

Judo Tasmania Coronavirus Policy

9 March 2020

1. Travel

Judo Tasmania participation travel ban for Category 1 countries considered high risk, currently:

- China
- Japan
- South Korea
- Italy
- Iran

Judo Tasmania participation travel ban for Category 2 countries considered risky, currently:

- Hong Kong
- Singapore
- Thailand
- Indonesia
- much of the Middle East (due to Iran spread)
- African countries with strong China ties

We'll keep updating this list.

Minimise all travel as much as possible if you want to continue to participate in Judo Tasmania and Judo Tasmania club training and events.

If you have travelled to the any of the above countries then do not participate.

2. Quarantine

- As always if you feel sick don't come to training or events!
Please be extra cautious and if in doubt, stay at home.
- Take it easy and get better.
- If you are worried that you have been in contact with someone who has Coronavirus, please don't come to training or events for 14 days.
- If you have travelled to one of the Category 1 or Category 2 countries above, or one that becomes at risk, please don't come to training or events for 14 days.

3. Club and Judo Tasmania training

We will not allow participation for members arriving from Category 1 or Category 2 countries within the last 14 days. Coaches Especially, please do NOT allow members in this situation to enter your Dojo.

Please remember to follow all usual Dojo and Judo hygiene protocols

- The Judogi shall be clean, generally dry and without unpleasant odour.
- The nails of the feet and hands shall be cut short.
- The personal hygiene of participants shall be of a high standard including that hands and feet should be washed and clean prior to training.
- Club (dojo) mats should be regularly cleaned with disinfectant prior to and after the completion of training sessions.

4 Attending Judo Tasmania and JA Events

We will consider whether it is necessary to go to large events (eg JA National Event Series State Open tournaments, 2020 National Titles etc) which may have a population including people who have travelled to and from the countries above.

5. Judo Tasmania Events

- We will monitor the situation and make decisions before organising our own events.
- When asking people to register we will ask them if they have been to a Category 1 country in the last 14 days.

6. Holidays

It is your call whether to travel for holidays, but please reconsider all holidays to at risk places.

7. At risk people

If you have close family/friends or people you live with who are at risk, you should be particularly careful.

If you are worried about Coronavirus or any Judo Tasmania and or club activities or events, let us know.

8. Club (Dojo) Hygiene

There is some evidence suggesting the virus may stick around for at least a few hours, if not more, on surfaces. Clubs should provide antiseptic hand wash facilities at all Club dojos. Please use this regularly, especially when arriving at the Club (dojo) to participate in training.

Clubs should have disinfectant wipes at all Club dojos - please wipe surfaces regularly.

Club (dojo) mats should be regularly cleaned with disinfectant prior to and after the completion of training sessions.

9. More information about the CoronaVirus (Covid 19)

- <https://www.ausjudo.com.au/single-post/2020/02/27/Novel-Coronavirus-2019-and-sporting-activity>
- <https://www.who.int/health-topics/coronavirus>
- <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- <https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200301-sitrep-41-covid-19.pdf>
- <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>
- <https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx#2-1>
- <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>
- <https://ais.gov.au/health-wellbeing/covid-19>