

WHAT'S HAPPENING

Wednesday 20th May 2020

Irish Judo Association
Weekly Update

Design the New IJA Mascot

Have you got what it takes to design an IJA Mascot? This competition is open to any IJA member who think their design is worthy of becoming our official new mascot. The IJA Mascot will attend IJA National events and the image will be used to help in the promotion of the sport.

We are looking for a character that is imaginary and original. It must capture the sport of judo.

- The mascot will represent the judo community in Ireland so it must include the IJA logo. The core colours are green, white and orange but you do not have to restrict yourself to those colours alone.
- The mascot will need to be able to move and meet people in a friendly way.
- It is important that the mascot will be able to jump, roll and take part in judo movements.

The winner of the competition will receive a new judogi.

How to enter

Send a clear photograph, scan or paper copy to the IJA email or IJA Office.

admin@irishjudoassociation.ie or **Irish Judo Association, Irish Sport HQ, Sport Ireland Campus, Abbotstown, Dublin, D15 DY62**

Your Details

Name

Club

Age (If under 16)

Address

Contact phone number (Parent / Guardian if under 16)

Contact email (Parent / Guardian if under 16)

Mascot Details

Mascot name

Why do you think your Mascot should be the IJA Mascot?

Closing date is Friday 26th June 2020.

Please pass this onto your members.

Coaches Corner



The first of our coaches in profile is Anderson M Santos. Anderson runs his club in Navan, County Meath, under the name Yoro Dojo Judo Club. Anderson was asked to give a brief profile of himself and to describe what he is doing during this time of Covid 19 Emergency.

Hi. My name Anderson M Santos, a passionate Judoka, who started Judo in 1993, back in my birthplace, Brazil. I always trained to be a competitor but now just to be a better Judoka and coach and to continue to learn more about this amazing sport. Back in Brazil I competed for my Club, AD São Caetano. Since coming to Ireland, I have recently opened a Dojo in Navan called Yoro Dojo.

The club has a few students and were enjoying the sport before we all got into this big challenge named Covid -19. In an effort to help my students, I started to do some Instagram / Facebook posts just using my mobile phone. I hoped to keep my students interested in judo during this time.

I had the idea of try to get others more interested in Judo by doing interviews online using the platform called You Tube. I am not a journalist nor media trained but I believe the interviews can help promote our art and sport, and maybe get others to become more aware about their local Judo club.

I hope to do interviews with sensei from all parts of Ireland.

Before the lockdown I did not get the chance to meet with many other sensei in Ireland and learn from them. Hopefully this will provide an opportunity to speak with others and present a learning opportunity not only for me, but others may get ideas shared and may help the audience in get to know more about other sensei`s judo clubs. Sharing during this time will hopefully help judo when we all get back to judo.

You can watch it live subscribing to Yoro Dojo You Tube channel or you can watch it on the same platform or on Facebook after I post it.

I really believe in the phrase together we are stronger. We are part of a huge community. Stay healthy, stay safe my Judo`s friends.

Feicfidh mé sibh go léir go luath.

Thank you, Anderson. Next week we will have another coach to share their thoughts

Use of Social Media

We would encourage more of our clubs to engage in Social Media with their members. Always remember Safety and Child Protection Guidelines when doing so. There is plenty of judo being posted by many sources, much of it excellent. For coaches and the more experienced judoka this can be a useful resource but having spoken to several coaches who have engaged in social media with their members, the report back is that the younger players in a club only react to their own coach. The club coach is who they know. Not everyone is confident with social media but why not give it a go. It does not need to be a major production. Start small by contacting your members and you can gauge what they want. Give it a go. There are plenty of our clubs doing it, so ask them how they do it.



EJU Competition Announcement.

The Veteran European Judo Championships 2020 have been cancelled. The Greek Judo Federations keeps the right to host the event in 2021.

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Back to the Mat

Last week we gave the protocol set out by the IJF for returning to judo activity. Today's document has been produced using the current data and information available to us today.

The phases offered in these guidelines are based on a mapping of Irish Government Guidelines to IJF health and safety guidelines for a gradual phase lifting lock down restrictions that can be phased back and forth according to the actual local situation and the advice of local health authorities. As an all Ireland association, covering all 32 counties, we must be aware that the NI Executive will produce their Return to Sport document and we will have to adhere to these guidelines for our clubs in the north.

