



INTERNATIONAL JUDO FEDERATION

Recommended Protocols for the Resumption of Judo Activities under Safe Conditions during Covid-19 Pandemic

May 2020 / v 1.0



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Foreword

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.

Each country is at a different level of infection therefore there is no golden rule for everyone. The phases offered in these guidelines are based on hypothetical scenarios in a gradual order that can be phased back and forth according to the actual local situation.

The principle requirement of implementing these guidelines is that local authorities have lifted curfew or lockdown and people are allowed to leave their home and gather together under certain conditions.

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 spreading of the virus.

Anyone planning to participate at any level in the training sessions must fill out and sign a sanitary questioner 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.

The International Judo Federation is thankful for those contributing to the creation of these guidelines that are based on the safety protocol of the French Judo Federation, the recommendations of the Portuguese Judo Federation and the IJF and EJU Medical Commissioners.

Disclaimer

Each federation/club choosing to implement these recommendations are advised first and foremost to follow local governmental restrictions according to the Covid-19 infection level of their country.

The International Judo Federation keeps the right to revise these guidelines according to the progression of the Covid-19 pandemic and corresponding [WHO recommendations and guidelines](#).



Summary of Recommended Protocols – The Most Important Elements at Each Level

PROTOCOL OF VERY HIGH VIGILANCE



Level 4 Vigilance

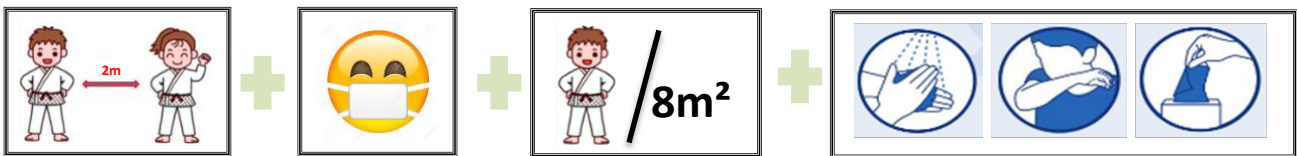
Timeline: Applicable when it is forbidden to touch one another, mask-wearing is compulsory, and only outdoor activities are allowed

Sanitary Conditions

- Sanitary security distance
- Limited number of athletes
- COVID-19 contact restrictions
- Mask-wearing
- No bathrooms, showers or toilets are allowed for use at the venue

General Pedagogical Recommendations

- 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



PROTOCOL OF HIGH VIGILANCE



Level 3 Vigilance

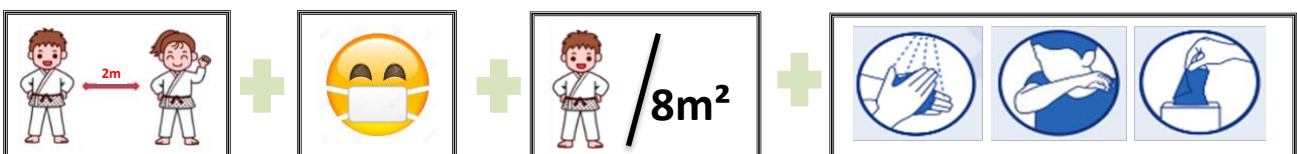
Timeline: Applicable when it is forbidden to touch one another, mask-wearing is compulsory, and indoor activities are allowed

Sanitary Conditions

- Sanitary security distance
- Limited number of athletes
- COVID-19 contact restrictions
- Mask-wearing
- No bathrooms, showers or toilets are available for use at the venue

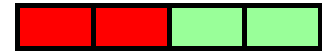
General Pedagogical Recommendations

- Tendoku-renshu (individual work)
- Fundamental motor and technical skills of Tachi-Waza and Ne-Waza (individually)
- Learning of Ukemi (fall)
- Postures, movement, coordination, mobility, core-stability, taiso, etc.





