



Back to the Mat

IJA Phased Plan Living with Covid 19 for Irish Judo
6th October 2020

Irish Judo Association
Living with 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.
- At all times relevant 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 spread of the virus.
- Anyone planning to participate at any level in the training sessions must fill out and sign a sanitary questioner at club level 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, online registration is recommended over collection of paper forms.
- All Head Coaches and Club Secretaries planning to return to mat that do not hold the Certificate of Completion for the 'IJA Covid 19 Back to the Mat Protocols for a Safe Return to Sport Training', as best practice should complete the 'Sport Ireland Return to Sport Online Courses' - <https://www.sportireland.ie/covid19/course>
- Covid 19 Resource Page for Parents & Members available at www.irishjudoassociation.ie



Note on IJA Guidelines

Back to the Mat Guidelines 2020 issued 20th May 2020

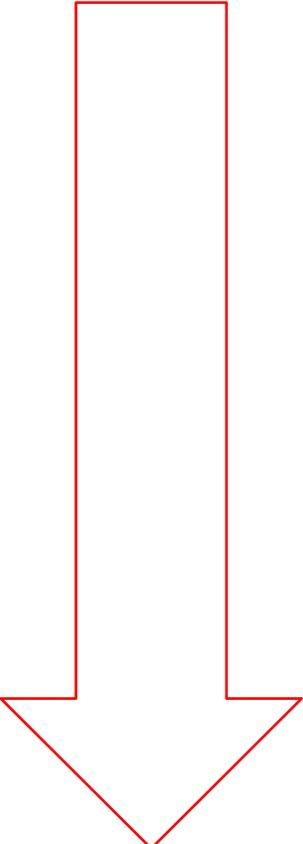
Updated Back to the Mat Guidelines 2020 issued 24th June 2020

Updated Back to the Mat Guidelines 2020 issued 24th August 2020

Updated Living with Covid 19 Guidelines 2020 issued 6th October 2020

If you have any questions in relation to this plan, please direct them in the first instance to the IJA office admin@irishjudoassociation.ie

GOVERNMENT LEVEL 1 RESTRICTIONS – SEPTEMBER 2020 to MARCH 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 NEW NORMAL 	LEVEL 1 RESTRICTIONS 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">• All normal training practices resume.• Regional and National training and competition allowed. (Max 100 Spectators)



Protocols Normal Vigilance

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

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

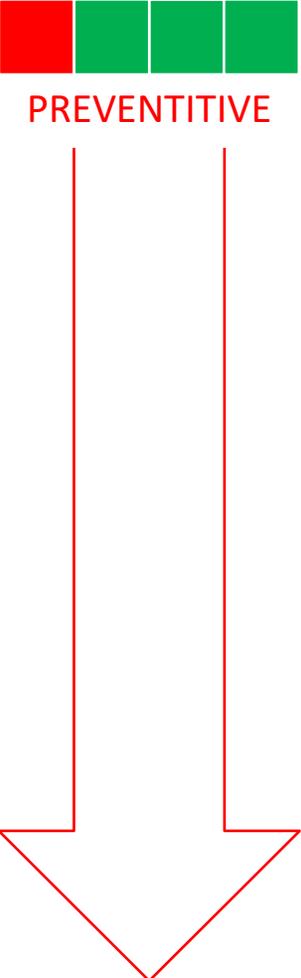
Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.

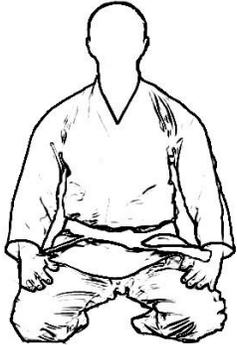


10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	Judo Session (Train in same pair for full session, 16m ² per pair, Max 12 Judoka per 100m ² of mat)	End of the session to departure	+15min extra between the sessions in order to prevent that the groups meet

Assembling class	During Training	After Training
<ul style="list-style-type: none"> • Designated Assembly point • Basic Health Checks • 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)

