

COVID-19 Safety Plan 2020



www.judotasmania.org.au

Content

Introduction	3
Key Principles	3
Background	4
Judo Training?	4
Club Covid-19 Safety Plans	5
Recovery	5
APPENDIX A	
Guidelindes for Stage 2	6
Guidelines for Judo	6
APPENDIX B	
IJF Protocal Guidelines for Stage 3 - Judo	8
APPENDIX C	
Resources/Links	10
APPENDIX D	
Attendance Register	
– Sport Australia template	11



Introduction

A COVID-19 Safety Plan (Plan) is to provide an overarching plan for the implementation and management of procedures by Judo Tasmania to support our member clubs and participants in the staged resumption of Judo.

The purpose of this document is to inform all member and member clubs of Judo Tasmania's Covid Safety Plan 2020 for: the rest of stage 2, stage 3 and beyond. The advice and recommendations set out in this document are to be considered by all clubs in helping them prepare their individual Club Safety Plans.

Judo Tasmania organised/sanctioned events and training sessions are covered directly by this document. All clubs must adapt their own safety plan to be specific to the requirements and policies of the venue that their individual clubs operates from.

We have appointed a Covid-19 Safety Officer to be the first point of contact for clubs. Please contact Nick Mackey [president@judotasmania.org.au] for any assistance. .

Key Principles

This Plan is based on, and accepts, the AIS Framework for Rebooting Sport in a COVID-19 Environment (AIS Framework) and the National Principles for the Resumption of Sport and Recreation Activities (National Principles).

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on Judo Tasmania Member Club's return to sport plans;
- Each Member Club are to be assessed to see if appropriate plans have been developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;
- At every stage of the return to sport process Judo Tasmania must consider and apply all applicable State and Territory Government and local restrictions and regulations. Judo Tasmania needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

Background

The impact of COVID-19 has resulted in the suspension of all Judo activities since March 2020.

Since this time, the priority of Judo Tasmania has been to provide regular updates and also safeguard the health and wellbeing of the community and to do everything we can to slow down the spread of COVID-19.

On Friday 8 May 2020, Tasmania's Plan to **Rebuild a Stronger Tasmania** was released:

<https://www.coronavirus.tas.gov.au/media-releases/tasmanias-roadmap-to-recovery>.

The Plan has three Stages to ease COVID-19 restrictions to support the health and safety of all Tasmanians.

The Plan refers to the **Australian Institute of Sport Framework for Rebooting Sport (AIS Framework)** as the guiding document for resuming sport and recreation in Tasmania, although there will be some instances where Tasmania's approach varies from the AIS Framework. The document may be found at

https://ais.gov.au/__data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf.

Judo training?

We are currently in Stage 2. The general restrictions for stage 2 can be found in *Appendix A* together with Stage 2 guidelines for Judo activities if your club wishes to undertake any activities prior to stage 3.

Stage Three – from 26 June 2020 (*subject to advice from Public Health Services*)

- A future return to full sporting activity (indoors and outdoors) in alignment with the AIS framework will be considered, based on advice from Public Health Services

Stage 3 Guidelines

State government and Judo Tasmania expect that certain levels of hygiene and training standards are upheld. This is in line with the International Judo Federation – Recommended Protocols for the Resumption of Judo Activities under Safe Conditions during Covid-19 Pandemic. *See Appendix B.*

Once Stage 3 is implemented on 26 June 2020 full contact training will be able to be resumed. This is in line with Level C of the framework provided by the Australian Institute of Sport (AIS) which allows for full training and competition for Judo.

- **AIS Activities – Level C:**

Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed.

- **Roadmap Activities – Step 3:**

Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework.

Judo Tasmania has considered the IJF Protocol of Preventive Vigilance – Level 1 and will adopt the following measures for any Judo Tasmania state-sanctioned training sessions and competitions for Stage 3.

See Appendix B.

Club Covid-19 safety plans

Due to the variation in venues and specific requirements of those venues all member clubs are also required to provide a Club COVID -19 Safety Plan to Judo Tasmania.

You will find the requirements/template of a Club Safety Plan on the Judo Tasmania website.



Recovery

When public health officials determine that the outbreak has ended in the local community, Judo Tasmania will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. Judo Tasmania will also consider which protocols can remain to optimise good public and participant health.

