



**judo
alberta**
THE ALBERTA KODOKAN BLACK BELT ASSOCIATION

Judo Alberta – The Alberta Kodokan Black Belt Association
11759 Groat Road NW
Edmonton, Alberta, Canada T5M 3K6
Office: (780) 427-8379
Toll-Free: (1-866) 919-5836
Fax: (780) 447-1915
Email: judo@judoalberta.com
www.judoalberta.com

JUDO ALBERTA OUTDOOR TRAINING ACTIVITY RULES & REGULATIONS

MEASURES TO BE TAKEN BY CLUBS

It is essential to ensure that a resumption of activity in the context of COVID-19 is properly covered. In the event that additional measures need to be taken, ensure that these have been carried out and obtain confirmation from Judo Alberta.

Judo Alberta and its insurer cannot be held responsible if the clubs do not comply with the plan presented or the public health recommendations of the province of Alberta. Each club must contact its PTSO in order to notify it of its intention to resume its activity.

The club must present the measures put in place for a return in safe sanitary conditions. If these measures comply with the health directives of the government of Alberta and health authorities and the return conditions are favorable, the federation may give its agreement for a reopening of the club for outdoor activities.

RETURN TO OUTDOOR TRAINING ACTIVITY

- The name of each participant and accompanying person taking part in the training should be recorded.
- Participants will be asked to review the screening check list before departure to the training; the instructor / coach will verbally go through the screening check on arrival of the participants
- Place limits on the number of people (participants, accompanying person, staff) who will be permitted to take part in the training with Government of Alberta Guideline.
- Parents cannot stay at the outdoor training for the duration of the session.
- Participants must arrive no earlier than 10 minutes before the start of the session.
- Participants should come to the training session with a sports bag or equivalent to store their personal belongings.
- There will be no physical contact between participants
- 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.

o Back at home and after each session: Participants will need to take a shower.

o Participants will have to clean their training gear.

The recommendations of the Government of Canada and the Before resuming activities, it is essential that all participants and parents are informed of the latest guidelines established by the Ministry of Health and the PTSO as well as the measures taken in the club. It is important that these guidelines are understood and accepted by every participant, and in the case of minors, their parents, otherwise they



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will be denied access to the training. In the event that a person has any of the symptoms associated with COVID-19, all those who have been in contact will be immediately informed. Each club must adopt a communication procedure. We recommend the creation of a communication plan to optimize the planning, organization, and execution of activities as well as frequent contact with participants and parents (via email or club website). Posting of club procedures within the club is recommended.

RECOMMENDED ACTIVITIES

This section provides a non-exhaustive list of the recommended educational activities to apply for outdoor training:

- Athletes/instructors/Coaches must respect the physical distancing recommendations by the province of Alberta (2 meters)
- Running
- Sprinting
- Circuit type training – push-ups, sit-ups, burpees, etc
- Gymnastics
- Judo Jumping / Hopping Exercises
- Judo Elastic Band Exercises
- Non-contact judo exercises
- Stretching

Outline:

- Participants will need to go to the bathroom before the session.
 - Wash hands with hand sanitizer before arriving to the session
 - Participants will have to arrive in training gear.
 - Participants should put their personal belongings in their bag and leave it in a designated place.
 - Parents cannot stay in the club for the duration of the session.
 - Participants will gather with 2 metres physical distance or in their designated area or running/training lane.
 - The instructor assigns areas that are marked by cones / chalk lines. The participants will stay in their designated area throughout the session.
 - Cleaning / disinfection of equipment used must be carried out before and after each session.
 - When leaving the session, wash hands with hand sanitizer.
 - Participants need to shower and wash training gear at home following the session.
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Return to Outdoor Training Activity Guidelines

SANITARY CONDITIONS: OUTDOOR GROUP TRAINING	
If you have symptoms stay home.	✓
Avoid contact with people showing symptoms and if you are unable to, stay home.	✓
If you live with someone in risk stay home.	✓
Physical distancing (2 meters)	✓
Limit the number of participants	✓
Always compiling with the usual hygiene rules required by a judoka	✓

WELCOMING PROTOCOL: OUTDOOR GROUP TRAINING	
Anyone arriving to the training must take the screening check list before arrival.	✓
Coach/Instructor reviews screen check list with training group. Reminder of rules and protocols of the training must be outlined.	✓
Participants must have previously provided emergency contact information	✓
Physical distancing (2 meters)	✓
Limit the number of participants	✓
When leaving the session, wash hands with hand sanitizer	✓

TRAINING ACTIVITIES: OUTDOOR GROUP TRAINING	
Physical distancing (2 meters) / outlined-marked designated training area for each participant	✓
Limit the number of participants	✓
Running & Sprinting	✓
Circuit Training: Push-ups, sit-ups, burpees	✓
Gymnastics	✓
Judo jumping / hopping exercises	✓
Judo elastic band exercises	✓
Non-contact judo exercises	✓
Stretching	✓

LOCATION: OUTDOOR GROUP TRAINING	
Municipalities may choose to open fields, playgrounds and courts for public use, but competition/league play is not permitted. (Government of Alberta)	✓
Private judo club outdoor space. Training in the club is not permitted	✓



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Subject to closures by the operator, outdoor recreation activities are permitted in parks, trails and open spaces (e.g. sport fields) (Government of Alberta)	<input checked="" type="checkbox"/>
Training should be scheduled with enough time between users to allow for any needed cleaning and disinfecting of the space and for one user group to vacate the premises before the next group arrives. (Government of Alberta)	<input checked="" type="checkbox"/>
Place appropriate signs throughout the space where possible, with policies and procedures such as: o Physical distancing expectations o Hand hygiene o Coughing and sneezing etiquette, and o Cleaning and disinfection practices, if appropriate, and practice and play etiquette (e.g. no handshaking, coming to together to celebrate, loitering). (Government of Alberta)	<input checked="" type="checkbox"/>