Before we presented here, it has been sent to Sport Ireland for checking and they are satisfied with the content.

As in all information we are given during these times we must remember that the situation is fluid and events may change current plans. Please read the document and if there are any questions or clarification needed, do not hesitate to contact the Honorary General Secretary.

Please note that whilst the IJA accepts that the IJF guidelines currently recommend the use of facemask during the early stage of lock down lifting, the current HSE policy is not fully in line with this recommendation. For this reason we have asked for input from the Irish's Government & Sport Ireland's Expert group for their feedback on this matter. We hope to have further clarification on this in the coming days. For the time being please follow the HSE guidelines on social distancing and the use of facemasks and face coverings which can be found here:

<https://www2.hse.ie/conditions/coronavirus/face-masks-disposable-gloves.html>

If you have any queries in relation to these guidelines please refer these in the first instance to Ben Clayden, Honorary General Secretary, Irish Judo

E: ben.clayden@irishjudoassociation.ie


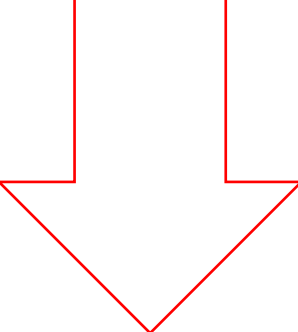

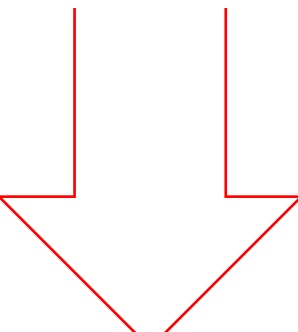


Back to the Mat

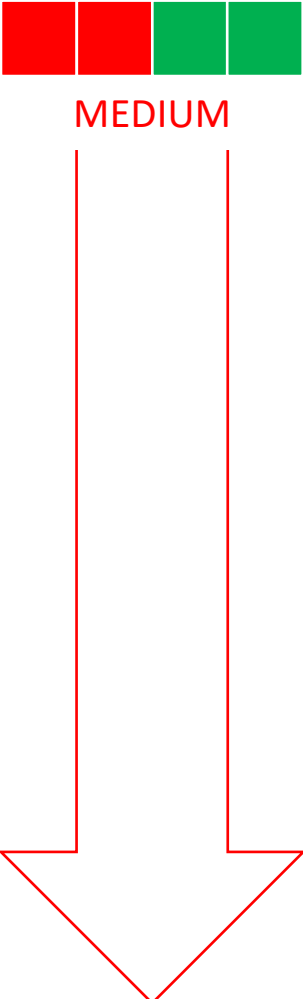
Ben Clayden | Honorary General Secretary | Irish Judo Association

Irish Judo Association
COVID 19 Return to
Training Guide

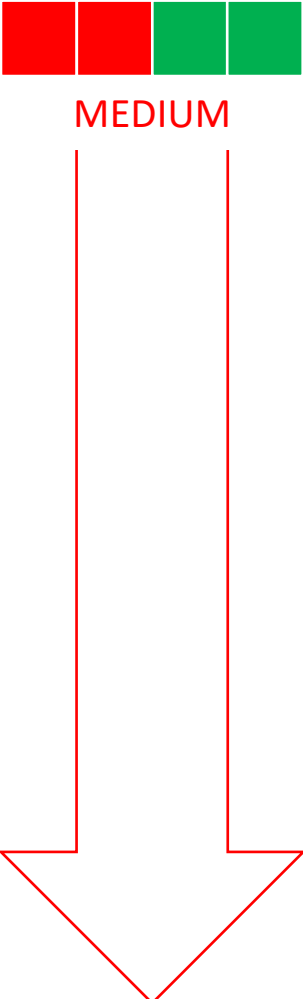
GOVERNMENT PHASE 1 to 4 LOCK DOWN LIFTING – MID SUMMER 2020

