

Return to Judo Protocols

During Phase 2 of the COVID-19 Pandemic

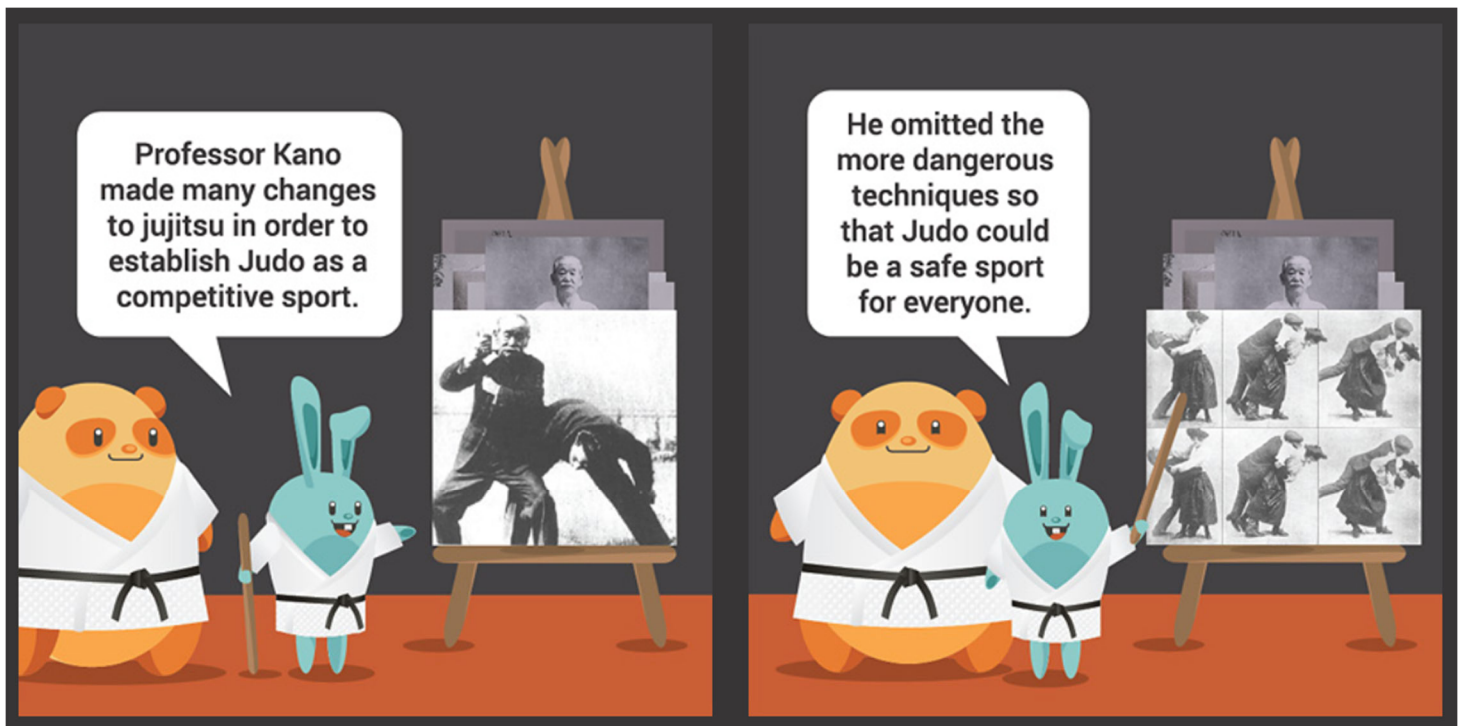


Image from www.judobckids.ca

“Now it’s our turn to make some changes so that Judo is as safe as possible for everyone during the COVID-19 Pandemic”

~ Judo BC ~

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INTRODUCTION

Judo BC supports and encourages the resumption of judo activities during the BC Phase 2 of the COVID-19 pandemic, providing the protocols outlined in the document are followed. The BC Phase 2 protocols in this document are based on the [viaSport BC Return to Sport Guidelines](#), the [Judo Canada Return to Judo Guidelines](#) and the [International Judo Federation Recommended Protocols for the Resumption of Judo Activities](#). They are intended for use by our member clubs along with any additional protocol as required by facility operators. It was developed by the Judo BC staff and approved by the Judo BC Board of Directors. It is intended to limit the spread of COVID-19 and to ensure Judo BC members feel safe while resuming judo activities organized by their club.