At this time the Directors of Judo Tasmania will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

For resources and useful links *See Appendix C.*



www.judotasmalia.org.au

Appendix A

Guidelines for Stage 2

- Gyms and boot camps can operate for up to 20 attendees (excluding coaches/staff).
- Outdoor park exercise equipment, skate parks and playgrounds can open for up to 20 people.
- Outdoor exercise and community sport and recreation activities will be expanded, with up to 20 attendees (excluding coaches/staff, and in alignment with Level B in the AIS Framework).
- Indoor sport and recreation activities will commence for up to 20 attendees (excluding coaches/staff, in alignment with Level B, in the AIS Framework).
- There are a few limited sports where full competition can resume. Most sports however, are limited to training (refer to specified activities in Level B, in the AIS Framework).
- Indoor and outdoor pools may operate for up to 20 people per pool. This may include lane swimming and/or pool-based exercise, ensuring social distancing requirements are met.
- For all sports and activities, multiple groups of 20 people can use the same venue so long as they are separate groups and allow 4 square metres of space available per attendee. Attendees must also maintain a distance of at least 1.5 metres from each other.
- Full training cannot resume for sports or activities that involve person-to-person contact (e.g. Judo boxing, wrestling, holding, tackling, blocking). Modified, non-contact training (such as skills training) is permitted for these activities.

Guidelines for Judo

As of 5 June 2020, Full contact Judo activities which involve person-to-person contact are not permitted.

Only modified non-contact training for Judo.

During Stage 2 – Judo Tasmania has not scheduled any state training sessions or competitions due to these restrictions.

If your club intends to carry out modified non-contact training we advise that it should adhere to the following standards that are drawn from the framework provided by the Australian Institute of Sport (AIS) Level B which states:

No contact/bouts.

Non-contact shadow training.

Non-contact technical work with coach.

https://ais.gov.au/_data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf

What you can do in your club

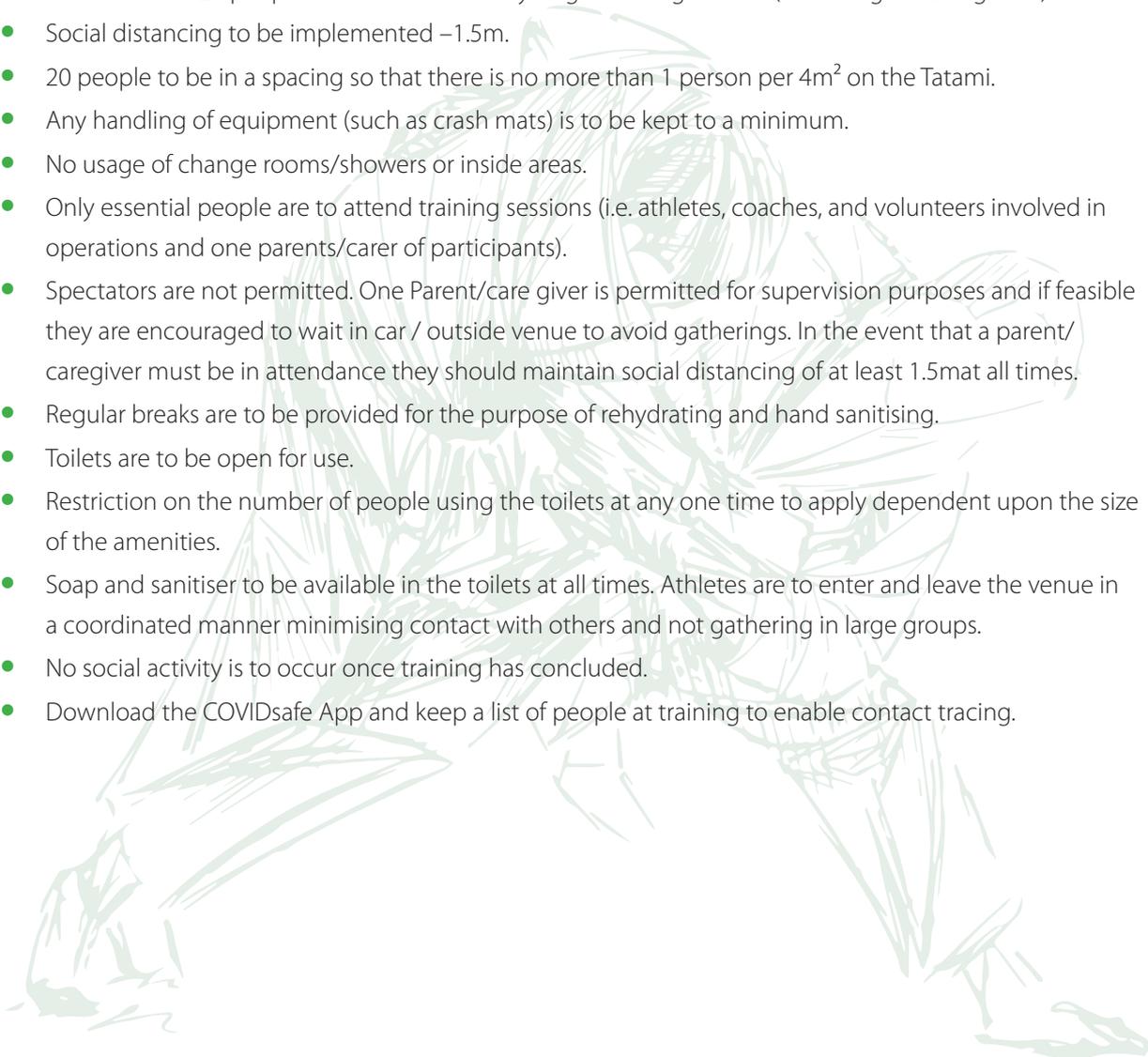
- Training to be conducted in small groups (no more than 20 participants).
- Social distancing of 1.5m between athletes.
- Spacing so that there is no more than 1 person per 4m².
- Limited sharing of sporting equipment.
- Non-contact training or physically contested activity drills

