metres of separation. **Participants** are encouraged to **arrive in judogi**.
- Participants should put their **personal belongings in their bag** and leave it in a designated place.
- **Parents may stay in the club** for the duration of the session as long as physical distancing can be maintained and all other protocol is followed (i.e., signing COVID-19 attestation, temperature check, hand hygiene before entering and before leaving club), and parent attendance falls within 25% occupancy of the facility.



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- **Wash hands with hand sanitizer before stepping on the mat.**
- **Wash feet with alcohol-based sanitizer before stepping on the mat.**
- **Participants bow with 2 metres physical distance.**
- **The instructor assigns an area for each pair of judoka (2 persons per 16m<sup>2</sup>), where they will stay throughout the session. It is advisable to decide on the designated pairs prior to the first session, as these pairs will need to remain together for all judo training sessions for the duration of Phase 2a (i.e. if one member of the pair does not show up to train, the second member will have to do individual training for that session). Forming dedicated pairs among individuals who live in the same household, where feasible (i.e., siblings, parent/child, roommates, etc.) should be strongly encouraged when feasible.**
- **Geiko of co-operation and opposition is permissible.** Tachi-Waza is preferred, since Ne-Waza may lead to dislodging of masks.
- **When leaving the club, wash hands with hand sanitizer.**



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## PHASE 2b – WORKING IN COHORTS

The following **protocol** details the different **steps to be followed** for holding a judo session given the return to judo plan in **Phase 2b – Working in Cohorts**.

Note: a “**cohort**”, for the purpose of this Return-to-Judo plan, is defined as up to “x” individuals who will train together for the duration of Phase 2b, and will commit to following the guidelines to ensure each other’s safety. Preferably, where possible, persons who live in the same household (e.g. siblings, parent/child, roommates, etc.) should be members of the same cohort. **For the current Phase 2b (dated July 17, 2021) cohorts of up to 25 judoka (excluding coaches/instructors) are allowed.**

These measures apply as much for participants and accompanying persons as for instructors and club staff:

- **Upon arrival at the club:**
  - o **Temperature Taken** by the greeter (parent volunteer or dojo assistant).
  - o **Complete and sign (or initial) the COVID-19 Attendance – Symptom and Travel Screen sheet (see appendix for example template).**
  - o **Take off shoes and wear sandals/zori or equivalent (no walking bare feet off tatami).**
  - o **Wash hands with hand sanitizer.**
  - o **Ensure** each participant has **necessary items** (equipment bag, bottle(s) of water, sandals, etc.).
  - o **Someone should be assigned (i.e. a parent) to greet members at the entrance to the club and remind participants of the measures to follow when inside the club. This person cannot be the instructor who will need to welcome and assign a place to the participants on the tatami. This person must record attendance** of everyone who enters the club.
  
- **Cleaning/disinfection** of the tatami mat and the equipment used must be carried out **before each session**, or more frequently if required.
- **Wearing of non-medical mask is required by everyone, including participants training on the mat, Sensei, greeters, and spectators.**
- The **locker rooms** can be used but must adhere to no more than 50% occupancy, as long as participants are able to maintain at least 2 metres of separation. **Participants** are encouraged to **arrive in judogi**.
- Participants should put their **personal belongings in their bag** and leave it in a designated place.
- **Parents may stay in the club** for the duration of the session as long as physical distancing can be maintained and all other protocol is followed (i.e., signing COVID-19 attestation, temperature check, hand hygiene before entering and before leaving club), and parent attendance falls within 25% occupancy of the facility.



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- **Wash hands with hand sanitizer before stepping on the mat.**
- **Wash feet with alcohol-based sanitizer before stepping on the mat.**
- **Participants bow with their cohort only.**
- **The instructor assigns an area for each cohort of 25 persons or less, where they will stay throughout the session. It is advisable to decide on the designated cohorts prior to the first session, as cohorts will need to remain together for all judo training sessions for the duration of Phase 2b. Including individuals who live in the same household, where feasible (i.e., siblings, parent/child, roommates, etc.) as part of the same cohort, should be encouraged when feasible.**
- **Each cohort area (for 25 persons or less) should be separated by at least 2 metres.**
- **Geiko of co-operation and opposition is permissible.** Tachi-Waza is preferred, since Ne-Waza may lead to dislodging of masks.
- **Standing randori may be considered, using specially designed sports masks that are less likely to be dislodged during training.**
- **When leaving the club, wash hands with hand sanitizer.**





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## PHASE 3 – PHYSICAL DISTANCING NO LONGER NECESSARY

The following **protocol** details the different **steps to be followed** for holding a judo session given the return to judo plan in **Phase 3 – Physical Distancing no longer necessary**.

These measures apply as much for participants and accompanying persons as for instructors and club staff:

- **Upon arrival at the club:**
  - **Temperature Taken** by the greeter (parent volunteer or dojo assistant).
  - **Complete and sign (or initial) the COVID-19 Attendance – Symptom and Travel Screen sheet (see appendix for example template)**
  - **Take off shoes and wear sandals/zori** or equivalent (no walking bare feet off tatami).
  - **Wash hands with hand sanitizer.**
  - **Ensure** each participant has **necessary items** (equipment bag, bottle(s) of water, sandals, etc.).
  - **Someone should be assigned (i.e. a parent)** to greet members **at the entrance to the club** and **remind** participants of the **measures to follow when inside the club**. **This person cannot be the instructor** who will need to welcome and assign a place to the participants on the tatami. **This person must record attendance** of everyone who enters the club.
  
