



RETURN TO JUDO FROM 12TH APRIL 2021

INDOOR TRAINING NOW PERMITTED

Under 18's	Over 18's
<ul style="list-style-type: none">• Indoor and Outdoor Full contact training permitted for up to 15 people. Space and Ventilation permitting. (100sqft per person rule see below also see additional Training bubble information below).• No travel restrictions.• 15.1 coach/athlete ratio.• No Spectators.• Must adhere to 2m social distancing when not participating. i.e during breaks.• Rule of six when socially interacting before and after sessions.• Toilets can open and changing rooms used but kept to a minimum (e.g. disability participants).• Adhere to hygiene rules before and after session (sanitize hands).• Clean all equipment after session.• Keep attendance register.	<ul style="list-style-type: none">• Outdoor non- contact training permitted for up to 15 people.• Indoor non-contact training ratio 1.1 same household.• No travel restrictions• 15.1 coach/athlete ratio outdoors• No Spectators• Equipment training permitted outdoors in training bubbles of up to six from different households.• Must adhere to 2m social distancing when not participating i.e. during breaks.• Rule of six when socially interacting before and after the session.• Toilets can open and changing rooms used but kept to a minimum (e.g. disability participants).• Adhere to hygiene rules before and after session (sanitize hands).• Clean all equipment after session.• Keep attendance register.



RETURN TO JUDO FROM 12TH APRIL 2021

INDOOR TRAINING NOW PERMITTED

People with disabilities •

‘People with disabilities can participate in organised outdoor and indoor sport without being subject to social contact limits. • Non-disabled people are not permitted to participate, except where necessary to enable the activity to take place (such as a carer or coach helping the disabled (person to exercise)).’

100 SQFT rule and ventilation. – Taken from GOV.UK (www.gov.uk) Providers of grassroots sport and sport facilities - Working safely during coronavirus (COVID-19) - Guidance -

- **Limit the number of people in the facility.** The maximum occupancy of each indoor facility should be limited by providing a minimum of 100sqft per person. This includes the net usable indoor facility space available to members to use, including changing rooms (when in use), toilet and washing facilities.

Reducing capacity in this way (whilst sustaining ventilation flows) will increase the typical current 10l/s/p flow rate of ventilation to at least 20l/s/p, as fewer people are being served by the ventilation system.

- **Ensure that your ventilation system provides 100% fresh air** and does not recirculate air from one space to another. If you are not sure of the ventilation rates, you can use a carbon dioxide sensor to indicate when you should switch on additional mechanical ventilation or open windows.
- **Review the ventilation rates and see if you need to increase them**, for example by fully opening the dampers and running fans on full speed, increasing the frequency of filter changes or operating the ventilation system 24 hours a day.
- **Consider if you should take further steps to increase ventilation**, particularly in areas which have limited air output or where high-intensity exercise takes place. For example, by opening doors and windows.



RETURN TO JUDO FROM 12TH APRIL 2021

INDOOR TRAINING NOW PERMITTED

Rules on training bubbles

'Training which involves contact should take place within 'training bubbles', in accordance with the relevant social contact rules at that step of the roadmap. Individuals may only be part of a single bubble at an individual club. Individuals may not be part of multiple bubbles at the same or at different venues (for example a coach may not train with a bubble of similarly experienced participants and then become a coach for a less experienced group; a children's instructor may not coach more than one group of children, even on separate days). Coaches or participants holding or wearing the equipment are considered to be part of the bubble.

Coaches or officials who operate socially distanced from bubbles and are not holding or wearing equipment can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure, and should make clear to facility operators if they work across multiple venues. Where possible, socially distanced coaching should be maintained for all participants.

For under-18s and where the activity is for educational purposes (e.g. students studying sport at further or higher education), the training bubble may be up to 15 participants. Participants in a training bubble should not mix with others in different bubbles, before, during or after the training activity.'

Although there is no mixing outside of bubbles for Under 18's before, during a break or after the training session, the judo participants can go to other clubs and train in another group of 15 (under the same guidelines. However, the coach cannot mix between sessions and venues if they have had any contact with these bubbles'.

Please be aware the above information is for use in England only. For current training rules in Scotland, Wales and Northern Ireland please visit

<https://www.britishjudocouncil.org/covidadvice>

BJC Covid advice 7 12/04/2021