What you are not allowed to do

- Activities involving more than 20 people.
- Randori or any contact or close person-person training.
- Contact to contact or close contact skills such as fitness drills (e.g. piggy-backs). Accidental contact may occur and if this does adjust activity/drill.
- Coaches managing multiple groups of 20 people at the same time.

Dojo requirements

- Records of attendance at training are maintained and coordinated by a nominated member of each club
See Appendix D for Sport Australia template.
- No person to person contact training drills to be conducted.
- No more than 20 people to be involved in any single training session (excluding coaching staff).
- Social distancing to be implemented –1.5m.
- 20 people to be in a spacing so that there is no more than 1 person per 4m² on the Tatami.
- Any handling of equipment (such as crash mats) is to be kept to a minimum.
- No usage of change rooms/showers or inside areas.
- Only essential people are to attend training sessions (i.e. athletes, coaches, and volunteers involved in operations and one parents/carer of participants).
- Spectators are not permitted. One Parent/care giver is permitted for supervision purposes and if feasible they are encouraged to wait in car / outside venue to avoid gatherings. In the event that a parent/ caregiver must be in attendance they should maintain social distancing of at least 1.5m at all times.
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitising.
- Toilets are to be open for use.
- Restriction on the number of people using the toilets at any one time to apply dependent upon the size of the amenities.
- Soap and sanitiser to be available in the toilets at all times. Athletes are to enter and leave the venue in a coordinated manner minimising contact with others and not gathering in large groups.
- No social activity is to occur once training has concluded.
- Download the COVIDsafe App and keep a list of people at training to enable contact tracing.



Appendix B

IJF Protocol Guidelines for Stage 3 – Judo

THESE ARE GENERAL GUIDES ONLY – EACH CLUB IS TO CONSIDER THESE REQUIREMENTS IN PREPERATION FOR THEIR COVID SAFETY PLAN.

Protocol of Preventive Vigilance – Level 1

Applicable when the hygiene respiratory measure is lifted, and mask-wearing is not required anymore.

The sanitary guidelines listed in the protocol prevail both for the athlete and the instructor/volunteer

Schedule of training. Allow 15min extra between the sessions in order to prevent groups from meeting and to ventilate the training area. Any accompanying person to arrive to the dojo 5 minutes before the end of the session, waits at the entry, and respects the security distance together with the other accompanying persons.

Sanitary recommendations to be performed before arriving to the Dojo

- Take a shower and wash your hair.
- Make sure that your judo equipment has been washed properly (tracksuit, judogi, etc.)
- Wash your hands properly and keep your nails short.
- Wear your training outfit (judogi) under a tracksuit (+ a coat if necessary) in order to keep the training outfit clean on the way to the dojo or bring your clean Judogi in your bag and change in the locker room.
- Have a bag that is big enough to contain your disposable tissue papers, sanitising gel/liquid, zori or slippers, water bottle and a paper containing the contact details of your accompanying person who can be reached in case of issues during the training session (for minors).