PROTOCOL OF MEDIUM VIGILANCE



Level 2 Vigilance

Timeline: Applicable when the social distancing measure is lifted, mask-wearing is still compulsory, and training in pairs is allowed

Sanitary Conditions

- Sanitary security distance
- Limited number of athletes
- COVID-19 contact restrictions
- Mask-wearing
- NO bathrooms, showers or toilets are allowed for use at the venue

General Pedagogical Recommendations

- Geiko of Cooperation and opposition in Tachi-Waza favoured
- No randori!!!
- All pedagogical resources to be adapted to the respiratory hygiene and contact limitations



PROTOCOL OF PREVENTIVE VIGILANCE



Level 1 de Vigilance

Timeline: Applicable when the hygiene respiratory measure is lifted, and mask-wearing is not required anymore

Sanitary Conditions

- Sanitary security distance ~~XXXXXXXXXX~~
- Limited number of athletes ~~XXXXXXXXXX~~
- COVID-19 contact restrictions ~~XXXXXXXXXX~~
- Mask-wearing ~~XXXXXXXXXX~~
- Locker rooms and toilets are allowed for use at the venue

General Pedagogical Recommendations

- No pedagogical restriction as long as the proposed situations respect the contact limitations

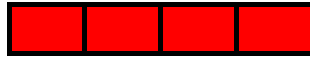


PROTOCOL OF VIGILANCE IN LINE WITH OUR PRACTICE

Applying to the usual hygiene rules required and expected from each judoka, showing a mark of RESPECT for each other, and complying with one of the 8 values of the Judo moral code.



PROTOCOL OF VERY HIGH VIGILANCE



Level 4 Vigilance

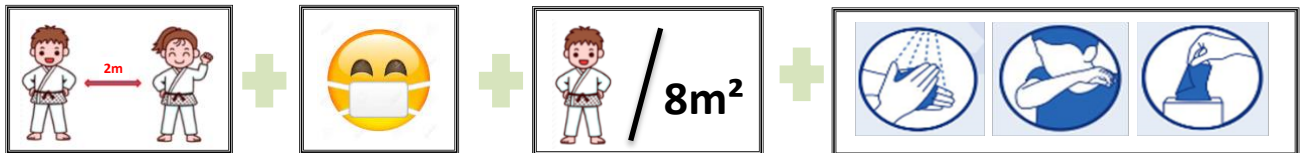
Timeline: Applicable when it is forbidden to touch one another, mask-wearing is compulsory, and only outdoor activities are allowed

Sanitary Conditions

- Sanitary security distance
 - 2 metres
- Limited number of athletes
 - the actual number of participants is calculated based on the available space and the sanitary distance and **government restrictions**
- COVID-19 contact restrictions
 - only outdoor activities are allowed
- Mask-wearing
- **No bathrooms, showers or toilets are available for use at the venue**

General Pedagogical Recommendations

- 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**



Essential Measures for the Proper Functioning of the Protocol

- The sanitary guidelines listed in the protocol prevail both for the athlete and the instructor/volunteer
- Respecting the schedule of a training. For a theoretical 1-hour long session, consider the following:
 - 5 to 10min from assembling to the start of the session
 - 45min of session
 - 5 to 10min, from the end of the session to departure
 - +15min extra between the sessions in order to prevent that the groups meet
- Athletes and coaches have to wear a mask at all the times**
- Any accompanying person has to arrive to the training location 5 minutes before the end of the session, waits at a distant point and respects the security distance together with the other accompanying people

Sanitary Recommendations to be Performed Before Arriving to the Training Location

- Take a shower and wash your hair
- Make sure that your judo equipment has been washed properly (tracksuit, judogi, etc.)



- Wash your hands properly and keep your nails short
- Go to the restroom before the training
- Avoid public transport as much as possible
- Wear a mask on public transport if you can't avoid it
- Wear your training outfit under a tracksuit (+ a coat if necessary) in order to keep the training outfit clean on the way to the training location
- Have a bag that is big enough to contain your disposable tissue papers, sanitiser gel/liquid, water bottle and a paper containing the contact details of your accompanying person who can be reached in case of issues during the training session (for minors)
- Wear your mask (following the governmental recommendations in terms of mask-quality)

Sanitary Requirements When Assembling

- Designate an assembly point where the sanitary distancing can be respected
- Mark any required security distance points, and designate circulation if required
- Designate a person to orient the participants
- Check and collect signed Sanitary Questionnaire**
- Measure the body temperature of the participants by a contactless forehead thermometer
 - **exclude all judoka with an elevated temperature (> 37.5°C)**
- Provide hand sanitizer (gel or liquid)
- Provide a trashcan for disposable paper handkerchiefs and litter
- Inform the accompanying persons (max. 1/athlete) of departure and return times