Priorities

1. The #1 priority is health and safety of all members
2. Must abide by provincial and regional health authority regulations
3. Club focused – club training only, no events, training camps, or regional training activities

Next Steps

Judo BC will be developing recommendations for BC Phase 3 & 4 over the coming weeks and reviewing and revising all phases on an ongoing basis to ensure alignment with the Provincial Health Officer recommendations.

1. Judo in Phase 3 of the BC Restart Plan (Judo Canada Phase 2) – date TBD - *Working in pairs*
2. Review of Judo BC Phase 2
3. Judo in Phase 4 of the BC Restart Plan (Judo Canada Phase 3 & 4) – date TBC - *The New Normal*
4. Review of Judo BC Phase 3 & 4

DISCLAIMER

The Judo BC Return to Judo Protocols (RTJ) are intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in the RTJ Protocols. It is important to note that the RTJ Protocols is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the Provincial Health Officer. In the event of an ambiguity or conflict between the RTJ Protocols and the Public Health Act, regulations, or orders thereunder, the Act, regulations and orders prevail. Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice. This document contains links to third party web sites. Links are provided for convenience only and Judo BC does not endorse the information contained in linked web sites nor guarantee its accuracy, timeliness, or fitness for a particular purpose. The information in those links may be updated from time to time. We do not monitor those sites and are not responsible for updates. You should check back regularly to ensure your Plan is up to date. Anyone using the RTJ Protocols does so at his or her own risk. Judo BC shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the RTJ Protocols including, without limitation, reliance on the completeness or accuracy of the information provided.

BC PHASE 2 (IJF LEVEL 3, Judo Canada Phase 1) - **Activities Inside the Dojo**

UNDER ENHANCED PROTOCOLS (IJF PROTOCOL OF HIGH VIGILANCE)

Timeline:

Applicable when it is forbidden to touch one another, mask-wearing is required, indoor activities are allowed, and permission is granted by Judo BC.

Requirements:

- Clubs must complete the Judo BC Return to Judo Club Screening at <http://www.trackiereg.com/returntotojoclubscreening> and receive approval from Judo BC and Club Executive
- Prohibition of gatherings of 50 people or more
- Self-isolation for individuals who have symptoms of COVID-19 for a minimum of 14 days
- Self isolation for 14 days if returning to Canada from another province or country



Screening:

Questionnaire must be completed by all coaches/instructors and judoka prior to every session. See attached.

Facility:

- Maximum number of participants must be calculated on the number of tatamis in each facility
- 8m² per participant and per instructor/coach are the minimum requirements. *Spacing between participants to be maintained while moving on the mats*
- No spectators
- Allow 15 minutes between sessions for sanitizing the mats and equipment – see attached requirements

Individual:

- Wear a *non-medical mask. New mask or clean reusable mask for each session.*
- Hands sanitized before and after stepping onto the tatami
- Feet to be sanitized before and after stepping onto the tatami or new clean socks provided by the club
- These protocols are not recommended for children under the age of 12 unless additional supervision can be provided to ensure cooperation with the safety protocols

Entry & Exit:

- No waiting area
- All participants and instructors must arrive wearing their judogi
- Participants only allowed in the dojo when it is time for session to begin and must leave immediately after the session is complete

Allowed Activities:

- Tendoku-renshu (individual work)
- Fundamental motor and technical skills of Tachi-Waza, Ne Waza & Ukemi (fall) practice (individually)
- Postures, movement, coordination, mobility, core-stability, taiso, etc.
- Individual strength, conditioning & flexibility exercises

Prohibited Activities:

No high intensity training (Tabata, HIIT etc.), no partner work (*unless partner is from the same household and/or the same social bubble*), no randori and no kiai. *Intensity level should allow for conversation, for more information please review to Judo Canada exercise intensity - <https://www.judocanada.org/wp-content/uploads/2020/06/Judo-Canada-Covid19-Return-to-judo.pdf>*

