



judo
alberta

THE ALBERTA KODOKAN BLACK BELT ASSOCIATION

JUDO ALBERTA

RETURN TO JUDO

GUIDELINES



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INTRODUCTION

The Judo Alberta Return to Judo Guideline is based on the recommendations from the [Judo Canada Return to Judo Guidelines](#) and the Government of Alberta [Return to Sport, Physical Activity and Recreation Guidelines](#).

Judo Alberta supports and encourages the resumption of judo activities by judo clubs in the context of COVID-19 if the various protocols and measures set out in this document are followed.

Judo Alberta has developed guidelines and protocols for clubs, club members, accompanying persons, as well as instructors and staff to follow to permit a safe reopening. These guidelines follow the recommendations of the Alberta Ministry of Health to limit the spread of COVID-19 and to ensure that all judo participants feel safe in the practice of their sport.

This document also provides guidelines for recommended activities, taking into account the various requirements provided by provincial and municipal governments. It will need to be adapted by each member club to meet their local and regional safety standards.

The information contained in this document does not replace any directives or regulations established by government authorities and it is not intended to replace professional medical advice.

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

OBJECTIVES

As judo is a combat sport in which two individuals are in very close contact with one another, Judo Alberta acknowledges that in the current context of COVID-19 it will allow for some regular judo training activities to take place, however, the purpose of this document is to propose protocols and measures that can be put into place which would permit a gradual resumption or reduction of training at any given time.

By following these guidelines, along with those from provincial governments, municipal governments and health agencies; clubs, participants and their families can make informed decisions about when to return to judo.

This document has been designed as a tool to assist judo clubs in the planning for their reopening and to prepare them to welcome participants and the people accompanying them with the best sanitary conditions once the government of Alberta has given their authorization to do so.

Judo Alberta recommends that each club develops their own policy and procedures for the resumption of judo activities based on the club's unique situation. The protocols presented in this document can provide guidance for clubs when performing this task.

COVID-19 INFORMATION

Coronavirus disease 2019 (COVID-19) is an ongoing worldwide pandemic caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). This virus appears to be highly infectious and, at the present time, there is no effective treatment. Most people infected (80%) have mild symptoms, some have none.

Since this is a new virus, there are still many aspects which are unknown. However, similar to other viral infections, many people will only begin to develop symptoms several days after becoming infected,



resulting in the spread of the infection prior to knowing that you have been infected. Based on current knowledge, young healthy people seem less likely to develop severe symptoms, nonetheless, anyone can spread the virus and infect family members, friends, colleagues and partners.

Governments and health authorities around the world have instituted social distancing requirements, restrictions on public gatherings, quarantine measures, and have limited movement to and from other countries to slow the spread of the disease and to enable health systems to cope with the potential increase in demand associated with management of the virus.

In this context, and until an effective treatment is found or a vaccine is developed to prevent COVID-19, the judo environment will be different from what it was previously. Everyone involved in judo has their share of responsibility for preventing the spread of COVID-19 and promoting a faster return to “normal”.

The latest information from the Government of Canada and the World Health Organization on the subject can be found via the following links:

- [Government of Canada – Coronavirus disease \(COVID-19\): Canada’s response](#)
- [Government of Canada – Coronavirus disease \(COVID-19\): Outbreak update](#)
- [Government of Canada – Coronavirus disease \(COVID-19\): Travel restrictions](#)
- [Government of Canada – Coronavirus disease \(COVID-19\): Symptoms and treatment](#)
- [Government of Canada – Coronavirus disease \(COVID-19\): Prevention and risks](#)
- [Government of Canada – Coronavirus disease \(COVID-19\): Guidance documents](#)
- [Public Health Agency of Canada: Coronavirus disease \(COVID-19\)](#)
- [World Health Organization: Coronavirus disease \(COVID-19\) pandemic](#)

For any questions on more specific topics related to your Province / Territory, we invite you to contact the local public health authorities who will be best able to provide you with the information you need.

