




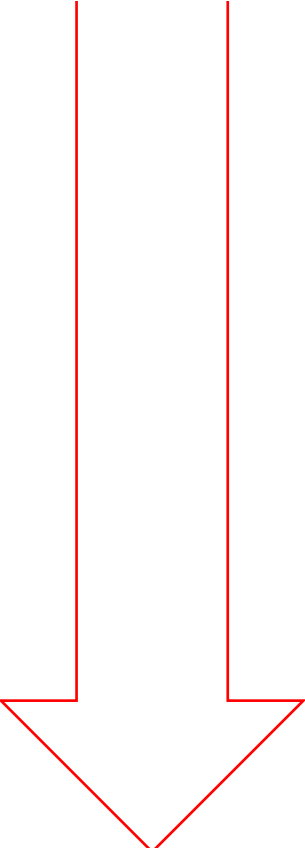
Back to the Mat

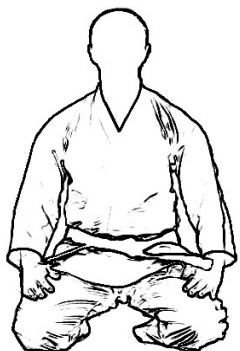
IJA Plan for a Safe Return to Irish Judo

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

Irish Judo Association
Return to Training Guide
22nd January 2022

ROI PUBLIC HEALTH MEASURES – 22nd January 2022

VIGILANCE	LOCATION	GROUP SIZE	RECOMMENDATIONS	TRAINING PERMITTED
 NORMAL 	DOJO	Maximum Capacity returned to normal based on mat size and area within judo club venue	<ul style="list-style-type: none">• Mat Area to be sanitised at regular intervals• Judoka <u>can</u> choose to wear facemasks until entry onto mat• Facemasks not worn during class• If you have symptoms of Covid 19, do not come to class. Get an antigen test and self-isolate until results are in• Follow public health advise after positive antigen test result	<ul style="list-style-type: none">• IJA Licence Required• No Restrictions



Protocols: Normal Vigilance

All age groups – Open Dojo

Adhere to normal group sizes for age group and mat size

Normal judo hygiene applies


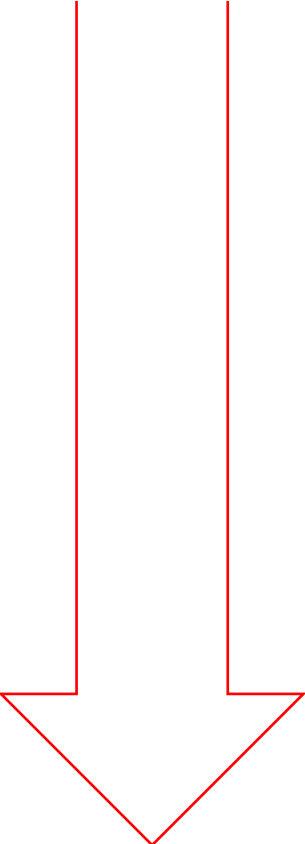
Wash your hands on arrival

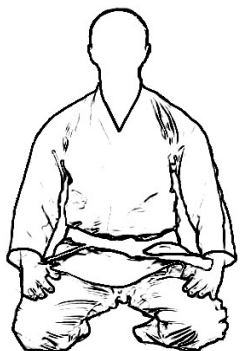


5 Mins	45 Mins	5 Mins	5 Mins
Class assembling to start of the session	Judo Session (Normal Safety Protocols Apply)	End of the session to departure	Sanitise mat area in normal manner

Assembling training	During Training	After Training
<ul style="list-style-type: none"> Assemble Class Sanitise hands Judoka can choose to wear facemasks until entry onto mat 	<ul style="list-style-type: none"> Max Capacity returned to normal based on mat size and area within judo club venue Normal Judo Hygiene Applies 	<p>Leave training – showers available at venue</p> <p>When you get home:</p> <ul style="list-style-type: none"> Wash the training outfit (judogi) Wash the water bottle

Sport NI Framework for Return to Sport – December 2021

VIGILANCE	LOCATION	GROUP SIZE	RESTRICTIONS	TRAINING PERMITTED
<div data-bbox="48 349 351 425"></div> <div data-bbox="71 446 326 482">PREVENTATIVE</div> <div data-bbox="48 499 351 1336"></div>	<div data-bbox="382 349 458 1336">Sport NI Framework</div> <div data-bbox="491 349 817 1336">DOJO</div>	<div data-bbox="873 349 1370 833">U18 Normal Class Size (dependant on space available)</div> <div data-bbox="873 865 1370 1336">O18 Normal Class Size (dependant on space available)</div>	<ul style="list-style-type: none">• Health Screening• Completed Health Checklist at each session• Full Contact Tracing• Mat Area to be sanitised at regular intervals	<ul style="list-style-type: none">• IJA Licence Required• 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 sanitise mat area

Assembling training	During Training	After Training
<ul style="list-style-type: none"> Maintain Social distancing for non participants Health Check and collect signed Sanitary Questionnaire Sanitise hands 	<ul style="list-style-type: none"> Normal Training resume Mat Sanitised at regular intervals Social Distancing in place for non-participants 	<p>Leave training Promptly – showers available but social distancing must be adhered to.</p> <p>When you get home:</p> <ul style="list-style-type: none"> 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)