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED	
 VERY HIGH 	18th May	OUTDOOR ONLY (Max 5Km from home)	Max 4 People	Adult Members Only <ul style="list-style-type: none"> Controlled Micro-Community Full Social Distancing (2m+) At least 25M Square person No bathrooms, showers or toilets are allowed for use at the venue 	<ul style="list-style-type: none"> Tendoku-renshu (individual work) Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually)
 High 	8th June	OUTDOOR ONLY (Max 20Km from home)	Small Groups Team Training	<ul style="list-style-type: none"> Health Screening Completed Health Checklist at each session Full Contact Tracing 	<ul style="list-style-type: none"> Learning of Ukemi (fall) Postures, movement, coordination, mobility, core-stability, taiso, etc.
	28th June	DOJO (MEMBERS ONLY)	Min. 25M2 Per Person (5Mx5M) Max 4 per 100M2 of Mat		<ul style="list-style-type: none"> No equipment is used
	20th July				


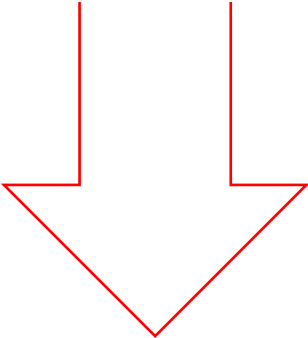

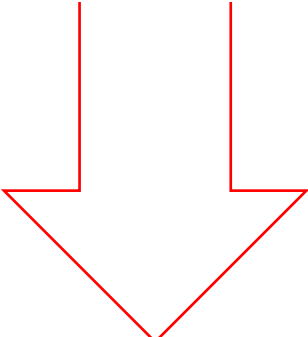
GOVERNMENT PHASE 5 - LOCK DOWN LIFTING – LATE SUMMER 2020

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 <p>MEDIUM</p>	<p>8th August</p> <p>DOJO (MEMBERS ONLY)</p>	<p>Min. 16m² per pair (4mx4m)</p> <p>Max 12 people per 100m² of Mat</p>	<p>Teens & Adults Only</p> <ul style="list-style-type: none">• Controlled Micro-Community• Full Social Distancing (2m+) Outside Dojo• At least 16m² per Pair• No bathrooms, showers or toilets are allowed for use at the venue• Health Screening• Completed Health Checklist at each session• Full Contact Tracing	<ul style="list-style-type: none">• Mix of co-operation and opposition in• Tachi-Waza• No randori!!!• All pedagogical resources to be adapted to the respiratory hygiene and contact limitations

GOVERNMENT PHASE 5 LOCK DOWN LIFTING – AUTUMN 2020

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 <p>MEDIUM</p>	<p>8th September</p> <p>DOJO (MEMBERS ONLY)</p>	<p>Min. 16m² per pair (4mx4m)</p> <p>Max 12 people per 100m² of Mat</p>	<p>All Age Groups</p> <ul style="list-style-type: none">• Controlled Micro-Community.• Full Social Distancing (2m+) Outside Dojo.• At least 16m² per Pair.• Toilets only are allowed for use at the venue.• No Showers.• Health Screening.• Completed Health Checklist at each session.• Full Contact Tracing.	<ul style="list-style-type: none">• Mix of Cooperation and opposition in Tachi-Waza favoured• No randori!!!• All pedagogical resources to be adapted to the respiratory hygiene and contact limitations

GOVERNMENT RETURN TO NORMAL – AUTUMN 2020 TO SPRING 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED	
 <p>PREVENTITIVE</p> 	AUTUMN 2020	DOJO (MEMBERS ONLY)	Normal Mat Safety Applies for age group	All Age Groups <ul style="list-style-type: none">• Controlled Micro-Community• Good Personal Hygiene• Basic Health Screening	<ul style="list-style-type: none">• No pedagogical restriction as long as the proposed situations respect the contact limitations
 <p>NORMAL</p> 	WINTER 2020 / SPRING 2021	DOJO (OPEN DOJO)	Normal Mat Safety Applies for age group	All Age Groups <ul style="list-style-type: none">• Normal Dojo Hygiene and etiquette• Good Personal Hygiene• Basic Health Screening	<ul style="list-style-type: none">• Regional and National training and competition allowed.



Protocols: Very High Vigilance

Adult Groups Members Only. Adhere to group sizes as per government lock down restrictions. Max. 4 people (May 18th) Small groups (June 8th).

Any accompanying people arrive to the training location 5 minutes before the end of session, and waits at a distant point and respects the security distance together with the other accompanying people

Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.