Essential Measures for the Proper Function of the Protocol in the Dojo

Adapted From the **INTERNATIONAL JUDO FEDERATION** Recommended Protocols for the Resumption of Judo Activities under Safe Conditions during Covid-19 Pandemic, May 2020 / v 1.0 <https://www.ijf.org/ijf/documents/10> & The **JUDO CANADA** Return to Judo Guidelines - <https://www.judocanada.org/covid19/>

- The hygiene guidelines listed in the protocol prevail both for the athlete and the instructor/volunteer
- Schedule of training. For a theoretical 1-hour long session, consider the following:
 - 5 to 10 minutes from the lobby to the start of the session
 - 45 minutes of session
 - 5 to 10 minutes, from the end of the session to the exit of the dojo
 - +15 minutes extra between the sessions to prevent that the groups meet and ventilate the training area
- Athletes and coaches to wear a mask at all the times
- Any accompanying person has to arrive to the dojo 5 minutes before the end of the session, waits at the entry, and respects the security distance together with the other accompanying people

Hygiene Recommendations to be Performed before Arriving to the Dojo

- Take a shower and wash your hair
- Make sure that your judo equipment has been washed properly (tracksuit, judogi, etc.)
- Wash your hands properly and keep your nails short
- Go to the restroom before the training
- Avoid public transport as much as possible & wear a mask on public transport if you can't avoid it
- Wear your judogi under a tracksuit (+ a coat if necessary) to keep the training outfit clean on the way to the dojo
- Have a bag that is big enough to contain your disposable tissue papers, sanitizing gel/liquid, zori or slippers, water bottle and a paper containing the contact details of your accompanying person who can be reached in case of issues during the training session (for minors)
- Wear your mask (following the governmental recommendations in terms of mask-quality)

Requirements upon Arrival at the Dojo

- Where a dojo is within a multisport venue, the entry for the athletes should be designated in such a way that prevents the usage of a common entrance for different sports.
- Prepare a welcome desk at the entrance manned by a responsible adult of the club who wears a mask and disposable gloves. This person cannot be the instructor who will need to welcome the judoka at the tatami.
- The name of each participant and accompanying person entering the club needs to be recorded.
- Check and collect signed Questionnaire and Participant Agreement– see attached
- Measure the body temperature of the participants by a contactless forehead thermometer
- Exclude all judoka with an elevated temperature (> 37.5°C)
- Each participant must have previously provided emergency contact information
- Place limit on the number of people (participants, accompanying person, staff & volunteers) who will be permitted inside the club at the same time
- Parent cannot stay in the club for the duration of the session
- Participants must arrive no earlier than 15 minutes before the start of the session.
- All doors inside the clubs must be wide open to avoid contact with door handles/knobs.
- Mark out the security distance (using adhesive tape or other well visible means) in order to make sure that each athlete and their accompanying person respect a minimum of 2 metre distance
- Provide hand sanitizer (gel or liquid) or hand washing station
- Provide a trashcan for disposable paper handkerchiefs and litter
- Check the mask wearing, provide masks to give out (if necessary)

- Instruct the judoka to leave their shoes at a designated area and put on their zori or slippers before entering the training area
- Inform the accompanying persons (max. 1/athlete) of departure and return times.
- Accompanying person should remain near the club
- Locker/change rooms must remain closed. Participants will have to arrive in judogi
- Water fountains must be closed, and participant will have to bring their own water bottle.
- Except in exceptional cases, the washrooms will not be available.
- No cash transactions

Requirements for transition from the Lobby/Entry area to the Training Area

- The instructor/or a volunteer allows the athletes to enter the training area
- The instructor follows the circulation organized by the club (road marking, flagging tape, etc.) The circulation plans take into account the configuration of the dojo, but they have to guarantee that the sanitary security distance is respected
- An instructor assistant accompanies the athletes who require special attention
- Security distance to be marked out in the training area in order for each athlete to know where they can change
- Athletes place their bags in the assigned location and take the tracksuit off, below which they wear the judogi, folding it carefully and placing it in their bag (along with the coat, if any).
- Athletes put the zori/slippers on the edge of the tatami, taking out the bottle, the tissues and the sanitizing gel/liquid. All other personal belongings have to be kept in the bag (telephone, etc.)
- Athletes sit on the tatami, the legs turned to the exterior, and apply sanitizing gel/liquid to their feet and then to their hands
- Athletes turn to the interior of the tatami and wait until the instructor invite them to go to the assigned place on the tatami

