



COVID-19: GETTING BACK TO THE DOJO

Inline with government regulations 14th September 2020

Social distancing rules **ALWAYS** apply

- ✓ Keep people 2m apart from each other at all times (unless from same household)
- ✓ Except in emergencies or if first-aid is needed

Use the Dojo **Hand Sanitiser** before and after sessions

Don't **touch** anyone (unless in the same household)

- ✓ No Contact Uchikomi
- ✓ No Randori
- ✓ No Contact Groundwork
- ✓ No Demonstrating on anyone not in your household
- ✓ This applies to the use of any equipment, which must be cleaned between users

Keep **separate** by using your training 'box' on the mat

- ✓ Training boxes on the mat of 3m by 3m
- ✓ ONE box to each student
- ✓ Keep to your own box. No box swapping or leaving the box without permission
- ✓ Work in sync. with the others in the class to maintain social distancing

No more than **15 students** on the mat at any time

- ✓ You need to pre-book your sessions
- ✓ You need to inform if you can't attend so someone else can have your slot
- ✓ Your sessions may need to be shorter than you are used to

You must be **disciplined** at all times. No mucking around

- ✓ Students: socially distance before coming into the dojo, find space in which to wait.
- ✓ Social distancing can be 1m indoors if people are wearing masks
- ✓ Wearing a mask does NOT mean you can reduce box sizes on the mat
- ✓ If there is nowhere to wait/queue then you need to have staggered arrival times
- ✓ In the dojo, each student needs a socially distanced space for clothes, bags etc.
- ✓ Wait until you are told when and where to go to your training spaces on the mat

Parents & visitors, please remember social distancing rules

- ✓ You attendance will be kept in a register with contact details and your temperature
- ✓ If waiting, keep 2m away from anyone not in your household (wearing masks)

No more than **30 people** in any enclosed space at once

- ✓ That includes students, coaches and parents
- ✓ Parents/spectators can be in the dojo as long as less than 30 people in total
- ✓ Parents: inform your coach in advance if you are leaving your child or will wait

Toilets; **one** person at a time, even if there are several

If the venue allows, changing rooms & showers may be used, but observe **Social Distancing**

- ✓ It is better if students can come to the dojo pre-changed
- ✓ In cold weather, wear clothing over your Judogi, so that it can simply be taken off upon entering the Dojo



RECORD KEEPING IS ESSENTIAL

- ✚ There must be an up-to-date phone number (& email if possible) for every person who enters the dojo including spectators
- ✚ A register is kept of when each person attends including spectators
- ✚ Each person must confirm that they have had no COVID-19 symptoms in the last 14 days
- ✚ A "temperature gun" will be used to measure everyone as they enter. If the temperature is 38C or above, that person must go home
- ✚ Each person must confirm that nobody in their household has had COVID-19 symptoms in the last 14 days
- ✚ If they have had any symptoms in the last 14 days, they will be **SENT HOME IMMEDIATELY**
- ✚ If a student or parent develops any COVID-19 symptom at any time within 14 days of their last session, they must contact the club coach
- ✚ The club, if it receives such a call will follow the track and trace procedures. All those who were at the same session involving that person in the last 14 days will be notified
- ✚ BJC HQ will also be notified
- ✚ A Risk Assessment for each club venue has been completed and a copy of this sent to the BJC HQ