UPDATE ON YOUR LOCAL SITUATION

On a regular basis, the Alberta Ministry of Health communicates its recommendations on the measures to be applied within the framework of COVID-19. All updates and announcements can be found on <https://www.alberta.ca/alberta-relaunch-strategy.aspx>

Each club, under the aegis of Judo Alberta, is therefore responsible for complying with the most recent requirements formulated by the Provincial Government. The development of the protocols and measures taken by the clubs, and supported by Judo Alberta, must be in line with the regulations of the Provincial government.

The reopening of a club cannot be done without the agreement of Judo Alberta as permitted by the Province of Alberta.

RETURN TO JUDO – PHASES 1-5

The protocols presented in this document comply with the guidelines and directives established by the Ministry of Public Health. The protocols follow a controlled and progressive reintegration process in several phases that 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 health officials and governments.

Judo Alberta has thus identified 5 phases for a gradual return to judo:



- **Phase 1: Outdoor Training and Distancing**
 - Individual exercises only
 - Maintain Social distancing (2 metres)
 - Respecting the prevention instructions
 - Wearing a mask (low intensity training)
- **Phase 2: Reopening and distancing**
 - Individual exercises only
 - Maintain social distancing (2 metres)
 - Respecting the prevention instructions
 - Wearing a mask (low intensity training)
- **Phase 3: Working in pairs**
 - Exercises with a partner (as much as possible same partner training)
 - Respecting the prevention instructions
 - Wearing a mask (low intensity training)
- **Phase 4: Working in Cohorts**
 - Full contact exercises allowed within 50 person cohorts (cohort must remain the same for duration of Phase 4)
 - Respecting the prevention instructions
 - No mask required
- **Phase 5: Return to “normal”**

Initially, the resumption of any type of judo activity will depend on the authorization of the reopening of clubs by Judo Alberta and only on approval by the Government of Alberta. Secondly, clubs will need to create and implement protocols to ensure that their activities respect Provincial guidelines for resuming training in safe sanitary conditions. It is imperative that clubs inform all their members about the protocols and that these individuals commit to respecting them prior to resuming the practice of judo. Once these steps have been completed, Phase 1 can be started.

The implementation of the other phases is subject to the directives of provincial guidelines. Thus, a reduction in restrictions on public gatherings and/or the relaxing of physical distancing regulations could mean the transition to Phase 2. The abandonment of restrictions on public gatherings and/or the relaxing of physical distancing regulations could mean the transition to Phases 3-4. The development of an effective treatment or vaccine and widespread implementation would allow for the progression to Phase 5.

Note that the requirements from moving from one stage to another are only proposals and will need to be validated by Alberta Sport, Physical Activity and Recreation (SPAR) before their implementation. Note that also that it may be necessary to return to a previous phase 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 phases are listed in the following sections.

SANITARY CONDITIONS

The Public Health Agency of Canada has made several recommendations in terms of health conditions that must be followed in order to limit the spread of COVID-19. Everyone involved in judo has their share of responsibility for preventing the spread of the virus.

In this context, depending on their phase of « return to judo », clubs are responsible for enforcing the following main health guidelines:



- **If you have symptoms, stay home.**
- **Avoid contact with people showing symptoms, and if you are unable to, stay home.**
- **If you have traveled INTERNATIONALLY in the past 14 days or have been in contact with someone who has traveled, stay home.** (Amendment: June 15, 2020)
- **If you are traveling in inter-provincially respect the Government of Alberta Travel restrictions for travel between provinces.** (Amendment: June 15, 2020)
<https://www.alberta.ca/covid-19-travel-advice.aspx>
- **If you live with someone at risk, stay home.**
- **If you are a person at risk, stay at home.**
- **Follow measures for the prevention of Covid-19:**
 - Wash your hands frequently with soap and water for at least 20 seconds.
 - Use an alcohol-based hand sanitizer when soap and water are not available.
 - Avoid touching your eyes, nose, or mouth.
 - Cough and sneeze into the crook of your arm, not your hands.
 - Use a disposable tissue to blow your nose and throw it in the trash after use. Remember to wash your hands afterwards.
 - Avoid close contact with sick people and stay at home as much as possible.
 - Avoid non-essential community and cultural gatherings and keep a distance of at least two metres from other people.
- **Wear a mask (low intensity training)**
- **Physical distancing (2 metres).**
- **Limit the number of participants (depending on the area of the tatami).**

