



RETURN TO JUDO

STEP 3 & 4

COVID -19 POLICY

July 12th, 2021

Ontario 

INTRODUCTION

The Government of Ontario in consultation with Ontario's Chief Medical Officer of Health, released that Ontario will move into Step 3 of our reopening plan at 12:01 am on Friday, July 16, 2021.

Judo Ontario supports and encourages the resumption of judo. In Stage 3 judo will be able to practice with contact by following various protocols and measures set out in this document. The developed guidelines and protocols for clubs, club members, accompanying persons, as well as instructors and staff must be followed to permit a safe reopening. These guidelines follow the recommendations of the Government of Ontario to limit the spread of COVID-19 and to ensure that all judo participants feel safe while practicing judo.

This document may need to be updated based on the evolution of the pandemic prevention guidelines presented by the Government of Ontario.

Note: Judo Ontario's insurance does not cover any COVID-related illness or claims.

UPDATE ON YOUR LOCAL SITUATION

Each club, under the aegis of Judo Ontario, is therefore responsible for complying with the most recent requirements formulated by the Government of Ontario and Local Municipal Governments. Club reopening dates could vary by municipality, therefore not all clubs might be able to reopen simultaneously.

RETURN TO JUDO PLAN – JUDO ONTARIO STEPS 3 & 4

The protocols presented in this document comply with the guidelines and directives established by the Government of Ontario. The protocols will help minimize the risk of an outbreak if a person becomes infected with COVID-19. These different phases do not have a predetermined duration, as the timelines will be governed by the recommendations and guidelines established by The Government of Ontario and Local Municipal Governments.

JUDO ONTARIO SUMMARY STEP 3 BACK TO JUDO PROTOCOLS

1. The judo club and individual members must be current 2020-2021 members of Judo Ontario/Canada
2. Judo clubs must have an Emergency Action Plan (EAP)
3. Maximum room capacity must be posted at the entrance to your club
4. All Sensei's must have and be aware of the new safety and screening policies
5. Everyone using the judo club must maintain a 2 metres physical distance unless practicing judo
6. No sharing of personal items (e.g., water bottles, judo Gi's etc.)
7. Facemasks must be worn when entering and exiting the judo club
8. All entering must complete a Covid-19 screening in addition to getting your temperature checked
9. Participants must come to judo in their uniforms
10. Masks are no longer mandatory while practicing judo but mandatory while entering and leaving
11. Clubs must maintain a system to track all entering the judo club
12. Mats must be fully sanitized before each class
13. Coaches and Spectators must wear masks
14. Maximum Capacity cannot exceed 50% of the maximum room capacity (Fire Code)

RETURN TO JUDO STEP 3 & 4 POLICY

15. Covid restrictions must be posted at all entrances
16. Covid disinfecting protocols must be followed
17. Follow Social Distancing and Mask Guidelines while entering and leaving the facilities
18. At the conclusion of every prescribed practice time all floor/surface areas and all equipment will be sanitized.
19. Record Participation and Contact Information from all judokas, coaches, and spectators
20. Athletes can participate with contact as normally done in their sport, without wearing masks
21. All Member Clubs must notify the PSO, their Department of Public Health, and all members of their club if a member, or someone that was in contact with persons who have contracted COVID19. The Facility must immediately close, be sanitized and remain closed until further direction from the Municipality's Department of Public Health.

Gradual Approach to Returning to Judo Training Safely

As most judoka in Ontario have not participated in a normal structured judo class in well over a year a measured and gradual approach to a return to training needs to be followed. To be safe and to prevent injuries Judo Ontario is recommending clubs return with a progressive increase in training session volume and intensity and focus on:

Weeks 1-3: Posture, movement, coordination, ukemi, uchi-komi, nage-komi and ne-waza randori.
Week 4+: Introduction and gradual increase in volume of tachi-waza randori & contest specific training.

JUDO ONTARIO STEP 4: RETURN TO “NORMAL”

The implementation of Step 4 is subject to the directives of The Government of Ontario. Note that the requirements from moving from one step to another are only proposals and will need to be validated by the Government of Ontario before their implementation. Note also that it may be necessary to return to a previous Step based on the evolution of the health situation related to COVID-19 or if a person who attended the club was infected with COVID-19.

DETAILS ON THE PROTOCOLS AND MEASURES TO BE IMPLEMENTED ACCORDING TO THE DIFFERENT STEPS ARE LISTED IN THE FOLLOWING SECTIONS

HEALTH & SANITARY CONDITIONS

The Government of Ontario has made several recommendations that must be followed to limit the spread of COVID-19. Everyone involved in judo has their share of responsibility for preventing the spread of the virus.

Clubs, members and spectators are responsible for enforcing the following main health guidelines:

1. If you have symptoms, stay home.
2. If you have traveled in the past 14 days or have been in contact with someone who has traveled, stay home.
3. Avoid contact with people showing symptoms, and if you are unable to, stay home.
4. If you live with someone at risk, stay home.

Follow these measures for the prevention of Covid-19:

1. Wash your hands frequently with soap and water for at least 20 seconds.
2. Use an alcohol-based hand sanitizer when soap and water are not available.
3. Avoid touching your eyes, nose, or mouth.
4. Cough and sneeze into the crook of your arm, not your hand.
5. Use a disposable tissue to blow your nose and throw it in the trash after use. Remember to wash your hands afterwards.
6. Avoid close contact with sick people and stay at home as much as possible.
7. Wear a mask when entering and leaving your judo club.
8. Physical distancing when entering and leaving the judo club (2 metres).
9. Total occupancy cannot exceed 50% of maximum occupancy capacity of the room.
10. Covid-19 restrictions must be posted at all entrances.
11. A copy of The Return to Judo Protocols must be available for all participants at the club.
12. Personal items will not be permitted inside the building (school bags, laptops).

