



Back to the Mat

IJA Guidelines for a Safe Return to Irish Judo

Ben Clayden | Honorary General Secretary | Irish Judo Association

Irish Judo Association
COVID 19 Return to
Training Guide



Context

- The aim of these guidelines is to mitigate the risk of Covid-19 infection as much as possible at club level, as the danger cannot be completely eliminated without an effective and comprehensive Covid-19 testing or vaccination program or an effective cure.
- 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 advise of local health authorities.
- The principle requirement of implementing these guidelines is that local authorities have lifted curfew or lockdown and people are allowed to leave their home and gather together under certain conditions.
- At all times government guidelines and advice supersede these guidelines.
- Respecting hygienic measures, such as washing and sanitizing the hands regularly, using disposable paper handkerchiefs and applying social distancing is a must to protect each other and stop the spreading of the virus.
- Anyone planning to participate at any level in the training sessions must fill out and sign a sanitary questionnaire testifying that they are in a good health condition. Minors must present parental consent. Collecting the questionnaires is the responsibility of the clubs organising the trainings.
- All Head Coaches and Club Secretaries must attend one of the online IJA briefings prior to reopening their clubs.



Note on IJA Guidelines

The guidelines below are designed to offer Judo Clubs in the Republic of Ireland with a framework for reopening Judo. As noted above these are guidelines and clubs are advised to take a cautious approach and should carry out their own risk assessments and take steps to ensure that they are fully confident that they have properly considered all risks and are taking deliberate steps to mitigate risk.

Clubs and Coaches should also be conscious that there are some people in our society at greater risk than others and so this factor should be considered fully in your plans to reopen.

If you have any questions in relation to this plan, please direct them in the first instance to the Hon Gen Secretary ben.clayden@irishjudoassociation.ie

General Feedback for all Sports from the Government Expert Group



While the government have accelerated the roadmap for return to June 29th 2020, there is no onus on NGBs, Clubs, Affiliates, Members, Athletes or Volunteers to return immediately.

A cautious, gradual approach to full participation and competition remains a sensible approach.

Sports should be mindful of non-COVID19 related issues as part of that return – increased risk of injury etc. due to the suspension of organised sport & training.

Personal responsibility is more important than ever.

Sports & their participants, should consider the four strands of the DATE model when making decisions on activity and at all times be evaluating risk. These four things are: Distance, Activity, Time and Environment

Formal Reopening of Judo in the Republic of Ireland



Last Friday 19th of June 2020, the Irish Government announced the reopening of all sports including close contact sports; subject to adherence to the government safety and hygiene guidelines.

Yesterday evening we received the formal 'green light' on our "Back to the Mat" plan, from Sport Ireland and the Government's Expert group to proceed with the reopening of our sport. The Irish Judo Association board are now in a position to formally announce the phased & controlled reopening of our Judo in the Republic of Ireland from the 29th of June 2020 (subject to 'Club Readiness' protocols being completed).

This is fantastic news for us all and will mean we can return to training in the coming weeks. We should not however be complacent about this news. Whilst new cases of the COVID19 virus seem to be sufficiently under control, this is still a dynamic situation and so without proper controls in place we could see this situation change very rapidly with the potential to undo the progress and hard work we have all achieved in the past few months.

In the next few pages we provide a simple step by step guide and some detailed guidance and recommendations for clubs. We will be organising some webinars in the coming week to ensure clubs are fully briefed and informed in regards the new safety protocols.

Simple Steps for Safe return to Judo

Club Readiness

1. Read the detailed guidelines below and take steps to update your club documents and perform your COVID19 risk assessment.
2. Register for the IJA Part One of the IJA's COVID19 "Back to the Mat" webinar - "IJA guidelines and safety protocols for the safe return to sport".
3. Register for IJA Part Two of the IJA's COVID19 "Back to the Mat" webinar - 'First Aid Covid19' protocols and considerations for the safe return to sport"

NB Only one representative from each club should sign up to the webinars and ideally this would be the head coach. You can register for the webinars via the IJA office. First session takes place 12pm on the 27th of June 2020, contact the office for more details on dates and times. This course is free of charge but spaces are strictly limited to one place per club.

Once both modules are completed your club will receive a certificate of COVID19 CPD completion which should be displayed in your club when you reopen.

Simple Steps for Safe return to Judo (cont..)

Back to Training - Preparation

1. Implement sanitation procedures and safeguards including appointing COVID19 safety officer / supervisor
2. Speak to your training venue and coaching teams and ensure you are all aligned to the new COVID19 policies and procedures
3. Notify the IJA office you are returning to training.

Parent and Membership readiness -

1. Inform your membership of new policies and procedures
2. Direct the player and parents to the IJA's 'Safe Return to Sport' guide and quiz for players and parents which will be on our website from Monday 29th June 2020



NGB COVID19 Safety Advisory Officer

On Friday 19th June 2020, the Hon Gen Secretary, completed the Sport Ireland National Governing Body COVID 19 Safety and Advisory Officer Training.