As a reminder, it is also important to comply at all times with the usual hygiene rules required for judoka.

For more information, you can consult the Government of Canada site:

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/help-reduce-spread-covid-19.html>

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.

The **protocols to be followed** (adjusted accordingly for the relevant phase of the return) are as follows:

- For all stages, anyone who identifies as “at risk”, is required to stay home.
- At the entrance of the club activity:



- Anyone arriving at the club/activity will have their **temperature taken**. A reminder of the instructions to be followed inside the club must be made to each individual prior to them entering the club.
- **Ensure** that the participants have **all the necessary items to attend the practice** (bag, bottle of water, sandals, ...).
- **The name of each participant and accompanying person entering the club should be recorded.**
- It is important to have **someone assigned** to greet members at **the entrance to the club**. **This person cannot be the instructor** who will need to welcome the judoka at the tatami and assign them to a specified area where they will stay for the duration of the session.
- Each participant must have previously provided emergency contact information.
- Anyone **arriving at the club must wash their hands** with the hand sanitizer. The same will be **done at the exit**.
- **Place limits on the number of people** (participants, accompanying person, staff) who will be permitted **inside the club at the same time**.
- **Parents cannot stay in the club** for the duration of the session.
- Participants must arrive **no earlier than 15 minutes before the start of the session**. Preferably, participants would **arrive at staggered hours** agreed upon ahead of time to avoid a potential gathering.
- **All doors inside the club must be wide open** to avoid contact with door handles/knobs.
- The **locker rooms** must remain **closed**. Participants will have to **arrive in judogi**.
- The **water fountains will be closed**, and participants will have to **bring their water bottle**.
- 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 phase of return are as follows:

- Anyone **arriving at the club must take off their shoes and wear sandals / zori or equivalent**.
- **Permanent availability of hand sanitizer at the entrance of the club and next to the tatami**.
- Participants should come to the club with a **sports bag** or equivalent **to store their personal belongings**.
- Except in exceptional cases, **it will be forbidden to go to the toilet during the session**.
- **Back at home and after each session:**
 - Participants will need to **take a shower**.
 - Participants will have to **clean their judogi**.
- **Cleaning / disinfection of the tatami mat and the equipment used must be carried out before and after each cohort session.** (Amendment: June 15, 2020)
- **At the end of each cohort session, the entire club will be disinfected** (all surfaces, chairs, toilets, door handles, etc.). (Amendment: June 15, 2020)

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

DISINFECTING AND 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, in particular, 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.

The recommendations of the Government of Canada and the World Health Organization on the subject can be viewed via the following links:

- *Government of Canada – Coronavirus disease (COVID-19): Cleaning and disinfecting public spaces during COVID-19*
- *Government of Canada – Coronavirus disease (COVID-19): Hard-surface disinfectants and hand sanitizers (COVID-19)*
- *World Health Organization: Cleaning and disinfection of environmental surfaces in the context of COVID-19*

COMMUNICATION

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 will be denied access to the club.

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. An example of a communication plan is available in *Appendix 2*.

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 according to the phase of the return developed by Judo Canada:

- **Any teaching adapted to compliance with the Provincial / Territorial COVID-19 prevention instructions**
- **No Kiai**
- Postures, individual movement skills, coordination, agility
- **Ukemi**
- **Tandoku-Renshu** without equipment and with equipment (elastic, training dummy, ...)
- **Geiko** – with the same designated partner during the whole session:
 - In co-operation
 - In opposition
- **Tachi-Waza and Ne-Waza:**
 - Motor skills



- Fundamental techniques

If necessary, these activities must comply with the relevant physical distancing instructions. Areas assigned to participants for the session (adhesive tape, cleanable cover, etc.) must be established in advance.