- **Cleaning/disinfection** of the tatami mat and the equipment used must be carried out **before each session**, or more frequently if required.
- The **locker rooms** can be used with no restrictions.
- Participants should put their **personal belongings in their bag** and leave it in a designated place.
- **Parents may stay in the club** for the duration of the session and should follow club protocol (i.e., signing COVID-19 attestation, temperature check, hand hygiene before entering and before leaving club).
- **Wash hands with hand sanitizer before stepping on the mat.**
- **Wash feet with alcohol-based sanitizer before stepping on the mat.**
- **The session takes place in a traditional way.**
- When **leaving the club**, **wash hands** with hand sanitizer.



# Return to Judo Post COVID-19 Guidelines

September 2, 2021 version

## PHASE 4 – RETURN TO “NEW NORMAL”

Phase 4 may commence once there is widespread administration of an effective vaccine with adequate herd immunity established, and no more community wide transmission of COVID-19.

During this phase, most of the protocols listed for Phases 1 to 3 no longer need to be used, however, general hygiene including hand and mat sanitizing continues to be important and is everyone’s responsibility.

The following table **list the permissible steps and measures** to be observed within the framework of all 4 phases:

SANITARY CONDITIONS	Phases			
	1	2	3	4
If you have symptoms of COVID-19 (including any of cough, fever/chills, difficulty breathing, sore throat/hoarse voice, loss of taste or smell, vomiting, diarrhea), stay home	✓	✓	✓	✓
Avoid contact with people showing symptoms, and if you are unable to, stay home	✓	✓	✓	✓
If you are at risk or live with someone at risk, consider whether or not you should be participating in judo	✓	✓	✓	✓
Wearing a mask is required by everyone in the dojo	✓	✓	✗	✗
Physical distancing (2 metres) is required by everyone in the dojo (except for dedicated pairs in Phase 2a and cohorted participants in Phase 2b)	✓	✓	✗	✗
Limit the number of participants (depending on the area of the tatami) to maintain 1 person/8m <sup>2</sup> in Phase 1, or 2 persons/16m <sup>2</sup> in Phase 2a	✓	✓	✗	✗
Comply at all times with the usual hygiene rules required for judoka	✓	✓	✓	✓
MEASURES TO BE TAKEN BY CLUBS – Welcoming Protocol	Phases			
	1	2	3	4
Anyone arriving at the club will have their temperature taken. A reminder of the rules must be made. COVID-19 Attendance – Symptom and Travel Screen sheet must be signed or initialed (see Appendix for example template). Plan to have a designated person (such as parent) performing this function.	✓	✓	✓	✗
Each participant must have previously provided emergency contact information	✓	✓	✓	✓
All judoka must wear sandals/zori (no bare feet off tatami)	✓	✓	✓	✓



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Ensure that the participants have all the necessary items to attend the practice (sandals/zori, water bottle(s), equipment bag)	✓	✓	✓	✗
Anyone arriving at the club must wash their hands. The same will be done upon exiting.	✓	✓	✓	✓
Ensure physical distancing is maintained by all those entering the club, and place limits on the number of people inside the club if the space is too small (participants, accompanying persons, staff)	✓	✓	✗	✗
Participants must arrive no earlier than 15 minutes before the start of the session, except for those setting out and disinfecting the tatami	✓	✓	✓	✗
No one will be allowed to step on the mat before the start of the session until instructed to do so by the instructor. Alcohol-based sanitizer must be used on hands and feet prior to stepping on to the tatami.	✓	✓	✓	✗
The water fountains will be closed, and participants will have to bring their own water bottle(s)	✓	✓	✓	✗
<b>MEASURES TO BE TAKEN BY CLUBS – Disinfection and cleaning</b>	<b>Phases</b>			
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Anyone arriving at the club must take off their shoes and wear sandals / zori or equivalent (i.e., socks for parents or other volunteers not stepping onto the tatami)	✓	✓	✓	✓
Hand sanitizers must be always available at the club entrance and next to the tatami	✓	✓	✓	✗
Participants should come to the club with a sports bag or equivalent to store their personal belongings	✓	✓	✓	✗
Participants must take a shower at home after each session	✓	✓	✓	✓
Participants must wash their judogi at home after each session	✓	✓	✓	✓
Cleaning/disinfection of the tatami must be carried out at minimum before each session	✓	✓	✓	✗
Cleaning/disinfection of any equipment used must be carried out before and after each session	✓	✓	✓	✗
At the end of each day, the entire club must be disinfected (all surfaces, chairs, toilets, door handles, etc.)	✓	✓	✓	✓

NOTE: for a summary of judo-specific activities by phase, please refer to the “**RECOMMENDED ACTIVITIES**” table on **page 3**.