Sanitary Requirements During the Training Session

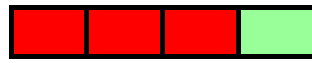
- The instructor signals the start of the session
- The athletes bow toward the training location
- The instructor provides a space for each athlete respecting the sanitary distance
- The athletes go to their assigned area where they stay during the entire training session
- The common greeting at the start of the session will not be done in the traditional way, in a line, but from the allotted area
- The training session conducted by the trainer is adapted to the sanitary requirements that can be found in the brochure related to the COVID-19 pedagogical sessions, made by the Federation.
- At the end of the session, the common greeting will be performed again from the allotted area, the instructor 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 athletes greet each-other and leave the area respecting the required sanitary distance

Sanitary Recommendations to be Taken upon Arrival at Home

- 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)



PROTOCOL OF HIGH VIGILANCE



Level 3 Vigilance

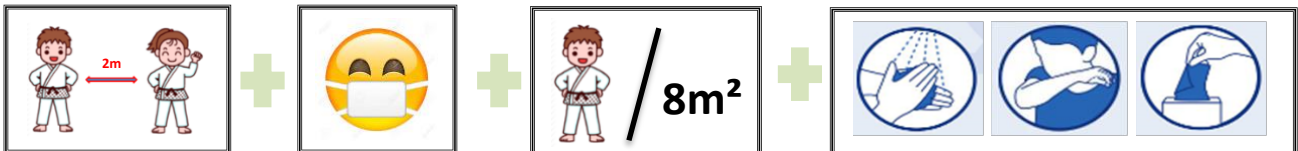
Timeline: Applicable when it is forbidden to touch one another, mask-wearing is compulsory, and indoor activities are allowed

Sanitary Conditions

- Sanitary security distance
 - 2 metres
 - **allocated training space at least 8m²/athlete**
- Limited number of athletes
 - the actual number of participants is calculated based on the available space and the sanitary distance and **government restrictions**
- COVID-19 contact restrictions
 - indoor activities are allowed with restrictions
- Mask-wearing
- **No bathrooms, showers or toilets are available for use at the venue**

General Pedagogical Recommendations

- Tendoku-renshu (individual work)
- Fundamental motor and technical skills of Tachi-Waza and Ne-Waza (individually)
- Learning of Ukemi (fall)
- Postures, movement, coordination, mobility, core stability, taiso, etc.



Essential Measures for the Proper Function of the Protocol

- The sanitary guidelines listed in the protocol prevail both for the athlete and the instructor/volunteer
- Schedule of training. For a theoretical 1-hour long session, consider the following:
 - 5 to 10min from the lobby to the start of the session
 - 45min of session
 - 5 to 10min, from the end of the session to the exit of the dojo
 - +15min extra between the sessions in order to prevent that the groups meet and ventilate the training area
- Athletes and coaches have to wear a mask at all the times**
- Any accompanying person has to arrive to the dojo 5 minutes before the end of the session, waits at the entry, and respects the security distance together with the other accompanying people



Sanitary Recommendations to be Performed before Arriving to the Dojo

- Take a shower and wash your hair
- Make sure that your judo equipment has been washed properly (tracksuit, judogi, etc.)
- Wash your hands properly and keep your nails short
- Go to the restroom before the training
- Avoid public transport as much as possible
- Wear a mask on public transport if you can't avoid it
- Wear your training outfit (judogi) under a tracksuit (+ a coat if necessary) in order to keep the training outfit clean on the way to the dojo
- Have a bag that is big enough to contain your disposable tissue papers, sanitising gel/liquid, zori or slippers, water bottle and a paper containing the contact details of your accompanying person who can be reached in case of issues during the training session (for minors)
- Wear your mask (following the governmental recommendations in terms of mask-quality)

Sanitary Requirements in the Lobby of the Dojo - Clubs

Where a dojo is within a multisport venue, the entry for the athletes should be designated in such a way that prevents the usage of a common entrance for different sports.