The instructor plays an important role in ensuring that the session goes well and must emphasize the importance of proper compliance with the instructions.

⇒ *Online videos with examples of recommended activities will be available soon via the Judo Canada site.*

PHASE 1 – OUTDOOR TRAINING AND DISTANCING

The following **protocol** details the different **steps to be followed** for holding outdoor training session given the return to judo plan in **Phase 1 – Outdoor Training and Distancing**.

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

OUTDOOR GROUP TRAINING: Sanitary Conditions	1
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.	✓
If you are a person at risk, stay home.	✓
Physical distancing (2 meters)	✓
Limit the number of participants	✓
Always compiling with the usual hygiene rules required by a judoka	✓

OUTDOOR GROUP TRAINING: Welcoming Protocol	1
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.	✓
An attendance list must be tracked at the start of each session	✓
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	✓



OUTDOOR GROUP TRAINING: Training Activities	1
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	✓

OUTDOOR GROUP TRAINING: Location	1
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	✓
Subject to closures by the operator, outdoor recreation activities are permitted in parks, trails and open spaces (e.g. sport fields) (Government of Alberta)	✓
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)	✓
Place appropriate signs throughout the space where possible, with policies and procedures such as: <ul style="list-style-type: none"> 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) 	✓

PHASE 2 – REOPENING AND DISTANCING



The following **protocol** details the different **steps to be followed** for holding a judo session given the return to judo plan in **Phase 2 – Reopening and distancing**.

These measures apply as much for participants and accompanying person as for instructors and club staff:

- **Upon arrival at the club:**
 - **Temperature Taken**
 - **Attendance should be tracked.**
 - **Take off shoes and wear sandals / zori or equivalent.**
 - **Wash hands with hand sanitizers.**
 - **Ensure** that each participant has the **necessary items** (bag, bottle of water, sandals, etc.) to attend the session.
 - It is important to have **someone assigned** to greet members **at the entrance to the club** and **remind** them the **measures to follow when inside the club**. **This person cannot be the instructor** who will need to welcome and assign a place to the participants on the tatami.
- **Wear a mask at all times, except during high intensity training.** Verify that government regulations in terms of quality and maintenance are well respected.
- Participants will need to **go to the bathroom before the session.**
- The **locker rooms** must remain **closed**. Participants will have to **arrive in judogi.**
- Participants should put their **personal belongings in their bag** and leave it in a designated place.
- **Wash hands with hand sanitizer before stepping on the mat.**
- **Participants bow with 2 metres physical distance or in their designated area (1 person / 8m2).**
- **The instructor assigns one area per participant (1 person / 8m2). They will stay there throughout the session.**
- **Carrying out specific educational exercises.**
- **Cleaning / disinfection of the equipment used** must be carried out **before and after each cohort session.** (Amendment: June 15, 2020)
- **A tatami cleaning / disinfection** must be carried out **in between cohort groups.** (Amendment: June 15, 2020)
- When **leaving the club, wash hands** with hand sanitizer.

As the wearing of a mask is mandatory for this phase, the activities carried out must be of low intensity. The following tables **list the steps and measures** to be observed in **Phase 2 - Reopening and distancing**:

REOPENING & DISTANCING: Sanitary Conditions	2
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.	✓
If you are a person at risk, stay home.	✓
Respect the prevention instructions	✓
Wear a mask (for low intensity training only)	✓
Physical distancing (2 meters)	✓
Limit the number of participants	✓
Complying at all times with the usual hygiene rules required by a judoka	✓

