

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 outside of their own 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 the Coaches 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 will need to pre-book their sessions
- ✓ You need to inform your coach/club if you can't attend so someone else can have your slot
- ✓ You may find that you have shorter sessions 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 or you will need to queue somewhere

- ✓ Remember, it is possible for social distancing to 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 will 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 space on the mat

Parents and 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 any once**

- ✓ That includes students, coaches and any 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 multiple toilets**

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

- ✓ 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 noticed
- BJC Head Office will also be notified
- A Risk Assessment for each club venue has been completed and a copy of this 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 and not discourage you. The most important thing is to ensure that you apply social distancing rules to your sessions.
- ▶ 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.



COVID-19: GETTING BACK TO THE DOJO

Inline with government regulations 14 September 2020



British Judo Council
37 High Street
Stalham
Norfolk
NR12 9AH

Tel: +44 (0) 1692 580900
Fax: +44 (0) 1692 580909
Email:
admin@britishjudocouncil.org

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