



JFAUK COVID-19 GUIDELINES

JFAUK has planned a 3-phase return to judo in accordance with the current government guidelines. We have aimed to keep these guidelines as simple as possible for your ease of application.

****All JFAUK clubs should currently be following Phase 1 guidelines.
This is the only phase currently approved by JFAUK insurance****

General guidelines to be applied across all phases:

- Each person entering the dojo will be required to fill in the JFAUK Covid19 indemnity form on every club visit.
- If a person at the club shows Covid19 symptoms within 10 days of the planned training session then they will not be permitted to train.
- If a person at the club shows Covid19 symptoms within 14 days after attending a training session they will be required to inform the club; and the club should inform all members who attended the same session as that student. These students will then be required to self-isolate for 10 days.
- Students waiting to enter the dojo should abide by government social distancing guidelines.
- Students should exit the dojo as soon as possible. They should not be allowed to loiter.
- Tatami should be disinfected before and after every session.
- Students should wash their judogi after every session. A judogi should not be worn for more than one session without washing.
- Students should bring their own equipment (water bottles/judogi etc.) nothing should be shared or borrowed between the club and/or students.

Phase 1: Non-contact training

- Solo shadow practice/fitness restricted to sectioned off 3m x 3m tatami area per student
- Students should remain in the centre of the 3m x 3m tatami area in order to maximise social distancing

- Numbers per session will vary depending on the dojo size - as many students as the space allows whilst ensuring 3m x 3m tatami area per student.
- Students are to wear rash guards/t-shirts beneath judogi.
- No changing permitted in the dojo. Students should attend and leave the session in their judogi.
- No spectators in the dojo.

Phase 2: Semi-contact training

- Students are to be paired up at the start of training and should not change throughout lesson.
- Where possible, students should pair up with same partners each week and judoka of the same household should pair up together.
- Light uchi-komi / nage-komi / randori practice with partner in sectioned off 6m x 6m tatami area per pair.
- Students should wear rash guards/t-shirts beneath judogi
- Spectators are permitted in the Dojo as long as there is a 2m distance between one another.

Phase 3: Return to normal

- Judo as normal, no restrictions

The timeline of when we can fully return to judo is not clear and we will be continually reacting as the situation develops.

Please regularly check our website to ensure you have the latest advice. Please do not rely on social media and imitate other clubs as it may be possible that different areas/clubs will be on different phases at different times. This is due to the difference in location and number of students across different clubs.

The updates on phasing will be communicated to you when possible in accordance to government and insurance guidelines.

Currently, all JFAUK clubs should abide by '**Phase 1: Non-contact training**' At no point should any JFAUK club vary from phase 1 guidelines unless instructed to do so via an official communication from JFAUK.

Useful links:

- Government coronavirus updates: <https://www.gov.uk/coronavirus>
- NHS Coronavirus updates: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- WHO Advice: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

For all questions please email: info@judoforall.org.uk