



WHAT'S HAPPENING

Wednesday 27th May 2020

Irish Judo Association
Weekly Update



President's Message

I trust this correspondence finds you well and your family remains safe. Unfortunately, there are many in the country that have suffered loss during this time as a result of Covid 19.

Ar dheis Dé go raibh an annam.

We in the judo community have played our part during this emergency by adhering to the guidelines set out by government and health experts. To support the fight against Covid 19 we must continue to do so and follow the new guidelines set out for us. This is a time of uncertainty and unknown for most. We must keep together and ensure we can return to a sense of normality. The country is now entering a new phase. To help sport return, an Expert Group was established by the Department of Transport, Tourism and Sport to provide guidance to Ireland's sporting bodies to prepare for the phased return to sporting activity.

Both Sport Ireland and Sport NI began working with the relevant NGBs to prepare protocols for the return to sport as and when restrictions can begin to be lifted. The Irish Judo Association was one of the sports that presented their proposed protocol for returning to activity. The [Expert Group](#) will assess the consistency of the protocols presented to ensure the developed protocols allow judo to be practiced safely in compliance with the prevailing public health advice under Phase One and beyond.

At this time Judo coaches and players must continue to adhere to government and health guidelines. Social distancing must be maintained at all times. While the government still advises people to stay at home as much as possible to minimise the spread of Covid-19, it is permitted to exercise in the outdoors within 5km from your home. People can exercise - either on their own, with existing members of their household or in a group of no more than 4 people who are not from the same household where physical distancing can be maintained. Remember you must still keep 2 metres apart at all times.

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IJA members who hold a valid licence are covered for Judo Activities in both indoors and outdoors venues, only if the current Government Guidelines on Return to Sport are adhered to.

Fitness based exercises and non-contact judo-based exercises for both indoor and outdoor venues are covered if all appropriate social distancing guidelines are in place with regards to the Road Map of the relevant jurisdiction. If any registered club judo coach breaches those guidelines, they will not be insured under the IJA policy and will carry that risk themselves. The Club must already be registered with the IJA, but no further venue addresses need to be supplied at this time.

As the road map on return to sport protocols are updated, each judo coach must ensure they are following the most up to date government guidelines until such time as Sport Ireland and Sport NI provides approval for a specific Judo road map. This will be an evolving process and no judo club should undertake any class of activity unless they can facilitate within the current guidelines.

I urge you to keep safe and healthy and follow the guidelines set out by the authorities. The IJA will keep you informed of further changes to the guidelines.

Seán Fleming

President

Save the Date!

Coach's Webinar

The Irish Judo Association in conjunction with Sport Ireland Coaching will be hosting a Coach's Webinar on Wednesday the 10th June 2020 from 4.30pm to 6.00pm.

Your Co-Hosts for the Webinar will be Adrian Byrne from Sport Ireland Coaching & Paul Green from the Irish Judo Association.

The Coach's webinar will offer advise & tips on membership engagement, maintaining club structures within the Covid 19 window & discuss ideas from coaches around the country & offer insights to promote positive outcomes for our coaches.

Details to register for the Coach's Webinar will be sent to our Head Coaches in the coming days. Save the Date!



Coaches Corner



The Judo Academy 'Technique over Strength'

Our next coach in profile is Anne Marie McCluskey. Anne Marie runs her club in Lisburn & Belfast, County Antrim, under the name The Judo Academy. Anne Marie was asked to give a brief profile of herself and to describe what she is doing during this time of Covid 19 Emergency.

I am Anne Marie McCluskey from The Judo Academy. I have been involved in coaching for 15 years and although I began my judo journey later in life, along with my husband Stephen and daughter Grace have established The Judo Academy with over 400 players every week. I have been heavily involved in the promotion of 'females in sport' and the physical and emotional benefits of judo for that demographic.

Before the 'lockdown' scenario that we are all facing, we had built great relationships with other clubs, especially our friends in Galway Judo Club, whom we shared a training camp in Holland in February. We have also shared many club exchanges and hosted Ulster Squad sessions that are open to all judoka.

Before we stopped practicing on the mats, we had planned a club grading for the end of March. Many members were disappointed at the shut down and we decided to try to find a way to carry out a grading online.

The work on the mats was completed, so we designed a series of assessments that everyone could complete at home. It involved 'comprehension' style assignments with all answers being through our website grading page, blog and the various online resources specified. It was a huge success with over 100 members taking part and achieving the next grade. We were able to post the new grades to the home address which went down a treat.

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

IJF Launch 'IJF Fit'

The International Judo Federation launched an online platform on the 22nd May 2020 called 'IJF Fit'.

We posted same to our Facebook & Twitter social media pages, but for those that are not on Social Media, details of the new online platform can be found here:

<https://fit.ijf.org/>

Lots of fun to be had for all our members!



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.