

Social distancing rules apply

- ✓ Keep people 2m apart from each other at all times (unless from same household)

People can't touch each other (unless they're part of the same household). That means:

- ✓ No Contact Uchikomi
- ✓ No Randori
- ✓ No Contact Groundwork
- ✓ No Demonstrating on anyone outside of their own household

The easiest way to keep people separate is; have individual training 'boxes' on the mat. That means:

- ✓ Create boxes on the mat where each is 3m by 3m
- ✓ Allocate ONE box to each student
- ✓ Each student must keep to their own box. No box swapping nor leaving their box without the Coaches permission
- ✓ Control the session so that students maintain current social distancing guidance

Irrespective of Tatami size, we advise that there be no more than 15 students on the mat at any time. This means:

- ✓ Students will need to pre-book their sessions
- ✓ Students will need to tell you if they can't come, so you can give their place to someone else
- ✓ You may need to have more, shorter sessions than you currently have

Coaches must maintain Social Distancing guidelines with regard to all students

- ✓ This rule doesn't apply in emergencies or when first-aid needs to be given
- ✓ This includes guidance regarding the use of any equipment, which must be cleaned between users. It would therefore be impractical for students to share belts or Judogi

Ensure That There is Hand Sanitiser Available at the entrance to the Dojo AND encourage its Use

Students must be controlled at all times

- ✓ Students need to socially distance before coming into the dojo, they will need space in which to wait or they need to queue somewhere. Remember social distancing rules
- ✓ Remember, it is possible for social distancing to be 1m indoors if people are wearing masks
- ✓ This does NOT permit you to reduce the size of the boxes on the mat
- ✓ If there is nowhere for them to wait/queue then you will need to have staggered arrival times
- ✓ Once in the dojo, each student will need a socially distanced space in which to put their clothes, bags etc.
- ✓ You will need to tell students when to go to their spaces and when to come onto the mat

You must also control parents and visitors

- ✓ Keeping a register, contact details, taking their temperature and social distancing applies to these people as well
- ✓ If they are waiting, they should remain 2m away from anyone not in their household and wear masks.

You should have no more than 30 people in any enclosed space at any one Time

- ✓ That includes students, coaches and any parents
- ✓ Parents/spectators can be in the dojo as long as there are no more than 30 people in total
- ✓ Parents should be asked to tell you in advance if they are dropping-off their child or will wait

Ensure that the mats are cleaned between each session

Only one persons should go to the toilets at any one time, even if there are multiple toilets

Changing rooms and showers may be used, if allowed by your venue but Social Distancing guidelines must be observed

- ✓ It is preferable if students can come to the dojo pre-changed
- ✓ Students could also be encouraged in cold weather to attend in clothing which can be worn over a Judogi, so that they can simply take it off upon entering the Dojo

RECORD KEEPING IS ESSENTIAL:

-  You must have an up-to-date phone number (& email if possible) for every person who enters your dojo including spectators
-  You must keep a record of when each person attends
-  You must ask each person to confirm that they have had no COVID-19 symptoms in the last 14 days
-  You should purchase a “temperature gun” and take each person’s temperature as they enter. Anyone with a temperature 38 degrees and above should be sent home
-  You must ask each person to confirm that nobody in their household has had any COVID-19 symptoms in the last 14 days
-  If they have had any symptoms in the last 14 days, they should be **SENT HOME IMMEDIATELY**
-  You must tell all students, parents and spectators that they must contact you immediately if they develop COVID at any time within 14 days of their last session at the club
-  If you receive such a call you must follow the track and trace procedures and notify all those who were present at any session involving that person in the last 14 days
-  You should also notify the BJC Head Office of this fact
-  Before you re-open your club, you must complete a Risk Assessment for each venue in which you hold judo. A copy of this must be sent to the BJC Head Office

- ▶ The BJC appreciates that no two clubs are the same. Some clubs have more space than others, some have fewer mats. These guidelines are designed to help you not discourage you. The most important thing is to ensure that you apply social distancing rules to your sessions. It is also important that, if more than one person is going to use any area of mat, it is wiped clean between users.
- ▶ These guidelines are designed to reflect the Guidelines applicable to England. Clubs in Wales, Scotland and Northern Ireland must apply their social distancing guidelines.
- ▶ If there appears to be any conflict between government guidelines and this document, you must apply the government guidelines.
- ▶ All BJC policies regarding child protection and safeguarding remain in force.
- ▶ If you need any further support or advice please contact Head Office. ©BJC Ltd



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COVID-19: COACHES ADVICE FIRST STEPS BACK TO THE DOJO

Inline with government regulations 14 September 2020



Further Information, examples of Risk Assessment and a helpful video are available on the BJC website:
www.britishjudocouncil.org/covidadvice