

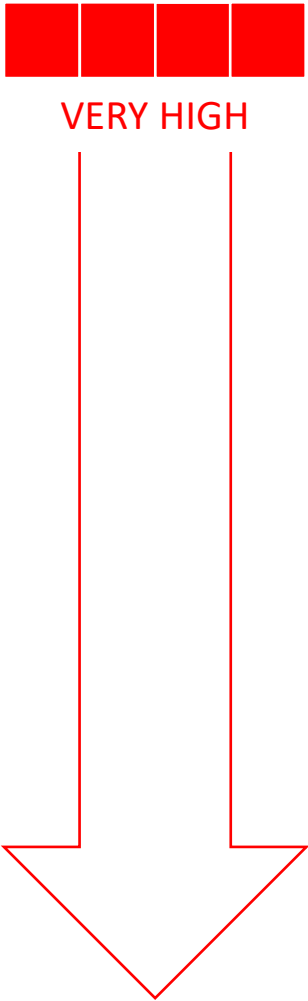


Back to the Mat

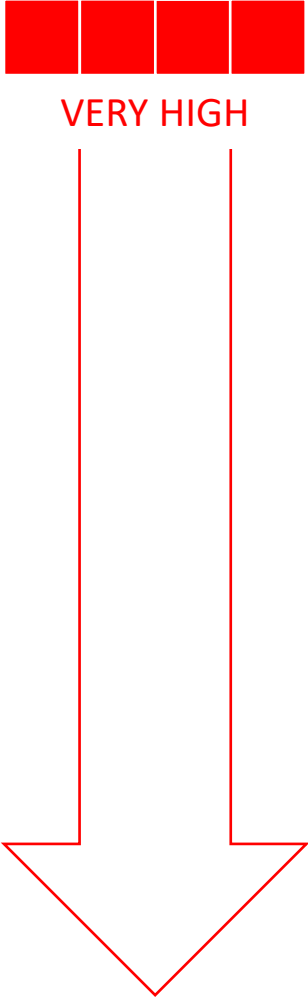
IJA Phased Plan for a Safe Return to Irish Judo

Irish Judo Association
Return to Training Guide

Sport NI Framework for Return to Sport – April 12th 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 <p>VERY HIGH</p>	<p>Sport NI RESTRICTIONS</p> <p>OUTDOOR ONLY</p>	<p>U18 Individual Training Only (Multiple PODS of 15 dependant on space available)</p> <p>O18 Individual Training Only (Multiple PODS of 15 dependant on space available)</p>	<p>Members Only</p> <ul style="list-style-type: none">• Controlled Micro-Community• Full Social Distancing (2m+)• No changing rooms or showers allowed at premises.• 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">• General fitness training• Tendoku-renshu (individual work)• Fundamental motor and technical skills• Tachi- Waza Postures, movement, coordination, mobility, core-stability, taiso, etc.

ROI GOVERNMENT LEVEL 5 RESTRICTIONS – April 26th 2021 to May 5th 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
 <p>VERY HIGH</p>	<p>Level 5 RESTRICTIONS</p> <p>OUTDOOR ONLY</p>	<p>U18 Individual Training Only (Multiple PODS of 15 dependant on space available)</p> <p>O18 Individual Training Only (No more than 2 households may train together)</p>	<p>Members Only</p> <ul style="list-style-type: none">• Controlled Micro-Community• Full Social Distancing (2m+)• No changing rooms or showers allowed at premises.• 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">• General fitness training• Tendoku-renshu (individual work)• Fundamental motor and technical skills• Tachi- Waza Postures, movement, coordination, mobility, core-stability, taiso, etc.



Protocols: Very High Vigilance

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. Avoid Public transport where possible. Wash / sanitise 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, 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. . • 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)

Appendix A - Terminology

- Tendoku-renshu - Individual work
- Tachi- Waza – Standing Techniques
- Taiso – Calisthenics / Body Hardening exercises
- Judoka – Judo Player