Sanitary Requirements in the Lobby of the Dojo - Clubs

- Where a dojo is within a multisport venue, the entry for the athletes should be designated in such a way that prevents the usage of a common entrance for different sports.
- Prepare a welcome desk at the entrance manned by a responsible adult of the club.
- Check and collect signed Sanitary Questionnaire. Measure the body temperature of the participants by a contactless forehead thermometer – exclude all judoka with an elevated temperature (> 37.5°C).
- Provide hand sanitizer (gel or liquid).
- Provide a trashcan for disposable paper handkerchiefs and litter Inform the accompanying persons (max. 1/athlete) of departure and return times .

Sanitary Requirements from the Lobby to the Training Area

- Judoga go to the locker rooms to change.
- Judoga exit the locker room with their bag and footwear on and head to the training room
- Judoga put footwear on the edge of the tatami, take out thir water bottle, tissues and the sanitiser gel/liquid. All other personal belongings have to be kept in the bag (telephone, etc.)
- Judoga sit on the tatami, the legs turned to the exterior, and apply sanitising gel/liquid to their feet then to their hands.

Sanitary Requirements after the Training Session until the Exit from the Dojo

- Athletes leave in small groups to the locker room to change. Before leaving the dojo, the judoka clean their hands with the sanitising gel/liquid.

Training guidelines

COACHES AND OFFICIALS

- Effectively Communicate session details, location, time and training rules to Judogi and carers.
- Hand hygiene stations at the entry and exits of venue.
- Wipe down all surfaces and objects with appropriate anti-bacterial /disinfectant wipes or soap, particularly those frequently touched. This includes door handles, light switches, kitchen surfaces, bathroom surface, phones, remote controls and any other high touch areas.
- Set up training space in-line with social distancing protocols.
- Ensure accurate attendance records.
- Use caution throughout all sessions.

JUDOKA AND CARERS

- Tasks that can be completed at home should be (Stretching/recovery).
- Must not arrive more than 15 minutes prior to training commencing, and if arriving by vehicle, remain in the vehicle until 5 minutes before training to avoid gatherings.
- Bring personal Sanitiser.
- Maintain social distancing protocols.
- Bring their own drink bottles and they must be clearly labelled.
- No sharing of drink bottles is to be permitted.
- Leave the venue immediately once the training session has concluded

ILLNESS

Before participating in Judo activities participants should not attend training if in the past 14 days they have:

- Been unwell or had any flu-like symptoms, or
- Been in contact with a known or suspected case of COVID-19, or any sudden loss of smell or loss of taste, or
- Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

FACILITIES

Ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant. Promote regular and thorough hand washing by volunteers and participants. Provide sanitising hand rub dispensers in prominent places around the venue. Ensure sanitising hand rub dispensers are regularly refilled. Ensure soap dispensers in toilets are regularly refilled. Ensure bins are provided around the venue.

INDIVIDUALS

Players, officials, volunteers and/or their parents/carers should carry hand sanitiser on their person in order to enable good personal hygiene. Maintain social distancing protocols. If using tissues, place them directly in the bins provided. Seek to avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly. Each participant is to provide their own drink bottle that is clearly labelled and is only used by that individual. No sharing of drink bottles. No sharing of pens or clip boards, each volunteer must bring their own to venues. Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.

Appendix C

Resources/Links

- **Australian Government Department of Health**
www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-healthalert
- **Tasmanian Government Department of Health**
www.dhhs.tas.gov.au/publichealth/communicable_diseases_prevention_unit/infectious_diseases/coronavirus
- **WorkSafe Tasmania**
www.worksafe.tas.gov.au
- **WorkSafe Australia**
www.safeworkaustralia.gov.au
- **World Health Organisation**
www.who.int
- **Australian Institute of Sport**
www.ais.gov.au/health-wellbeing/covid-19
- **Sport Australia**
www.sportaus.gov.au
- **Relevant State/Territory/local government websites**
www.health.gov.au/about-us/contact-us/local-state-and-territory-healthdepartments
- **Judo Australia**
www.ajudo.com.au
- **Australian Institute of Sport Framework for Rebooting Sport(AIS Framework)**
https://ais.gov.au/__data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf



www.judotasmania.org.au