- Prepare a welcome desk at the entrance manned by a responsible adult of the club who wears a mask and disposable gloves
- Mark out the security distance (using adhesive tape or other well visible means) in order to make sure that each athlete and their accompanying person respect a minimum of 1 metre distance
- Check and collect signed Sanitary Questionnaire**
- Measure the body temperature of the participants by a contactless forehead thermometer
 - **exclude all judoka with an elevated temperature (> 37.5°C)**
- Provide hand sanitizer (gel or liquid)
- Provide a trashcan for disposable paper handkerchiefs and litter
- Check the mask wearing, provide masks to give out (if necessary)
- Instruct the judoka to leave their shoes at a designated area and put on their zori or slippers before entering the training area
- Inform the accompanying persons (max. 1/athlete) of departure and return times

Sanitary Requirements from the Lobby to the Training Area

- The instructor/or a volunteer allows the athletes to enter the training area
- The instructor follows the circulation organized by the club (road marking, flagging tape, etc.)
The circulation plans take into account the configuration of the dojo, but they have to guarantee that the sanitary security distance is respected
- An instructor assistant accompanies the athletes who require special attention
- Security distance to be marked out in the training area in order for each athlete to know where they can change
- Athletes place their bags in the assigned location and take the tracksuit off, below which they wear the judogi, folding it carefully and placing it in their bag (along with the coat, if any).



- Athletes put the *zori*/slippers on the edge of the tatami, taking out the bottle, the tissues and the sanitising gel/liquid. All other personal belongings have to be kept in the bag (telephone, etc.)
- Athletes sit on the tatami, the legs turned to the exterior, and apply sanitising gel/liquid to their feet and then to their hands
- Athletes turn to the interior of the tatami and wait until the instructor invite them to go to the assigned place on the tatami

Sanitary Requirements during the Training Session

- The instructor invites the athletes by turns to go to the training area marked on the tatami (the tatami is segmented in areas of at least 8m²)
- The instructor provides a space for each athlete
- The athletes stand up, greet the tatami and go to the assigned area where they stay during the entire training session. The instructor makes sure that the necessary pedagogical equipment for the session is provided and well cleaned, disinfected
- The common greeting at the start of the session will not be done in the traditional way, in a line, but from the allotted area
- The training session conducted by the trainer is adapted to the sanitary requirements that can be found in the brochure related to the COVID-19 pedagogical sessions, made by the Federation.
- At the end of the session, the common greeting is performed again from the allotted area and the instructor dismisses the athletes by turns in order to get back to the assigned area next to the tatami (where the personal belongings have been left before the start of the session)
- The athletes greet each-other and then stand on the edge of the tatami, with the legs turned to the exterior

Sanitary Requirements after the Training session until the Exit from the Dojo

- Athletes apply sanitising gel/liquid to their feet, put on the *zori*/slippers, place their sanitary kit and bottle in their bag
- Athletes put on their tracksuit on top of the judogi and await the instructor's authorization to leave (and join their parents, accompanying person)
- Athletes put on their shoes that they left in the lobby and put away their *zori*/slippers in their bag
- Before leaving the dojo, the athletes clean their hands with the sanitising gel/liquid provided by the club
- Any minor athletes have to wait for the responsible in charge in the lobby to authorise them to leave and join their accompanying person

Sanitary Recommendations to be Taken upon Arrival at Home

- Take a shower
- Wash the training outfit (judogi)
- Disinfect the *zori*/slippers
- Disinfect the bag
- Wash the water bottle
- Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)



PROTOCOL OF MEDIUM VIGILANCE



Level 2 Vigilance

Timeline: Applicable when the social distancing measure is lifted, mask-wearing is still compulsory, and training in pairs is allowed

Sanitary Conditions

- Sanitary security distance
 - **2m from pairs during the training**
- Limited number of athletes
 - the actual number of participants is calculated based on the available space and the sanitary distance and **government restrictions**
- COVID-19 contact restrictions
 - indoor activities are allowed with restrictions
- Mask-wearing
- **No bathrooms, showers or toilets are available for use at the venue**

General Pedagogical Recommendations

- Geiko of cooperation and opposition in Tachi-Waza
- **No randori!!!**
- All pedagogical resources to be adapted to the respiratory hygiene and contact limitations