REOPENING & DISTANCING: Welcoming Protocol	2
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Anyone arriving at the club will have their temperature taken.	✓
Anyone arriving to the training must take the screening check list before arrival.	✓
An attendance list must be tracked at the start of each session	✓
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	✓
Ensure participants have all the necessary items to attend the practice. Participants must bring their own water bottle.	✓
Participants must arrive no earlier than 15 minutes before the start of the session.	✓
Physical distancing (2 meters)	✓
Limit the number of participants	✓
No one will be allowed to step on the mat surface before the start of the session until instructed to so by the head instructor.	✓
When arriving to and leaving the session, wash hands with hand sanitizer	✓

REOPENING & DISTANCING: Disinfecting and Cleaning	2
Anyone arriving to the club must take off their shoes and wear sandals/ or equivalent.	✓
Hand sanitizers must always be available at the club entrance and next to the tatami.	✓
Participants should come to the club with a sports bag or equivalent to store their personal belongings.	✓
Except in exceptional cases, it will be forbidden to go to the toilet during the session.	✓
Participants must wash their judogi after each session.	✓
Cleaning/disinfecting of the tatami and equipment used must be carried out before and after each cohort session (Amendment: June 15, 2020)	✓
At the end of each cohort session, high use touch points must be disinfected (all surfaces, chairs, toilets, door handles, etc.) (Amendment: June 15, 2020)	✓

REOPENING & DISTANCING: Recommended Activities	2
Tandoku-Renshu with equipment (elastic, training dummy)	✓
Geiko with the same designate partner during the whole session. Possible work in cooperation and/or opposition.	X
Tachi-Waza et Ne-Waza: Work skills and fundamental techniques	X
Ukemi	✓
Kiai	X
Postures, movement, coordinator, mobility	✓
Any teaching adapted to comply with respiratory hygiene and prevention instructions.	✓

PHASE 3 – WORKING IN PAIRS



The following **protocol** details the different **steps to be followed** for holding a judo session given the return to judo plan in **Phase 3 – Working in Pairs**.

These measures apply as much for participants and accompanying person as for instructors and club staff:

- **Upon arrival at the club:**
 - **Temperature Taken**
 - **Attendance should be tracked.**
 - **Take off shoes and wear sandals / zori** or equivalent.
 - **Wash hands with hand sanitizers.**
 - **Ensure** that each participant has the **necessary items** (bag, bottle of water, sandals, etc.) to attend the session.
 - It is important to have **someone assigned** to greet members **at the entrance to the club** and **remind** them the **measures to follow when inside the club**. **This person cannot be the instructor** who will need to welcome and assign a place to the participants on the tatami.
- **Wear a mask at all times, except during high intensity training.** Verify that government regulations in terms of quality and maintenance are well respected.
- Participants will need to **go to the bathroom before the session**.
- The **locker rooms** must remain **closed**. Participants will have to **arrive in judogi**.
- Participants should put their **personal belongings in their bag** and leave it in a designated place.
- **Wash hands with hand sanitizer before stepping on the mat.**
- **Traditional bow.**
- **The instructor assigns an area for a group of two (2 people / 16m²). They will stay there throughout the session.**
- **The exercises should be done as much as possible with the same partner throughout Phase 3.**
- **Geiko of co-operation and opposition.** Favour Tachi-Waza.
- **Cleaning / disinfection of the equipment used** must be carried out **before and after each cohort session**. (Amendment: June 15, 2020)
- **A tatami cleaning / disinfection** must be carried out **in between cohort groups**. (Amendment: June 15, 2020)
- When **leaving the club**, wash **hands** with hand sanitizer.

As the wearing of a mask is mandatory for this phase, the activities carried out must be low intensity.