HYGIENE AND SANITATION PROTOCOLS

The protocols to be followed are as follows:

At the entrance of the club:

1. Anyone arriving at the club will have their temperature taken.
2. Ensure that the participants have all the necessary items to attend the practice (bag, bottle of water, sandals, ...).
3. The name of each participant and accompanying person entering the club must be recorded.
4. It is important to have someone assigned to greet members at the entrance to the club.
5. Each participant must have previously provided emergency contact information.
6. Anyone arriving at the club must wash their hands with the hand sanitizer. The same will be done at the exit.
7. Place limits on the number of people (participants, accompanying person, staff) who will be permitted inside the club at the same time.
8. Parents/guardians/ spectators can stay in the club for the duration of the session but must wear masks and social distance 2 metres.
9. Participants must arrive no earlier than 15 minutes before the start of the session.
10. Provide an emergency protocol (designated area, who to contact) if a person becomes unwell during the session.

The main hygiene and disinfection measures to be followed according to the Step of return are as follows:

1. Anyone arriving at the club must take off their shoes and wear sandals / zori or equivalent.
2. Permanent availability of hand sanitizer at the entrance of the club and next to the tatami.
3. Participants should come to the club with a sports bag or equivalent to store their personal belongings.

Back at home and after each session:

1. Participants will need to take a shower.
2. Participants will have to clean their judogi.

3. Cleaning / disinfection of the tatami mat and the equipment used must be carried out before and after each session.
4. At the end of each day, the entire club will be disinfected (all surfaces, chairs, toilets, door handles, etc.).

As a reminder, this section lists all the protocols / measures that can be applied. Their application will depend on the Step of return initiated and any regulations set forth by the government. The corresponding details are presented later in this document.

DISINFECTION / CLEANING

In addition to the respect of sanitary conditions, the development and the implementation of a disinfection protocol will contribute greatly to the reduction of the risks of propagation. It will be important to review the existing protocol within the clubs and improve it if necessary.

Since judo clubs may be in shared premises / community environments, such as municipal or private facilities, it is important that all clubs communicate in advance with those with whom they share space to inquire about their cleaning strategy how to help ensure a clean environment for all participants and how to share responsibilities.

The equipment used during the session must be disinfected after each use. It is recommended to keep disinfectant wipes near the mats and make sure that easy access to the trash is possible.

COMMUNICATION PLAN

Please note that the two scenarios described below are examples that will need to be adjusted according to the needs of your club/situation.

Emergency action plan in-case of COVID-19 infection

In the event of COVID-19 infection, the following plan can be implemented:

Anyone who has participated in a training session or who has been present within the club and who discovers that they (or a person with whom they share a home) have symptoms related to COVID-19 is required to report these symptoms to the epidemic coordinator in the judo club. The coordinator will then launch the plan described below.

If this person has severe symptoms, contact the emergency medical services immediately (9-1-1).

During training

1. If a person begins to feel unwell during training, the following plan will be implemented:
 - a. The individual must stop training immediately. Move the person to the isolation area and have them wear a mask.
 - b. Make sure the person is not in respiratory distress, if this is the case, contact emergency medical services for assistance.
 - c. Provide first aid (if necessary).
2. Contact the parents/guardians if the person is a minor. Immediately arrange for the person to be picked up and cared for.
3. Notify the club outbreak coordinator (see details below).

RETURN TO JUDO STEP 3 & 4 POLICY

4. Evacuate the room/dojo and disinfect.
5. Identify those who may have come into contact with this person and notify them that they should also immediately stop training.
 - a. These people should quarantine themselves until it can be determined that they have not contracted the virus (either after a negative test, or after a 14-day quarantine period).
 - b.
 - c. They will also be invited to contact the COVID information Centre in their area for instructions on how to proceed.
 - d. Contact the COVID-19 information Centres in your area to find out the instructions to follow. The person who has experienced symptoms should follow all recommendations/ guidelines given by healthcare professionals.
 - e. The individual will have to quarantine.
 - f. Ensure that the individual and those living in the same household are aware of what they have the right to do and what they cannot do during the quarantine period. Make sure the person has a means of transportation to their home (public transportation is not allowed).
6. Determine if certain measures will need to be adjusted before continuing the workouts. Communicate information to all members.

Club Outbreak Coordinator Responsibilities:

1. Identify the training sessions in which this person participated and determine with whom they may have come into contact.
2. Notify those who may have been in contact with the suspected COVID-19 case. These people will need to quarantine until it can be determined that they have not contracted the virus (either after a negative test, or after a 14-day quarantine period). They will also be invited to contact a COVID-19 information center in their area for instructions on how to proceed.
3. Determine if certain measures will need to be adjusted before continuing the workouts.
4. Communicate the information to all members.
5. One person (administrator/coach/volunteer) will be appointed outbreak coordinator within the club. This person will ensure that the regulations/policies/directives are properly applied.
6. This person will be responsible for ensuring that all the steps in the emergency action plan have been followed in the event of suspected COVID-19 infection within the club (including the case of a person who shares the same household as one of the club members).
7. This person will be responsible for communicating any adjustments to procedures or the training plan.
8. This person will be responsible for ensuring that all stakeholders have been contacted