Requirements during the Training Session

- The instructor invites the athletes by turns to go to the training area marked on the tatami (the tatami is segmented in areas of at least 8m²)
- The instructor provides a space for each athlete
- The athletes stand up, greet the tatami, and go to their assigned area ~~where they stay during the entire training session~~. The instructor makes sure that the necessary pedagogical equipment for the session is provided and cleaned, disinfected
- The bow in at the start of the session will not be done in the traditional way, in a line, but from the assigned area
- At the end of the session, the bow out is performed again from the assigned area and the instructor dismisses the athletes by turns in order to get back to the assigned area next to the tatami (where the personal belongings have been left before the start of the session)

Requirements after the Training session until the Exit from the Dojo

- Athletes apply sanitizer to their feet, put on the zori/slippers, place their sanitary kit and bottle in their bag
- Athletes put on their tracksuit on top of the judogi and await the instructor's authorization to leave (and join their parents, accompanying person)
- Athletes put on their shoes that they left in the lobby and put away their zori/slippers in their bag
- Before leaving the dojo, the athletes clean their hands with the sanitizing gel/liquid provided by the club
- Any minor athletes must wait for the responsible in charge in the lobby to authorize them to leave and join their accompanying person

Hygiene Recommendations to be Taken upon Arrival at Home

- Take a shower
- Wash the training outfit (judogi), disinfect the zori/slippers & disinfect the bag
- Wash the water bottle
- Restock the sanitary kit (sanitizing gel/liquid, tissue paper, mask)

PROTOCOL OF SANITARY REQUIREMENTS FOR DISINFECTING THE DOJOS

Adapted from the **INTERNATIONAL JUDO FEDERATION** Recommended Protocols for the Resumption of Judo Activities under Safe Conditions during Covid-19 Pandemic, May 2020 / v 1.0 <https://www.ijf.org/ijf/documents/10> & The **JUDO CANADA** Return to Judo Guidelines - <https://www.judocanada.org/covid19/>

Cleaning Kits (non-exhaustive)

- disinfecting wipes
- disinfecting aerosols recommended by Judo Canada and/or Government of Canada
- disinfecting vaporizers recommended by Judo Canada and/or Government of Canada
- air purifier recommended by the NF
- cleaning paper and duster
- cleaning buckets + mops
- disposable gloves (latex or nitrile)

Cleaning Frequency

The cleaning of the different spaces should be planned and agreed with the management of the facility.

Cleaning type	Product type	Concerned area	Frequency
Floor disinfection (e.g. lobby, dojo, etc.)	Virucide product* General cleaning	communal areas	Daily at the end of the day
Disinfection of the contact points (e.g.: handles)	Virucide product General cleaning	Closed in Phase 2 - Showers, locker rooms, sanitation facilities communal areas	Twice or three times per day depending on the area
Regular cleaning	Classic cleaning products (e.g.: disinfecting liquids, sprays, limescale removers, etc.)	Closed in Phase 2 Showers, locker rooms, storage of the pedagogical equipment & communal areas	At the beginning or the end of the day
Tatami and pedagogical equipment	Virucide product	Tatami Physio balls, medicine balls, belts, judo dummies etc...	After each use/session

* anti-virus product (that kills the virus)

Hard surface products recommended by the Government of Canada - <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Hand sanitizers recommended by the Government of Canada - <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/hand-sanitizer.html>

Cleaning information from the BC Centre of Disease Control - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>



BC PHASE 2 (IJF LEVEL 3, Judo Canada Phase 1) – Outdoor Activities

UNDER ENHANCED PROTOCOLS (IJF PROTOCOL OF HIGH VIGILANCE)

Timeline:

As soon as approval is granted by Judo BC.

Requirements:

- Clubs must complete the Judo BC Return to Judo Club Screening at <http://www.trackiereg.com/returntojojoclubscreening> and receive approval from Judo BC and Club Executive
- Prohibition of gatherings of 50 people or more
- Self-isolation for individuals who have symptoms of COVID-19 for a minimum of 14 days
- Self isolation for 14 days if returning to Canada from another province or country



Screening:

Questionnaire must be completed by all coaches/instructors and judoka prior to every session. See attached.