10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	Outdoor Fitness & Judo Session Solo Drills Only (No Contact, 25m2 per Judoka, Adhere to group size restrictions)	End of the session to departure	+15min extra between the sessions in order to prevent that the groups meet

Assembling class	During Training	After Training
<ul style="list-style-type: none"> • Designated Assembly point • Maintain Social distancing • Check and collect signed Sanitary Questionnaire • Temperature check (> 37.5°C) • Sanitize hands 	<ul style="list-style-type: none"> • The coach provides a designated space for each athlete on the mat respecting the social distancing guidelines. (25m2). • The Judoka go to their assigned area where they stay during the entire training session • The athletes do not form a line, but instead go to their allotted area and perform a standing bow from there. • The training session is adapted to avoid physical contact or the use of any shared equipment. • The Judoka do not form a line at the end of class, but instead stay in their allotted area and perform a standing bow from there. • The coach dismisses the athletes by turns in order to get back to the assigned area next to the training location (where the personal belongings have been left before the start of the session) • The Judo greet each-other and leave the area respecting the required sanitary distance 	<p>Leave class Promptly and head straight home</p> <p>When you get home:</p> <ul style="list-style-type: none"> • Take a shower • Wash the training outfit (judogi) • Wash the water bottle • Disinfect the bag • Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)



Protocols High Vigilance

Adult Groups Members Only.. Adhere to group sizes as per government lock down restrictions.

Any accompanying people arrive to the training location 5 minutes before the end of session, and waits at a distant point and respects the security distance together with the other accompanying people

Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.



10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	Fitness & Judo Session Solo Drills Only (No Contact, 25m ² per Judoka, Max 5 Judoka per 100m ² of mat)	End of the session to departure	+15min extra between the sessions in order to prevent that the groups meet

Assembling class	During Training	After Training
<ul style="list-style-type: none"> • Designated Assembly point • Maintain Social distancing • Check and collect signed Sanitary Questionnaire • Temperature check (> 37.5°C) • Sanitize hands 	<ul style="list-style-type: none"> • The coach provides a designated space for each athlete on the mat respecting the social distancing guidelines. • The Judoka go to their assigned area where they stay during the entire training session • The athletes do not form a line, but instead go to their allotted area and perform a standing bow from there. • The training session is adapted to avoid physical contact or the use of any shared equipment. • The Judoka do not form a line at the end of class, but instead stay in their allotted area and perform a standing bow from there. • The coach dismisses the athletes by turns in order to get back to the assigned area next to the training location (where the personal belongings have been left before the start of the session) • The Judo greet each-other and leave the area respecting the required sanitary distance 	<p>Leave class Promptly and head straight home</p> <p>When you get home:</p> <ul style="list-style-type: none"> • Take a shower • Wash the training outfit (judogi) • Wash the water bottle • Disinfect the bag • Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)



Protocols Medium Vigilance

Teens & Adult Groups Members Only. Adhere to group sizes as per government lock down restrictions.

Any accompanying people arrive to the training location 5 minutes before the end of session, and waits at a distant point and respects the security distance together with the other accompanying people

Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.



10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	Judo Session (Train in same pair for full session, 16m2 per pair, Max 12 Judoka per 100m2 of mat)	End of the session to departure	+15min extra between the sessions in order to prevent that the groups meet

Assembling class	During Training	After Training
<ul style="list-style-type: none"> • Designated Assembly point • Maintain Social distancing • Check and collect signed Sanitary Questionnaire • Temperature check (> 37.5°C) • Sanitize hands 	<ul style="list-style-type: none"> • The coach invites the pairs by turns to go to the training area marked on the tatami (the tatami is segmented in areas of at least 16m2) • The Judoka go to their assigned area where they stay during the entire training session • The athletes do not form a line, but instead go to their allotted area and perform a standing bow from there. • The training session is adapted to avoid physical contact or the use of any shared equipment. • The Judoka do not form a line at the end of class, but instead stay in their allotted area and perform a standing bow from there. • The coach dismisses the athletes by turns in order to get back to the assigned area next to the training location (where the personal belongings have been left before the start of the session) • The Judo greet each-other and leave the area respecting the required sanitary distance 	Leave class Promptly and head straight home When you get home: <ul style="list-style-type: none"> • Take a shower • Wash the training outfit (judogi) • Wash the water bottle • Disinfect the bag • Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)



Protocols Preventative Vigilance

All age groups – Member Only. Adhere to normal group sizes for age group and mat size.

Any accompanying people arrive to the training location 5 minutes before the end of session, and waits at a distant point and respects the security distance together with the other accompanying people

Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.