The following tables **list the steps and measures** to be followed in **Phase 3 – Working in Pairs**:

WORKING IN PAIRS: Sanitary Conditions	3
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.	✓
If you are a person at risk, stay home.	✓
Respect the prevention instructions	✓
Wear a mask (for low intensity training only)	✓
Physical distancing (2 meters)	X
Limit the number of participants	✓
Complying at all times with the usual hygiene rules required by a judoka	✓

WORKING IN PAIRS: Welcoming Protocol	3
Anyone arriving at the club will have their temperature taken.	✓
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.	✓
An attendance list must be tracked at the start of each session	✓
Participants must have previously provided emergency contact information	✓
Ensure participants have all the necessary items to attend the practice. Participants must bring their own water bottle.	✓
Participants must arrive no earlier than 15 minutes before the start of the session.	✓
Physical distancing (2 meters)	✓
Limit the number of participants	✓
No one will be allowed to step on the mat surface before the start of the session until instructed to so by the head instructor.	✓
When arriving to and leaving the session, wash hands with hand sanitizer	✓

WORKING IN PAIRS: Disinfecting and Cleaning	3
Anyone arriving to the club must take off their shoes and wear sandals/ or equivalent.	✓
Hand sanitizers must always be available at the club entrance and next to the tatami.	✓
Participants should come to the club with a sports bag or equivalent to store their personal belongings.	✓
Except in exceptional cases, it will be forbidden to go to the toilet during the session.	✓
Participants must wash their judogi after each session.	✓
Cleaning/disinfecting of the tatami and equipment used must be carried out before and after each cohort group. (Amendment: June 15, 2020)	✓
At the end of each cohort group session, high use touch points must be disinfected (all surfaces, chairs, toilets, door handles, etc.) (Amendment: June 15, 2020)	✓

WORKING IN PAIRS: Recommended Activities	3
Tandoku-Renshu with equipment (elastic, training dummy)	✓
Geiko with the same designate partner during the whole session. Possible work in cooperation and/or opposition.	✓
Tachi-Waza et Ne-Waza: Work skills and fundamental techniques	✓
Ukemi	✓
Kiai	X
Postures, movement, coordinator, mobility	✓
Any teaching adapted to comply with respiratory hygiene and prevention instructions.	✓

PHASE 4 – WORKING IN COHORTS



The following **protocol** details the different **steps to be followed** for holding a judo session given the return to judo plan in **Phase 4 – Working in Cohorts**. Clubs are **permitted to run classes regularly (full-contact) with cohorts** of up to **50 people (max)**. Cohorts must train together throughout the duration of Phase 4 with the following restrictions:

- ~~No inter-cohort training until further notice. (Ex: Member of Cohort A cannot train with Cohort B at any given time)~~
- If clubs are running multiple cohort sessions, there must be staggered start times to ensure the facility is sanitized properly prior to any training sessions.
- Coaches/instructors wishing to coach multiple cohorts must maintain 2 metre social distancing with all participants when applicable.
- It is recommended that members limit themselves to the number of cohorts they participate in. (Revised October 9, 2020 – please see multi-cohort revision below)
- ~~Multi-sport athletes must identify themselves to plan isolation training accordingly~~
- Multi-sport athletes must identify themselves to the judo club and supply information on their second sport cohort. Judo Clubs can plan isolation training or have the athlete participate in full contact training. (Revised October 9, 2020)

Updated recommendations for multi-sport cohort members:

- a) *Identify that they are in multiple sport cohorts*
- b) *Supply information on the additional sport cohort - schedules, team, location, number of teammates.*
- c) *Supply safety guidelines from the sport organization of the additional cohort (Highly recommended that one is in place before allowing member to participate.*
- d) *Supply contact information on the second sport cohort - phone, position (coach, manager, commissioner).*
- Parents and spectators do not count towards the cohort limit. They must maintain 2 metre social distancing.