Essential Measures for the Proper Function of the Protocol

- The sanitary guidelines listed in the protocol prevail both for the athlete and the instructor/volunteer
- Athletes have the same training partner during the entire training session**
- Respecting the schedule of training. For a theoretical 1-hour long session, consider the following:
 - 5 to 10min from the lobby to the start of the session
 - 45min of session
 - 5 to 10min, from the end of the session to the exit of the dojo
 - +15min extra between the sessions in order to prevent that the groups meet and ventilate the training area
- Athletes and coaches have to wear a mask at all the times**
- Any accompanying person has to arrive to the dojo 5 minutes before the end of the session and wait at the entry, by respecting the security distance together with the other accompanying people



Sanitary Recommendations to be Performed before Arriving to the Dojo

- Take a shower and wash your hair
- Make sure that your judo equipment has been washed properly (tracksuit, judogi, etc.)
- Wash your hands properly and keep your nails short
- Go to the restroom before the training
- Avoid public transport as much as possible
- Wear a mask on public transport if you can't avoid it
- Wear your training outfit (judogi) under a tracksuit (+ a coat if necessary) in order to keep the training outfit clean on the way to the dojo and to prevent yourself from dressing and undressing in the locker rooms
- Have a bag that is big enough to contain your disposable tissue papers, sanitising gel/liquid, *zori* or slippers, water bottle and a paper containing the contact details of your accompanying person who can be reached in case of issues during the training session (for minors)
- Wear your mask (following the governmental recommendations in terms of mask-quality)

Sanitary Requirements in the Lobby of the Dojo - Clubs

Where a dojo is within a multisport venue, the entry for the athletes should be designated in such a way that prevents the usage of a common entrance for different sports.

- Prepare a welcome desk at the entrance manned by a responsible adult of the club who wears a mask and disposable gloves
- Mark out the security distance (using adhesive tape or other well visible means) in order to make sure that each athlete and their accompanying person respect a minimum of 1 metre distance
- Check and collect signed Sanitary Questionnaire
- Measure the body temperature of the participants by a contactless forehead thermometer
 - exclude all judoka with an elevated temperature (> 37.5°C)
- Provide hand sanitizer (gel or liquid)
- Provide a trashcan for disposable paper handkerchiefs and litter
- Check the mask wearing, provide masks to give out (if necessary)
- Instruct the judoka to leave their shoes at a designated area and put on their *zori* or slippers before entering the training area
- Inform the accompanying persons (max. 1/athlete) of departure and return times

Sanitary Requirements from the Lobby to the Training Area

- The instructor/or a volunteer allows the athletes to enter the training area
- The instructor follows the circulation organized by the club (road marking, flagging tape, etc.)
The circulation plans take into account the configuration of the dojo, but they have to guarantee that the sanitary security distance is respected
- An instructor assistant accompanies the athletes who require special attention
- Security distance to be marked out in the training area in order for each athlete to know where they can change
- Athletes place their bags in the assigned location and take the tracksuit off, below which they wear the judogi, folding it carefully and placing it in their bag (along with the coat, if any).



- Athletes put the *zori*/slippers on the edge of the tatami, taking out the bottle, the tissues and the sanitiser gel/liquid. All other personal belongings have to be kept in the bag (telephone, etc.)
- Athletes sit on the tatami, the legs turned to the exterior, and apply sanitiser gel or liquid to their feet then their hands
- Athletes turn to the interior of the tatami and wait until the instructor invite them to go to the assigned place on the tatami

Sanitary Requirements during the Training Session

- The instructor invites the pairs by turns to go to the training area marked on the tatami (the tatami is segmented in areas of at least 16m²)
- The instructor provides a space for each pair
- The athletes stand up, greet the tatami and go to the assigned area where they stay during the entire training session. The instructor makes sure that the necessary pedagogical equipment for the session is provided and well cleaned, disinfected
- The common greeting at the start of the session will not be done in the traditional way, in a line, but from the allotted area
- The training session conducted by the trainer is adapted to the sanitary requirements that can be found in the brochure related to the COVID-19 pedagogical sessions, made by the Federation
- At the end of the session, the common greeting will be performed again from the allotted area, the instructor dismisses the athletes by turns in order to get back to the assigned area next to the tatami (where the personal belongings have been left before the start of the session)
- The athletes greet each-other and then stand on the edge of the tatami, with the legs turned to the exterior