10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	Judo Session (Train in same pair for full session, 16m ² per pair, Max 12 Judoka per 100m ² of mat)	End of the session to departure	+15min extra between the sessions in order to prevent that the groups meet

Assembling class	During Training	After Training
<ul style="list-style-type: none"> • Designated Assembly point • Basic Health Checks • Temperature check (> 37.5°C) • Sanitize hands 	<ul style="list-style-type: none"> • Normal Judo Hygiene standards apply. • Players and coaches must play close attention to minimising touching of the face • Player should wash hands regularly 	Leave class Promptly and head straight home When you get home: <ul style="list-style-type: none"> • Take a shower • Wash the training outfit (judogi) • Wash the water bottle • Disinfect the bag • Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)



Protocols Normal Vigilance

All age groups – Open Dojo. Adhere to normal group sizes for age group and mat size.

Any accompanying people arrive to the training location 5 minutes before the end of session, and waits at a distant point and respects the security distance together with the other accompanying people

Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.



10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	Judo Session (Train in same pair for full session, 16m ² per pair, Max 12 Judoka per 100m ² of mat)	End of the session to departure	+15min extra between the sessions in order to prevent that the groups meet

Assembling class	During Training	After Training
<ul style="list-style-type: none"> • Designated Assembly point • Basic Health Checks • Temperature check (> 37.5°C) • Sanitize hands 	<ul style="list-style-type: none"> • Normal Judo Hygiene standards apply. • Players and coaches must play close attention to minimising touching of the face • Player should wash hands regularly 	Leave class Promptly and head straight home When you get home: <ul style="list-style-type: none"> • Take a shower • Wash the training outfit (judogi) • Wash the water bottle • Disinfect the bag • Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)



Club and Training Centre Cleaning Protocols

Area / Equipment	Frequency
Communal areas	Daily at the end of the day
Contact Points such as door handles in communal areas	Once an hour during high traffic periods.
Showers / Changing rooms	At the beginning or the end of the day
Equipment & Mat storage areas	At the beginning or the end of the day
Tatami	Before the 1st session and then after each session
Equipment	After each use in preventative, then daily in normal

- All Cleaning should be undertaken by individuals wearing appropriate personal protective equipment and hands should be washed thoroughly before and after cleaning.
- Virucide product should be used on all surfaces
- Surfaces should be dried following cleaning and new / fully disinfected equipment should be used for each cleaning operation.
- A Cleaning log should be maintained at the premises.

Individual Health Check Questionnaire (to be Completed by each Judoka before each class)

Name	
Club	
License No.	

Date:	
Time	
Coach	

Have you noticed any of the following symptoms within the last 14 days?

No.	Symptoms	Yes / No
1.	Body temperature over 37.5 °C	
2.	Dry cough	
3.	Sore throat	
4.	Sudden onset of shortness of breath	
5.	Sudden onset of vomiting and/or diarrhoea	
6.	Sudden onset of articular and/or muscle pain	
7.	Fatigue without a known cause	

Are the following statements true for you?

No.	Symptoms	Yes / No
8.	In the past 1 month have you or anyone in your household met a presumptive or declared Covid-19 infected person or anyone who got into close contact with such person?	
9.	Is anyone in your household under self or officially imposed quarantine?	
10.	Do you live in the same household with an exposed and frail person (> 70 years old, cardiac pathology or chronic pulmonary pathology immunodeficiency)	

I acknowledge that if I have had COVID-19 and have been hospitalized, I must first consult a doctor before resuming any activity, if I have had symptoms being subject to COVID-19 infection (fever, cold, cough, thoracic pain, fatigue, loss of taste or smell, diarrhoea, etc.), these symptoms started more than 24 days ago and have ended for at least 48h, I have to present a negative PCR Covid-19 test **on at least two consecutive specimens** collected 24 hours apart after the acute illness has resolved.

Name	
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Date:	
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Consenting parent: parent, caretaker, authorized person to sign a consent on behalf of the minor

Appendix A - Terminology

- Dojo – Training Hall
- Tendoku-renshu - Individual work
- Tachi- Waza – Standing Techniques
- Ne-Waza – Groundwork Techniques
- Taiso – Calisthenics / Body Hardening exercises
- Randori – Free Practice
- Judoka – Judo Player
- Tatami – Mat Area