Back to the Mat

IJA Phased Plan for a Safe Return to Irish Judo

Providing a safe environment for judoka on a sustainable basis is paramount

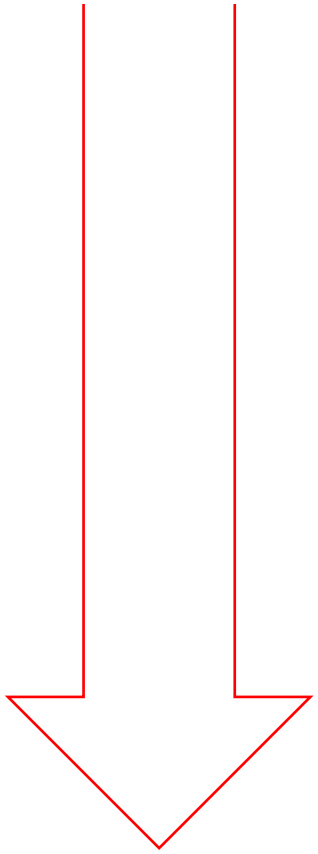
Irish Judo Association
Return to Training Guide

20th September 2021

Sport NI Framework for Return to Sport – September 2021

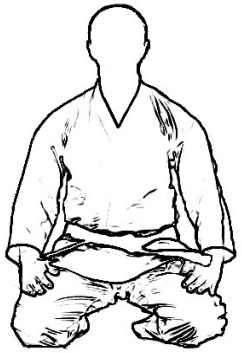
VIGILANCE

PREVENTATIVE



Sport NI Framework

LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
DOJO INDOORS	U18 Normal Class Size (dependant on space available) O18 Normal Class Size (dependant on space available)	**IJA Licence Required** • Health Screening • Completed Health Checklist at each session • Full Contact Tracing • Mat Area to be sanitised at regular intervals	• No restrictions



Protocols: Preventative

Any accompanying people arrive to the training location 5 minutes before the end of session, and wait at a safe distant point, respecting the social distancing.
Normal Judo Hygiene applies. Shower at home before training.
Wash / sanitise your hands on arrival.
Mat sanitisation & contact tracing records to be maintained at club level.

10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	DOJO Indoors (members only)	End of the session to departure	+15min extra between the sessions to santitise mat area

Assembling training	During Training	After Training
• Maintain Social distancing for non participants • Health Check and collect signed Sanitary Questionnaire • Sanitise hands	• Normal Training resume • Mat Sanitised at regular intervals • Social Distancing in place for non-participants	Leave training Promptly – showers available but social distancing must be adhered to. When you get home: • Take a shower (if none available at venue) • Wash the training outfit (judogi) • Wash the water bottle • Disinfect the bag • Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)

ROI PUBLIC HEALTH MEASURES – 20th September 2021 to 22nd October 2021

VIGILANCE

PREVENTATIVE

PUBLIC HEALTH MEASURES

LOCATION

DOJO (Indoor Training)

GROUP SIZE

Up to 100 persons subject to venue & mat size for Vaccinated Patrons & Recovered from Covid 19 Patrons within last six months
(12 years & younger are exempt)

OR

Training Pods of 6 for Mixed Patrons
(Multiple pods for Mixed Patrons allowed to a maximum 100 persons dependent on venue & mat area available)

Mixed Patrons are: Vaccinated/Recovered /Unvaccinated

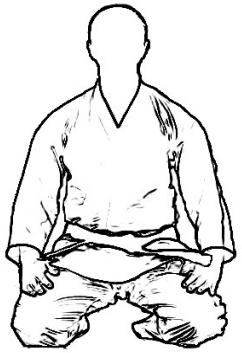
RESTRICTIONS

IJA Licence Required

- Health Screening
- Completed Health Checklist at each session
- **Add Question to Health Checklist – Are you Vaccinated Yes/No**
- Proof of Vaccination/Recovery will be required
- Full Contact Tracing
- Mat Area to be sanitised at regular intervals

TRAINING PERMITTED

- Individual Training until the 20th September
- No Restrictions for contact judo after the 20th September



Protocols: Preventative

Any accompanying people arrive to the training location 5 minutes before the end of session, and wait at a safe distant point, respecting the social distancing.
Up to 100 persons Vaccinated or Recovered from Covid 19 within last 6 months
Persons 12 years & younger are exempt
OR
Maximum Pod of Six
Normal Judo Hygiene applies. Shower at home before training.
Wash / sanitise your hands on arrival.
Mat sanitisation & contact tracing records to be maintained at club level.

10 Mins	45 Mins	5 Mins	15 Mins
Class assembling to start of the session	DOJO Indoors (members only)	End of the session to departure	+15min extra between the sessions to sanitise mat area

Assembling training	During Training	After Training
• Maintain Social distancing for non participants • Health Check and collect signed **Amended** Sanitary Questionnaires • Sanitise hands	• Up to 100 persons Vaccinated or Recovered from Covid 19 within last 6 months • 12 years & younger are exempt **OR** • Maximum Pod of Six • Numbers of Pods dependent on venue and mat size available • Normal Training resume • Mat Sanitised at regular intervals • Social Distancing in place for non-participants	Leave training Promptly – showers available but social distancing must be adhered to. When you get home: • Take a shower (if none available at venue) • 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