Sanitary Requirements after the Training Session until the Exit from the Dojo

- Athletes apply sanitising gel/liquid to their feet, put on the *zori*/slippers, place their sanitary kit and bottle in their bag
- Athletes put on their tracksuit on top of the judogi and await the instructor's authorization to join their parents (accompanying person)
- Athletes put on their shoes that they left in the lobby and put away their *zori*/slippers in their bag
- Before leaving the dojo, the athletes clean their hands with the sanitising gel/liquid provided by the club
- Any minor athletes have to wait for the responsible in charge in the lobby to authorise them to leave and join their accompanying person

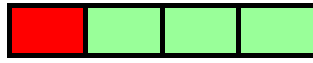
Sanitary Recommendations to be Taken upon arrival at Home

- Take a shower
- Wash the training outfit (judogi)
- Disinfect the *zori*/slippers
- Disinfect your bag
- Wash the water bottle
- Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)





PROTOCOL OF PREVENTIVE VIGILANCE



Level1 Vigilance

Timeline: Applicable when the hygiene respiratory measure is lifted, and mask-wearing is not required anymore

Sanitary Conditions

- Sanitary ~~distance~~
- Limited ~~number~~ of athletes
- COVID-19 contact restrictions
- Mask ~~wearing~~
- **Locker rooms and toilets are allowed for use at the venue**

General Pedagogical Recommendations

- No pedagogical restriction as long as the proposed situations respect the contact limitations.



Essential Measures for the Proper Function of the Protocol

- The sanitary guidelines listed in the protocol prevail both for the athlete and the instructor/volunteer
- Schedule of training. For a theoretical 1-hour long session, consider the following:
 - 5 to 10min from the lobby to the start of the session
 - 45min of session
 - 5 to 10min, from the end of the session to the exit of the dojo
 - +15min extra between the sessions in order to prevent that the groups meet and ventilate the training area
- Any accompanying person has to arrive to the dojo 5 minutes before the end of the session, waits at the entry, and respects the security distance together with the other accompanying people

Sanitary Recommendations to be Performed Before Arriving to the Dojo

- Take a shower and wash your hair
- Make sure that your judo equipment has been washed properly (tracksuit, judogi, etc.)
- Wash your hands properly and keep your nails short
- Go to the restroom before the training
- Wear your training outfit (judogi) under a tracksuit (+ a coat if necessary) in order to keep the training outfit clean on the way to the dojo or bring your clean judogi in your bag and change in the locker room
- Have a bag that is big enough to contain your disposable tissue papers, sanitising gel/liquid, *zori* or slippers, water bottle and a paper containing the contact details of your accompanying person who can be reached in case of issues during the training session (for minors)



Sanitary Requirements in the Lobby of the Dojo - Clubs

Where a dojo is within a multisport venue, the entry for the athletes should be designated in such a way that prevents the usage of a common entrance for different sports.

- Prepare a welcome desk at the entrance manned by a responsible adult of the club
- Check and collect signed Sanitary Questionnaire**
- Measure the body temperature of the participants by a contactless forehead thermometer
 - **exclude all judoka with an elevated temperature (> 37.5°C)**
- Provide hand sanitizer (gel or liquid)
- Provide a trashcan for disposable paper handkerchiefs and litter
- Inform the accompanying persons (max. 1/athlete) of departure and return times

Sanitary Requirements from the Lobby to the Training Area

- Athletes go to the locker rooms to change. After taking the judogi on, they place all personal belongings in their bag
- Athletes exit the locker room with their bag, put on the *zori*/slippers and head to the training room
- Athletes put the *zori*/slippers on the edge of the tatami, take out the bottle, the tissues and the sanitiser gel/liquid. All other personal belongings have to be kept in the bag (telephone, etc.)
- Athletes sit on the tatami, the legs turned to the exterior, and apply sanitising gel/liquid to their feet then to their hands
- Athletes turn to the interior of the tatami and wait until the instructor invite them to go to the assigned place on the tatami