Outdoor location:

- Clubs to obtain the necessary park permits from the city or permissions from the landowner
- Maximum number of participants must be calculated on the available space – minimum of 8m² per person
- Ensure 8 metres between participants and general public
- Allow 15 minutes between sessions so there is minimal social interaction between groups

Individual:

- Optional to wear a mask
- Hands sanitized before and after session
- These protocols are not recommended for children under the age of 8 unless additional supervision can be provided to ensure cooperation with the safety protocols
- Must wear proper athletic shoes

Entry & Exit:

- No waiting before and after session
- All participants and instructors must arrive wearing their fitness clothing

Allowed Activities:

- Tendoku-renshu (individual work) only
- Fundamental motor and technical skills of Tachi-Waza (individually)
- Postures, movement, coordination, mobility, core-stability, etc.
- Individual strength, conditioning & flexibility exercises

Prohibited Activities:

- No high intensity training (Tabata, HIIT etc.), no partner work (*unless partner is from the same household*) and no randori
- No activities that involve touching existing structures in the outdoor space i.e. stretches while holding a bench or chin ups on playground equipment.

Essential Measures for the Proper Function of the Protocol – Outdoor Activities

Adapted From the **INTERNATIONAL JUDO FEDERATION** Recommended Protocols for the Resumption of Judo Activities under Safe Conditions during Covid-19 Pandemic, May 2020 / v 1.0 <https://www.ijf.org/ijf/documents/10>, The **JUDO CANADA** Return to Judo Guidelines - <https://www.judocanada.org/covid19/>

- The hygiene guidelines listed in the protocol prevail both for the athlete and the instructor/volunteer
- Schedule of training. For a theoretical 1-hour long session, consider the following:
 - 45 minutes of session
 - 5 to 10 minutes, from the end of the session to the exit area
 - +15 minutes extra between the sessions to minimize social interactions between groups
- Masks are optional
- Any accompanying person has to arrive 5 minutes before the end of the session, wait at least 8 metres from group, and respects the social distancing with the other accompanying people

Hygiene Recommendations to be Performed before Arriving

- Take a shower and wash your hair
- Make sure that your fitness attire has been washed properly (tracksuit, judogi, etc.)
- Wash your hands properly and keep your nails short
- Go to the restroom before arriving at the training
- Avoid public transport as much as possible & wear a mask on public transport if you can't avoid it
- Wear your training outfit under a tracksuit to keep the training outfit clean on the way to the outdoor training
- Have a bag that is big enough to contain your disposable tissue papers, sanitizing gel/liquid, water bottle and a paper containing the contact details of your accompanying person who can be reached in case of issues during the training session (for minors)
- Wear your mask (following the governmental recommendations in terms of mask-quality)

Requirements upon Arrival

- Prepare a welcome area manned by a responsible adult of the club who wears a mask and disposable gloves. This person cannot be the instructor who will be leading the activities
- The name of each participant and accompanying person needs to be recorded.
- Check and collect signed Questionnaire & Participant Agreement – see attached
- Measure the body temperature of the participants by a contactless forehead thermometer
- exclude all judoka with an elevated temperature (> 37.5°C)
- Provide hand sanitizer (gel or liquid)
- Check the mask wearing, provide masks to give out (if necessary)
- Inform the accompanying persons (max. 1/athlete) of departure and return times
- No cash transactions
- Athletes place their bags in the assigned location and take the tracksuit off, below which they wear the judogi, folding it carefully and placing it in their bag (along with the coat, if any).

Requirements for transition from the waiting area to the Training Area

- The instructor/or a volunteer allows the athletes to enter the training area
- The instructor follows the circulation organized in the area (road marking, flagging tape, etc.)
- An instructor assistant accompanies the athletes who require special attention

Requirements during the Training Session

- Security distance to be marked out in the training area in order for each athlete to know where they can be active
- The instructor makes sure that the necessary equipment for the session is provided and well cleaned, disinfected
- The bow in at the start of the session will not be done in the traditional way, in a line, but from the allotted area
- At the end of the session, the bow out is performed again from the allotted area and the instructor dismisses the athletes by turns in order to get back to the assigned area (where the personal belongings have been left before the start of the session)