GOVERNMENT LEVEL 2 RESTRICTIONS – SEPTEMBER 2020 to MARCH 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 <p>PREVENTITIVE</p>	<p>LEVEL 2 RESTRICTIONS</p> <p>DOJO (MEMBERS ONLY)</p>	<p>Training Pods of 6 People.</p> <p>Multiple pods allowed if space available.</p> <p>54 Metres of mat per pod.</p> <p>No more than 50 people inside the venue to include all staff & coaches</p>	<p>All Age Groups</p> <ul style="list-style-type: none">• Controlled Micro-Community• Good Personal Hygiene• Basic Health Screening• No Spectators except for child protection and even then full social distancing should be in place• Building must have strict COVID 19 protocols & controls in place	<ul style="list-style-type: none">• No pedagogical restriction as long as the proposed situations respect the contact limitations



Protocols Preventative Vigilance

All age groups – Member Only. Train in pods of no more than 6 people. Multiple pods allowed if space is available. Max 50 people inside building to include all staff, coaches & child protection personnel. No spectators. Strict COVID 19 protocols and controls in place.

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

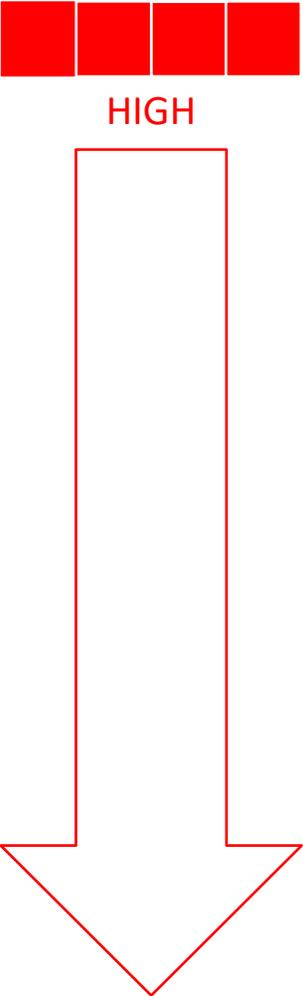


Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.

10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	Judo Session (Train in pods of 6 for full session, 9 metres of mat per person, 54 metres of mat per pod. Max 50 people inside building to include all staff & coaches)	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 	<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)

GOVERNMENT LEVEL 3 RESTRICTIONS – SEPTEMBER 2020 to MARCH 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 <p>HIGH</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">LEVEL 3 RESTRICTIONS</p> <div data-bbox="489 349 817 831"> <p>OUTDOOR TRAINING</p> </div> <div data-bbox="489 859 817 1345"> <p>DOJO (Indoor Training)</p> </div>	<div data-bbox="873 349 1370 688"> <p>Small Groups Team Training (PODS of 15)</p> </div> <div data-bbox="873 859 1370 1416"> <p>Individual training Subject to training venue being open under Level 3 (MAX 50 People in building)</p> </div>	<p>Members Only</p> <ul style="list-style-type: none"> • Controlled Micro-Community • Full Social Distancing (2m+) • At least 9M Square person (3Mx3M) • No bathrooms or showers • Toilets only are allowed for use at the venue • Health Screening • Completed Health Checklist at each session • Full Contact Tracing 	<ul style="list-style-type: none"> • Tendoku-renshu (individual work) • Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually) • Learning of Ukemi (fall) • Postures, movement, coordination, mobility, core-stability, taiso, etc. • No equipment is used



Protocols High Vigilance

All age groups – Members Only. Train in an individual pod of no more than 1 person. Multiple individual pods allowed if space is available subject to a maximum of 50 people inside building to include all staff, coaches & child protection personnel. No spectators. Strict COVID 19 protocols and controls in place.

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



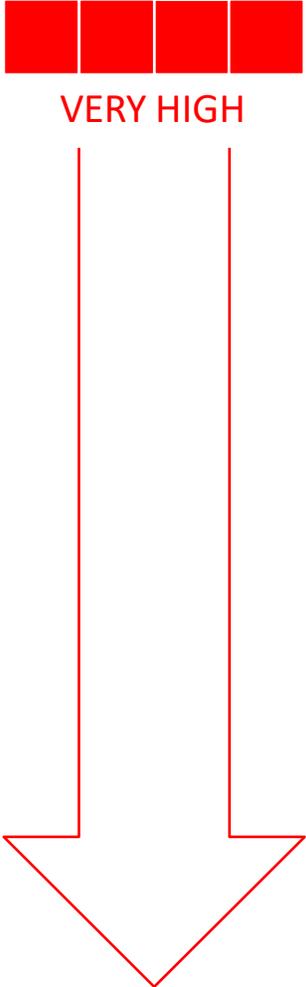
Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.



10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	Fitness & Judo Session Solo Drills Only (No Contact, 9m ² per Judoka, Max 11 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"> • A designated space is provided for each athlete on the mat respecting the social distancing guidelines (3m x 3m). • 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 Judoka 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)

GOVERNMENT LEVEL 4 RESTRICTIONS – SEPTEMBER 2020 to MARCH 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 <p>VERY HIGH</p> <p>LEVEL 4 RESTRICTIONS</p>	<p>OUTDOOR ONLY (Exercise with 5KM of Home)</p>	<p>Individual Training Only (PODS of 15)</p>	<p>Members Only</p> <ul style="list-style-type: none">• Controlled Micro-Community• Full Social Distancing (2m+)• 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">• Tendoku-renshu (individual work)• Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually)• Learning of Ukemi (fall)• Postures, movement, coordination, mobility, core-stability, taiso, etc.• No equipment is used



Protocols: Very High Vigilance

Adhere to group sizes as per government lock down restrictions.

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

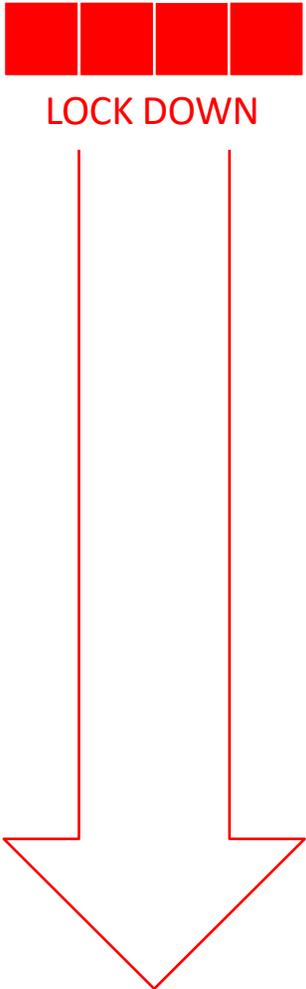
Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.



10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	Outdoor Fitness & Judo Session Solo Drills Only (No Contact, 25m ² 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 respecting the social distancing outdoor 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 Judoka 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)

GOVERNMENT LEVEL 5 RESTRICTIONS – SEPTEMBER 2020 to MARCH 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 <p>LOCK DOWN</p>	<p>LEVEL 5 RESTRICTIONS</p> <p>VIDEO BASED TRAINING ONLY</p>	<p>Individual Training Only</p>	<p>Teens & Adult Members Only</p> <ul style="list-style-type: none">• No organised training indoor or outdoor training in groups.• Indoor ZOOM led training permitted (Children aged 12 to 18 attending Zoom sessions must have parental consent)• Outdoor individual training permitted	<ul style="list-style-type: none">• Tendoku-renshu (individual work)• Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually)• Learning of Ukemi (fall)• Postures, movement, coordination, mobility, core-stability, taiso, etc.• No equipment is used



Protocols: LOCK DOWN

No Organised training permitted in person. Only Video based (ZOOM or similar) training permitted.

Parental Consent required for Children aged 12 – 18 to participate in Zoom or similar training sessions



Assembling class	During Training	After Training
<ul style="list-style-type: none">• Child protection Protocols in places• Health and safety protocols in place• Call opened properly by participants supervising adult within their home.	<ul style="list-style-type: none">• Ensure safety of player at all times• Ensure safety of environment at all times• Perform only simple motor based exercises appropriate to environment	<ul style="list-style-type: none">• Child protection Protocols in places• Health and safety protocols in place• Call closed properly by participants supervising adult within their home.



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