There are a number of key takeaways from this course that we should all be aware of as a Judo community. Whilst our Sport is able to reopen we will need to make a number of changes in order to keep each other safe. Many of these changes were communicated in our plan in May however there are some amendments and some addition information that we should all be aware of.

The primary source of information will be the Government information so all Head Coaches should try to remain as up to date as possible. The below information should be seen as some simple recommendations and guidelines and good practice and not as a part of the compliance project. The Irish Judo Association is here to help and offer guidance however the ultimate responsibility as always is on the Head Coaches and Club Secretaries to ensure you are working within proper safety guidelines.



Club Policies & Risk Assessment

All club documentation and policies should be reviewed and updated by Club Secretaries to take account of COVID19 guidelines.

A full risk assessment should be completed by each club to ensure safety standards are met and that you can demonstrate this if needed to your local authorities. This will be each individual clubs responsibility to do this.

We are aware that these changes will impact different clubs in different ways due to the variance in training locations, club size and geography amongst other considerations, any club that requires help should contact the IJA office.

Clubs in the North of Ireland should continue to follow the local government advice and safety standards set down by the NI Assembly. The IJA will update this information as more guidance becomes available in the North of Ireland.



COVID19 Safety Officer / Supervisor

All coaches are advised to read the government guidelines, the return to work policy and to take the most up to date COVID19 safety awareness course from Sport Ireland and or their Local Sports Partnership.

Clubs should appoint and train a number of COVID 19 officers / supervisors and these individuals should be present at every session and should not be the coach at that session. Their role is simply to monitor the situation and to ensure social distancing, sanitation and hygiene standards are being maintained. This is for everyone's safety and whilst not enshrined in regulation it is considered minimum standards and so will be a condition of your insurance.



Hygiene and Sanitation Procedures

Proper hygiene and sanitisation procedures need to be implemented and supervised. You are advised to keep a record of this. You are also encouraged to think in particular about cleaning protocols, class hand overs, emergency procedures and the use of face masks in situations where social distancing is difficult.

Face coverings are **NOT** recommended in training and should not be used for children under the age of 13.

All players are encouraged to add hand sanitiser to their kit bags.

Head Coaches should stay informed as to the latest guidelines from the government on changing facilities, toilets and communal space such as waiting rooms.

Clubs operating in public sports centres and or schools are encouraged to work with these centres to ensure all parties are aware of their roles and responsibilities.



Contact Tracing & Health Checks

Contact tracing and health check forms should be considered as a minimum requirement by all clubs for every session. A simple way to implement this is through membership forms, a simple membership database and through keeping attendance records for each session. The goal of health check is to ensure that clubs can reduce their risks and the risk to their membership by checking all participants are healthy and have not been in contact with any infected person or in any situation which puts them at high risk. Most of us are not doctors and so we will need to rely on individuals knowing not to attend training if they are unwell. This is not really that different to our normal protocols as a sport, but we will also need to remind our members and their families of this policy and remind them that even if they are not showing symptoms themselves, if they have been in contact with someone who is, they should not attend training. The additional goals for keeping these records are to ensure that clubs have all the information required should they need to assist the HSE with contact tracing measures in the future.

Clubs are reminded of the importance of GDPR legislation in regards to all personal data and reminded this includes medical data such as disclaimer forms, temperature checks (if implemented), medical disclaimers and other related data.



First Aid

All First Aiders should update their knowledge to inform them about changes brought about by COVID 19 guidelines.

These mainly relate to the use of PPE and the delivery of CPR and interactions with players but also concern appropriate levels of social distancing and reduced contact.

All Coaches and First Aiders are strongly encouraged to update their knowledge in relation to these recommendations and seek the advice of a suitably qualified first aid training company if needed.

Part Two of the IJA's COVID19 "Back to the Mat" webinar on 'First aid protocols and considerations for the safe return to sport' will cover this in detail.



Reaching Out to Your Membership

As announced last week, in the next two weeks all clubs will receive copies of the new kids grading book that the Hon Gen Secretary has worked to develop with Nicola Fairbrother over the summer. This book is designed to support club activities and to enhance the learning for the next generation of Irish Judoka.

As an IJA initiative to help clubs encourage young players back to the mat, all children (pre-cadet and minor) who purchased a license up to and including the 1st of June 2020 will receive a free copy of this book via their club. Clubs will receive these copies in the next few weeks hopefully in time for your return to training. Club Coaches are encouraged to reach out to your members and inform both players and parents of your new training schedules and the safeguards you are putting in place. It is vitally important that we notify our members that the Judo community takes their safety very seriously and we are taking every precaution to protect our membership and their communities. It is also very important that parents understand what is required under the new safety protocols for your club and the training environment.



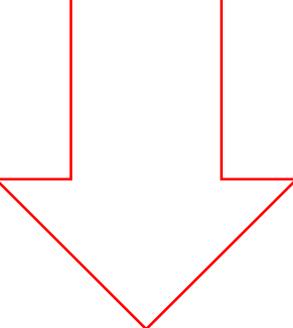
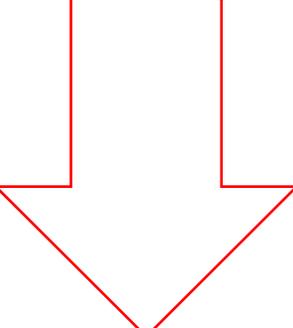
Back to the Mat

IJA Phased plan for a Safe Return to Irish Judo

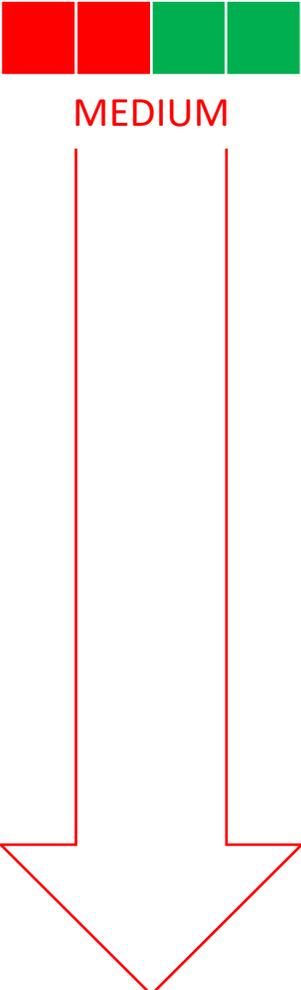
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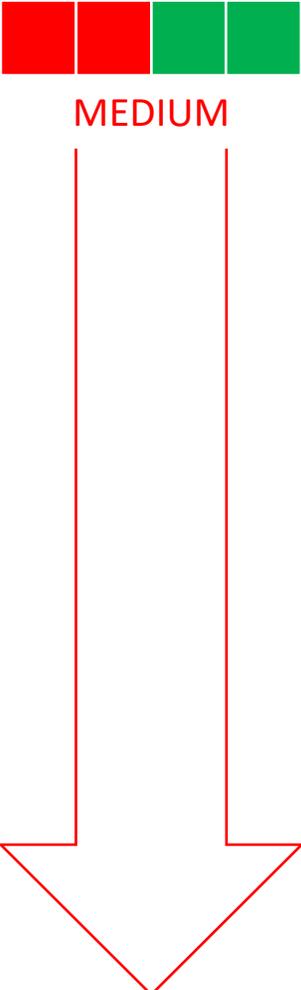
GOVERNMENT PHASE 1 to 2 - LOCK DOWN LIFTING – EARLY SUMMER 2020

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 VERY HIGH 	18th May	Max 4 People	Adult Members Only <ul style="list-style-type: none">• Controlled Micro-Community• Full Social Distancing (2m+)• At least 25m per 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	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.• No equipment is used

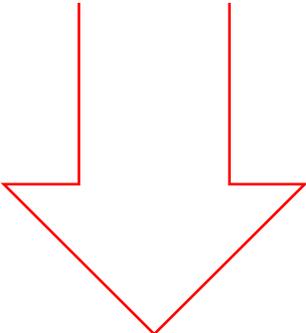
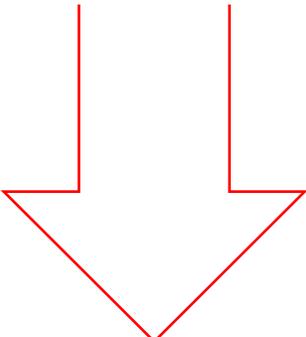
GOVERNMENT PHASE 3 - LOCK DOWN LIFTING – SUMMER 2020

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 <p>MEDIUM</p>	<p>29th June</p> <p>DOJO (MEMBERS ONLY)</p>	<p>Min. 16m per pair (4mx4m)</p> <p>Max 12 people per 100m 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 16m 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 4 LOCK DOWN LIFTING – SUMMER 2020

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 <p>MEDIUM</p>	<p>20th July</p> <p>DOJO (MEMBERS ONLY)</p>	<p>Min. 16m per pair (4mx4m)</p> <p>Max 12 people per 100 meters 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 16m 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> 	<p>September 2020</p> <p>DOJO (MEMBERS ONLY)</p>	<p>Normal Mat Safety Applies for age group</p>	<p>All Age Groups</p> <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> 	<p>WINTER 2020 / SPRING 2021</p> <p>DOJO (OPEN DOJO)</p>	<p>Normal Mat Safety Applies for age group</p>	<p>All Age Groups</p> <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 • 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 • 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, 16m per pair, Max 12 Judoka per 100m 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 • 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 	<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 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 per pair, Max 12 Judoka per 100m 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 • 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 (Normal Safety Protocols apply)	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 • Sanitize hands 	<ul style="list-style-type: none"> • Normal Judo Hygiene standards apply. • Players and coaches must pay close attention to minimising touching of the face • Player should wash hands regularly 	<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)



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