Requirements after the Training session

- Athletes await the instructor's authorization to leave (and join their parents, accompanying person)
- Before leaving the area, the athletes clean their hands with the sanitizing gel/liquid
- Any minor athletes have to wait for the responsible in charge to authorize them to leave and join their accompanying person

Sanitary Recommendations to be Taken upon Arrival at Home

- Take a shower
- Wash the training outfit & disinfect the bag
- Wash the water bottle
- Restock the sanitary kit (sanitizing gel/liquid, tissue paper, mask)



FIRST AID

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

A WorkSafe BC guide for employers and Occupational First Aid Attendants during the COVID-19 pandemic is available here - <https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en&origin=s&returnurl=https%3A%2F%2Fwww.worksafebc.com%2Fen%2Fforms-resources%23q%3DCOVID-19%26first%3D10%26sort%3Drelevancy%26f%3Alanguage-facet%3D%5BEnglish%5D>

OUTBREAK MITIGATION AND RECOVERY REQUIREMENTS

- Report any suspected case(s) of COVID-19 like illness among participants, volunteers or employees to the local Health Authority Medical Health Officer, Judo BC and facility operators.
- If a case or outbreak is confirmed, follow the orders of the local Health Authority, notify Judo BC and inform any participants who attended a judo session that involved the individual with the suspected case of COVID-19
- Enhance cleaning and infection control measures to reduce risk of transmission in your club
- Ensure self-isolation for participants, volunteers or employees who have symptoms of COVID-19 for a minimum of 14 days

Judo Canada Infographic for **Communication plan/protocol in case of symptoms** - <https://www.judocanada.org/covid19/>

ADDITIONAL RESOURCES

COVID-19 Posters

To be posted at each judo club

1. Page 4 of this document - **BC PHASE 2** (IJF LEVEL 3, Judo Canada Phase 1) - Activities Inside the Dojo
2. **STOP** Do Not Enter - http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf
3. **SPACE OCCUPANCY** - <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-occupancy-limit?lang=en>
4. **HAND HYGIENE** - http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf
5. **JUDO CANADA RETURN TO JUDO PHASES** - <https://www.judocanada.org/covid19/>

Judo BC Return to Judo Video - <https://youtu.be/m6i7ALV2ka4>

Links to Regional health authorities:

Fraser Health: <https://www.fraserhealth.ca/>

Interior Health: <https://www.interiorhealth.ca/Pages/default.aspx>

Island Health: <https://www.islandhealth.ca/>

Northern Health: <https://www.northernhealth.ca/>

Vancouver Coastal Health: <http://www.vch.ca/>

JUDO BC COVID-19 QUESTIONNAIRE

Participant Name:	Club:
Training location if outdoors:	
Date and time of training:	Coach:
Consenting parent* for minors:	

Are the following statements true for you?

Are you experiencing any of the following?

- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

- Yes
 No

Are you experiencing any of the following?

- Mild to moderate shortness of breath
- Inability to lie down because of difficulty breathing
- Chronic health conditions that you are having difficulty managing because of difficulty breathing

- Yes
 No

Are you experiencing cold, flu or COVID-19-like symptoms, even mild ones?

Symptoms include fever, chills, cough, shortness of breath, sore throat, and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, or loss of appetite.

- Yes
 No

Have you travelled to any countries outside BC within the last 14 days?

- Yes
 No

Did you provide care or have close contact with a person with confirmed COVID-19?

- Yes
 No

If you answered Yes to any of the above questions, you are not eligible to participate in judo or judo training activities. Please get assessed for a COVID-19 test, and self-isolate for at least 14 days or longer depending on when your symptoms started. A doctor's clearance note will be required prior to participation.

JUDO BC COVID-19 PARTICIPANT AGREEMENT

All members of Judo BC agree to abide by the following points when entering their judo club facilities and/or participating in club activities under the Judo BC Return to Judo Plan.

- I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my Clubs COVID-19 Policies and Protocols.
- I understand that if I do not abide by the policies/Protocols, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or Protocols may result in suspension of my club and Judo BC membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Judo Club:
Date:
Name of Participant:
Signature of Participants if over 18 years of age:
Signature of Parent/Guardian if participant is a minor (18 years or younger):
Name of Parent/Guardian if participant is a minor: