



# Back to the Mat

IJA Phased plan for a Safe Return to Irish Judo

Irish Judo Association  
COVID 19 Return to  
training Guide

## December 2020 Update – Return to Sport

Following receipt of final clarification from Sport Ireland and the Government’s Return to Sport Expert Group, it is recognised by the Government that whilst some sports may traditionally refer to their training as 'group' training or “classes”, where a sport can adapt their training to “individual training” which fully maintains social distancing, these sports may operate in Level 3.

The Irish Judo Association RTS plan enables Judoka to train individually, therefore IJA clubs may operate in Level 3 in-line with the “Pod of one” / Tendoku-renshu (individual work) concept, as per our RTS framework.

This is subject to some requirements which are outlined below:


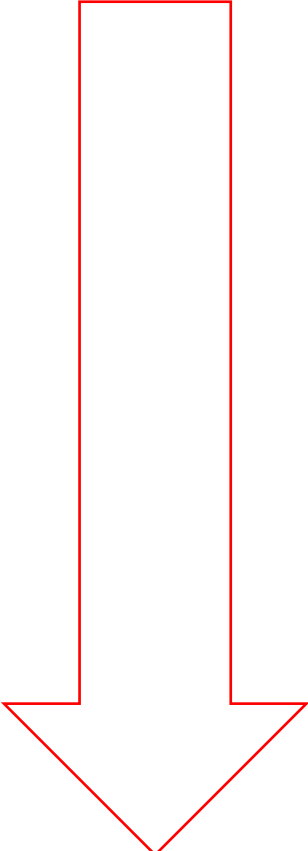
- The '**pod of one**' concept is defined as ***‘Individual, physically distanced, non-contact activity, completed in a pre-defined area, within a controlled environment and without the sharing of personal sport equipment’***.
- *In our plan we refer to this as:* Tendoku – Renshu (individual training).
  - 'Personal sports equipment' relates to such items as balls, ropes etc.
  - 'Controlled environment' relates to club environments operated under government approved Return to Sport protocols (RTS) as per the Irish Judo RTS plan.

## December 2020 Update – Return to Sport

- 2m social distancing is to be maintained at all times
- Max 50 persons within a facility at any one time for individual training, this is assuming the facility size allows for 50 persons operating in a socially distanced manner. Please refer to guidelines in this document for space per player ratios
- For Level 3 people must stay in their county apart from work, education, medical and other essential purposes, if appropriate
- The above clarification points from the new indoor sport framework are designed to be operated in conjunction with the government approved Irish Judo Return to Sport plan.
- ***These protocols apply only to IJA members and only IJA member clubs that have completed the COVID19 Training program may operate in-line with the framework***

For clarity the framework clearly states that the above approved measures for recognised NGBs such as the Irish Judo Association 'aim at clearly differentiating sporting activity between Levels 2 and 3 while also distinguishing the activity from traditional exercise and dance classes which are not permissible from Level 3 onwards'.

# GOVERNMENT LEVEL 1 RESTRICTIONS – DECEMBER 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	<b>All Age Groups</b> <ul style="list-style-type: none"><li>• Normal Dojo Hygiene and etiquette</li><li>• Good Personal Hygiene</li><li>• Basic Health Screening</li></ul>	<ul style="list-style-type: none"><li>• All normal training practices resume</li><li>• Regional and National training and competition allowed (Max 100 Spectators)</li></ul>



## 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

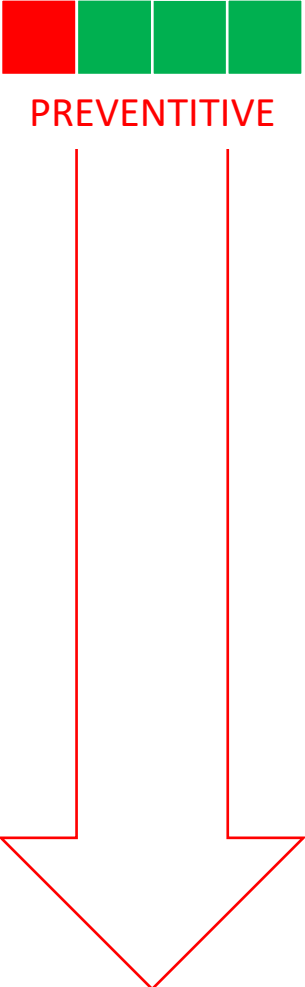
Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.



10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	<b>Judo Session</b> (Train in same pair for full session, 16m <sup>2</sup> per pair, Max 12 Judoka per 100m <sup>2</sup> 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"> <li>• Designated Assembly point</li> <li>• Basic Health Checks</li> <li>• Sanitize hands</li> </ul>	<ul style="list-style-type: none"> <li>• Normal Judo Hygiene standards apply.</li> <li>• Players and coaches must play close attention to minimising touching of the face</li> <li>• Player should wash hands regularly</li> </ul>	Leave class Promptly and head straight home  When you get home: <ul style="list-style-type: none"> <li>• Take a shower</li> <li>• Wash the training outfit (judogi)</li> <li>• Wash the water bottle</li> <li>• Disinfect the bag</li> <li>• Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)</li> </ul>

# GOVERNMENT LEVEL 2 RESTRICTIONS – DECEMBER 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 building</p>	<p><b>All Age Groups</b></p> <ul style="list-style-type: none"><li>• Controlled Micro-Community</li><li>• Good Personal Hygiene</li><li>• Basic Health Screening</li><li>• No Spectators except for child protection and even then full social distancing should be in place</li><li>• Building must have strict COVID protocols &amp; controls in Place</li></ul>	<ul style="list-style-type: none"><li>• No pedagogical restriction as long as the proposed situations respect the contact limitations</li></ul>



## 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. No spectators. Strict COVID protocols and controls in place.

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

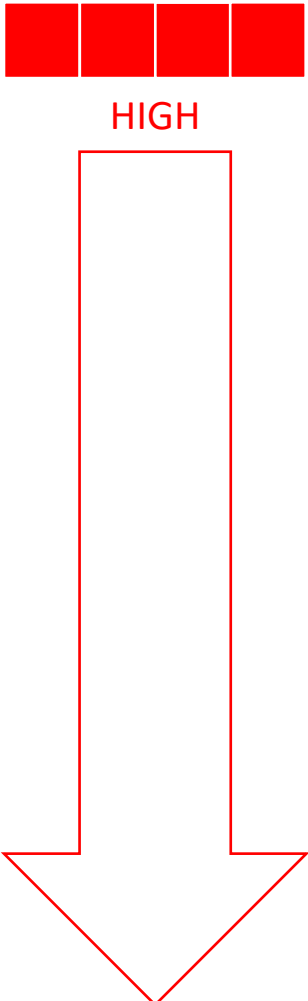
Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.



10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	<b>Judo Session</b> (Train in pods of 6 for full session, 9 metres of mat per person, 54 metre of mat per pod. Max 50 people inside building)	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"> <li>• Designated Assembly point</li> <li>• Basic Health Checks</li> <li>• Sanitize hands</li> </ul>	<ul style="list-style-type: none"> <li>• Normal Judo Hygiene standards apply.</li> <li>• Players and coaches must play close attention to minimising touching of the face</li> <li>• Player should wash hands regularly</li> </ul>	Leave class Promptly and head straight home  When you get home: <ul style="list-style-type: none"> <li>• Take a shower</li> <li>• Wash the training outfit (judogi)</li> <li>• Wash the water bottle</li> <li>• Disinfect the bag</li> <li>• Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)</li> </ul>

# GOVERNMENT LEVEL 3 RESTRICTIONS – DECEMBER 2020 to MARCH 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 <p>HIGH</p>	<p>LEVEL 3 RESTRICTIONS</p> <p>OUTDOOR TRAINING</p> <p>DOJO (Indoor Training)</p>	<p>Small Groups Team Training (PODS of 15)</p> <p>GYMS &amp; LEISURE CENTRES MAY OPEN (MAX 50 People in building)</p> <p>Individual training Only (POD of ONE)</p>	<p><b>Members Only</b></p> <ul style="list-style-type: none"><li>• Controlled Micro-Community</li><li>• Full Social Distancing (2m+)</li><li>• At least 9M Square person (3Mx3M)</li><li>• No bathrooms, showers or</li><li>• Toilets are allowed for use at the venue</li><li>• Health Screening</li><li>• Completed Health Checklist at each session</li><li>• Full Contact Tracing</li></ul>	<ul style="list-style-type: none"><li>• “POD of One”</li><li>• Tendoku-renshu (individual work)</li><li>• Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually)</li><li>• Learning of Ukemi (fall)</li><li>• Postures, movement, coordination, mobility, core-stability, taiso, etc.</li><li>• No equipment is used</li></ul>





## Protocols High Vigilance

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


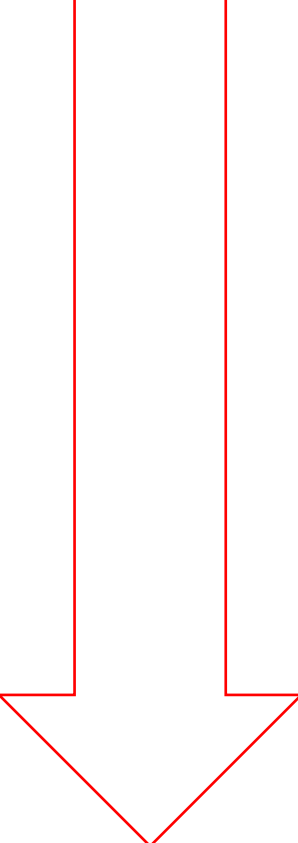
Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.



10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	<b>Fitness &amp; Judo Session Solo Drills Only</b> (No Contact, 9m <sup>2</sup> per Judoka, Max 11 Judoka per 100m <sup>2</sup> 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"> <li>• Designated Assembly point</li> <li>• Maintain Social distancing</li> <li>• Check and collect signed Sanitary Questionnaire</li> <li>• Sanitize hands</li> </ul>	<ul style="list-style-type: none"> <li>• A designated space is provided for each athlete on the mat respecting the social distancing guidelines (3m x 3m).</li> <li>• The Judoka go to their assigned area where they stay during the entire training session</li> <li>• The athletes do not form a line, but instead go to their allotted area and perform a standing bow from there.</li> <li>• The training session is adapted to avoid physical contact or the use of any shared equipment.</li> <li>• 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.</li> <li>• 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)</li> <li>• The Judo greet each-other and leave the area respecting the required sanitary distance</li> </ul>	<p>Leave class Promptly and head straight home</p> <p>When you get home:</p> <ul style="list-style-type: none"> <li>• Take a shower</li> <li>• Wash the training outfit (judogi)</li> <li>• Wash the water bottle</li> <li>• Disinfect the bag</li> <li>• Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)</li> </ul>

# GOVERNMENT LEVEL 4 RESTRICTIONS – DECEMBER 2020 to MARCH 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 <p>VERY HIGH</p>  <p>LEVEL 4 RESTRICTIONS</p>	<p><b>OUTDOOR ONLY</b> (Max 5Km from home)</p>	<p>Individual Training Only (PODS of 15)</p>	<p><b>Adult Members Only</b></p> <ul style="list-style-type: none"><li>• Controlled Micro-Community</li><li>• Full Social Distancing (2m+)</li><li>• At least 9M Square person</li><li>• No bathrooms, showers or toilets are allowed for use at the venue</li><li>• Health Screening</li><li>• Completed Health Checklist at each session</li><li>• Full Contact Tracing</li></ul>	<ul style="list-style-type: none"><li>• Tendoku-renshu (individual work)</li><li>• Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually)</li><li>• Learning of Ukemi (fall)</li><li>• Postures, movement, coordination, mobility, core-stability, taiso, etc.</li><li>• No equipment is used</li></ul>



## Protocols: Very High Vigilance

Adhere to group sizes as per government lock down restrictions. Max. 4 people (May 18<sup>th</sup> ) Small groups (June 8<sup>th</sup>).

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


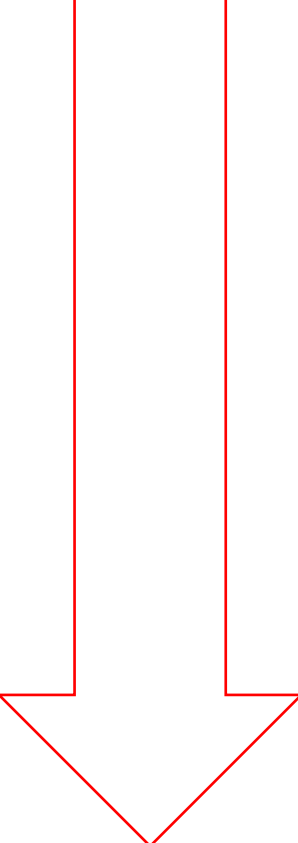
Normal Judo Hygiene applies. Shower at home before training. Wear your suit to training under a tracksuit. Avoid Public transport where possible. Wash your hands on arrival.



10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	<b>Outdoor Fitness &amp; Judo Session Solo Drills Only</b> (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"> <li>• Designated Assembly point</li> <li>• Maintain Social distancing</li> <li>• Check and collect signed Sanitary Questionnaire</li> <li>• Temperature check (&gt; 37.5°C)</li> <li>• Sanitize hands</li> </ul>	<ul style="list-style-type: none"> <li>• The coach provides a designated space for each athlete on the mat respecting the social distancing guidelines. (25m2).</li> <li>• The Judoka go to their assigned area where they stay during the entire training session</li> <li>• The athletes do not form a line, but instead go to their allotted area and perform a standing bow from there.</li> <li>• The training session is adapted to avoid physical contact or the use of any shared equipment.</li> <li>• 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.</li> <li>• 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)</li> <li>• The Judo greet each-other and leave the area respecting the required sanitary distance</li> </ul>	<p>Leave class Promptly and head straight home</p> <p>When you get home:</p> <ul style="list-style-type: none"> <li>• Take a shower</li> <li>• Wash the training outfit (judogi)</li> <li>• Wash the water bottle</li> <li>• Disinfect the bag</li> <li>• Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)</li> </ul>

# GOVERNMENT LEVEL 5 RESTRICTIONS – DECEMBER 2020 to MARCH 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 LOCK DOWN 	LEVEL 5 RESTRICTIONS  VIDEO BASED TRAINING ONLY	Individual Training Only	<b>Adult Members Only</b> <ul style="list-style-type: none"><li>• No organised training indoor or outdoor training in groups.</li><li>• Indoor ZOOM led training permitted</li><li>• Outdoor individual training only permitted, no pods allowed.</li></ul>	<ul style="list-style-type: none"><li>• Tendoku-renshu (individual work)</li><li>• Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually)</li><li>• Learning of Ukemi (fall)</li><li>• Postures, movement, coordination, mobility, core-stability, taiso, etc.</li><li>• No equipment is used</li></ul>



## Protocols: LOCK DOWN

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



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



## 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