Sanitary Requirements after the Training Session until the Exit from the Dojo

- Athletes apply sanitising gel/liquid to their feet, put on the *zori*/slippers, place their sanitary kit and bottle in their bag
- Athletes leave in small groups to the locker room to change
- Before leaving the dojo, the athletes clean their hands with the sanitising gel/liquid provided by the club
- Any minor athletes have to wait for the responsible in charge in the lobby to authorise them to leave and join their accompanying person

Sanitary Recommendations to be Taken upon arrival at Home

- Take a shower
- Wash the training outfit (judogi)
- Disinfect the *zori*/slippers
- Disinfect the bag
- Wash the water bottle
- Restock the sanitary kit (sanitising gel/liquid, tissue paper)



PROTOCOL OF SANITARY REQUIREMENTS FOR DISINFECTING THE DOJOS

Cleaning Kits (non-exhaustive)

- disinfecting wipes
- disinfecting aerosols recommended by the NF
- disinfecting vaporizers recommended by the NF
- air purifier recommended by the NF
- cleaning paper and duster
- cleaning buckets + mops
- disposable gloves (latex or nitrile)

Cleaning Frequency

The cleaning of the different spaces should be planned and agreed with the management of the facility.

Cleaning type	Product type	Concerned area	Frequency
Floor disinfection (eg. lobby, dojo, etc.)	Virucide product* in Level 4-2 General cleaning	communal areas	Daily at the end of the day
Disinfection of the contact points (e.g.: handles)	Virucide product in Level 4-2 General cleaning	Closed in Level 4-2! Showers, locker rooms, sanitation facilities communal areas	Twice or three times per day depending on the area
Regular cleaning	Classic cleaning products (e.g.: disinfecting liquids, sprays, limescale removers, etc.)	Closed in Level 4-2 Showers, locker rooms, storage of the pedagogical equipment communal areas	at the beginning or the end of the day
Tatami and pedagogical equipment	Virucide product in Level 4-2 Products recommended by the NF	tatami Not used in Level 4-3 pedagogical equipment	Before the 1 st session and then after each session After each use in Level 2, then daily

* anti-virus product (that kills the virus)



PROTOCOL OF SANITARY REQUIREMENTS FOR TRAINING ORGANIZERS (FEDERATIONS/CLUBS)

The following recommendations are for providing guidelines to protect all individuals involved in managing athlete groups at any level, including coaches, trainers, volunteers, etc.

Individual Hygiene

- Take a shower before arriving at the dojo
- Have a clean training suit every time that you go to the dojo
- Wash your hands upon entrance in the dojo with a sanitizer (gel or liquid)
- Place your shoes at the entrance of the dojo and put on your zori or slippers that will be carried every time outside of the tatami
- Go to the personal allocated area for dressing/undressing
- Apply sanitizer to your feet before entering/leaving the tatami
- Wear your mask according to the level of vigilance (following the governmental recommendations in terms of mask-quality)

The Cleanliness and Asepsis of the Training Area and Pedagogical Equipment

- Make sure that the tatami has been cleaned/disinfected and the area is well ventilated after each training session (30' – 15' cleaning and 15' drying)
- Make sure that the pedagogical equipment used by the athletes have been cleaned/disinfected

The Circulation Monitoring and Management of the Athletes from Entrance to Exit in the Dojo

- Plan and mark out a circulation route within the dojo (road marking, flagging tape, easy to wash tarpaulins, etc.)
- ! The circulation plans will take into account the configuration of the dojo, it has to guarantee that the sanitary and security distance are kept.

Requirements Regarding the Personal Paces for Judoka in the Dojo

- Mark out the circulation route within the dojo (adhesive tape, easy to wash tarpaulins, etc.) ensuring that 2 metres distance is kept between each zone

Requirements Regarding activity Zones on the Tatami

- Calculate the maximum number of athlete / training session based on the available space and government regulations
- Mark out the allotted zones for each athlete / pair (adhesive tape, easy to wash tarpaulins, etc.)



Sanitary Questionnaire

Name:
Club:
Date and time of training:
Coach:
Consenting parent* for minors:



Have you noticed any of the following symptoms within the last 14 days?

	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?

		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.

.....
signature coach

.....
signature athlete / parent