These measures apply as much for participants and accompanying person as for instructors and club staff:

- **Upon arrival at the club:**
 - Temperature Taken
 - Attendance of each session should be tracked.
 - Take off shoes and wear sandals / zori or equivalent.
 - Wash hands with hand sanitizers.
 - Ensure that each participant has the **necessary items** (bag, bottle of water, sandals, etc.) to attend the session.
 - It is important to have **someone assigned** to greet members **at the entrance to the club** and **remind** them the **measures to follow when inside the club**.
- The **locker rooms** must remain **closed**. Participants will have to **arrive in judogi**.
- Participants should put their **personal belongings in their bag** and leave it in a designated place.
- **Wash hands with hand sanitizer before stepping on the mat.**
- **Traditional bow.**
- The session takes place in a traditional way, but the participants respect the prevention instructions.
- **Cleaning / disinfection of the equipment used** must be carried out **before and after each cohort session**. (Amendment: June 15, 2020)
- **A tatami cleaning / disinfection** must be carried out **in between cohort groups**. (Amendment: June 15, 2020)



- When **leaving the club**, was hands with hand sanitizer.

The following tables **list the steps and measures** to be observed in the context of **Phase 4 – Working in Cohorts**:

WORKING IN COHORTS: Sanitary Conditions	4
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.	✓
If you are a person at risk, stay home.	✓
Respect the prevention instructions	✓
Wear a mask (for low intensity training only) (this does not apply for section 4.1)	X
Physical distancing (Only applies to parents and coaches depending on multiple cohorts) (3m distancing for section 4.1)	X
Limit the number of participants (excluding section 4.1, max limit is 10)	X
Complying at all times with the usual hygiene rules required by a judoka	✓

WORKING IN COHORTS: Welcoming Protocol	4
Anyone arriving at the club will have their temperature taken.	✓
Anyone arriving to the training must take the screening check list before arrival.	✓
An attendance list must be tracked at the start of each session	✓
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	✓
Ensure participants have all the necessary items to attend the practice. Participants must bring their own water bottle.	✓
Participants must arrive no earlier than 15 minutes before the start of the session.	✓
Physical distancing (2 meters) (3m distancing in effect for section 4.1)	X
Limit the number of participants (50 Max) (excluding section 4.1, max limit is 10)	X
No one will be allowed to step on the mat surface before the start of the session until instructed to so by the head instructor.	✓
When arriving to and leaving the session, wash hands with hand sanitizer	✓

WORKING IN COHORTS: Disinfecting and Cleaning	4
Anyone arriving to the club must take off their shoes and wear sandals/ or equivalent.	✓
Hand sanitizers must always be available at the club entrance and next to the tatami.	✓
Participants should come to the club with a sports bag or equivalent to store their personal belongings.	✓
Except in exceptional cases, it will be forbidden to go to the toilet during the session.	X
Participants must wash their judogi after each session.	✓

Cleaning/disinfecting of the tatami and equipment used must be carried out before and after each cohort session (Amendment: June 15, 2020)	✓
In between each cohort group session, high use touch points must be disinfected (all surfaces, chairs, toilets, door handles, etc.) (Amendment: June 15, 2020)	✓

WORKING IN COHORTS: Recommended Activities	4
Tandoku-Renshu with equipment (elastic, training dummy)	✓
Geiko with the same designate partner during the whole session. Possible work in cooperation and/or opposition.	✓
Tachi-Waza et Ne-Waza: Work skills and fundamental techniques	✓
Ukemi	✓
Kiai	✓
Postures, movement, coordinator, mobility	✓
Any teaching adapted to comply with respiratory hygiene and prevention instructions.	✓

4.1 Private Training Sessions (Updated February 2, 2021):

Due the new Covid-19 restrictions placed in effect as of **February 2, 2021** all judo training activities are prohibited unless the following protocols are followed:

Private Individual Sessions:

- Athlete can participate in individual conditioning and individual judo exercises led by a coach
- Athlete can participate in strength training sessions led by a coach at the dojo
- The instructor assigns one area per participant (1 person/8m2). This will become their designated training space throughout the session.
- Participants bow with 3 metres physical distancing or in their designated area (1 person/8m2)
- **Sessions must be scheduled by appointment. No drop-in or groups allowed. (Amended Feb 2, 2021)**
- **Coaches must wear a mask during the session; participants are not required to wear a mask during exercise. (Amended Feb 2, 2021)**
- **More than one coach and client 'pair' (ex: 3 athletes and 3 coaches) are allowed into the facility so long as: (Amended Feb 2, 2021)**
 - **Each coach and client stays 3 metres away from all other trainers and clients at all times, including in entryways and exits.**
 - **Each coach can only interact with their assigned client, and each client can only interact with their assigned coach.**
 - **No interaction between clients or between coaches is allowed.**
 - **No 'cycling through' multiple coaches as in circuit training.**

Exercises Permitted:

- These sessions can involve judo elastics, foot work, judo exercises, hops, ropes, shadow uchi-komi

Private Multi-Person Sessions (Household Members Only):

- Athletes who have multiple people in a single household can participate in judo training led by a coach.



- Athletes who have multiple people in a single household can participate in strength training sessions led by a coach at the dojo.
- The instructor assigns one area per participant (1 person/8m2). This will become their designated training space throughout the session.
- Participants bow with 3 metres physical distancing or in their designated area (1 person/8m2)
- **Sessions must be scheduled by appointment. No drop-in or groups allowed. (Amended Feb 2, 2021)**
- **Coaches must wear a mask during the session; participants are not required to wear a mask during exercise. (Amended Feb 2, 2021)**
- **More than one coach and client 'pair' (ex: 3 athletes and 3 coaches) are allowed into the facility so long as: (Amended Feb 2, 2021)**
 - Each coach and client stays 3 metres away from all other trainers and clients at all times, including in entryways and exits.
 - Each coach can only interact with their assigned client, and each client can only interact with their assigned coach.
 - No interaction between clients or between coaches is allowed.
 - No 'cycling through' multiple coaches as in circuit training.

Exercises Permitted:

- The sessions can involve crash mats, uchi-komi, technical development, ne-waza technique, drilling, kumi-kata training, randori

Mini Group Sessions – Athletes 18 years of age and under ONLY (Amended Feb 8, 2021):

- **Athletes 18 years of age and younger can participate in group conditioning and group judo exercises led by a coach. (Maximum group size is 10 people, including the coach)**
- **Athletes 18 years of age and younger can participate in group strength training sessions led by a coach at the dojo (Maximum group size is 10 people, including the coach)**
- **Group Options:**
 - **Single Athlete:** 9 athletes with 1 coach physically distanced (3m). Non-contact activities only.
 - **Family Practice:** Athletes from the same family household can participate in contact activities. (Ex: 3 groups of 2 from a same family, 1 group of 3 from the same family and a coach. All groups are physically distanced from each other. Family members only have contact with their family.
 - **Individual Sessions:** Individual sessions are still able to continue with a coach.
- The instructor assigns one area per participant where 3m safe distancing can be met. This will become their designated training space throughout the session.
- Participants bow with 3 metres physical distancing or in their designated area.
- **Sessions must be scheduled by appointment. No drop-in or groups allowed. (Amended Feb 2, 2021)**
- **Coaches must wear a mask during the session; participants are not required to wear a mask during exercise. (Amended Feb 2, 2021)**
- **More than one group (Ex. 2 groups of 10 people) is allowed into the facility at the same time so long as: (Amended Feb 8, 2021)**
 - The facility has enough space to maintain safe 3m distancing at all times (Ex. 10 people per mat area). If the dojo cannot support this capacity, group sizes must be reduced to meet a safe 3m distancing.
 - Each coach and client stays 3 metres away from all other trainers and clients at all times, including in entryways and exits.
 - Each coach can only interact with their assigned client(s), and each client can only interact with their assigned coach.



- **Physical interaction between clients, coaches or groups is NOT permitted. Only household family members are permitted to physically interact with each other.**
- **No 'cycling through' multiple coaches as in circuit training.**

Exercises Permitted (With members from the same household):

- The sessions can involve crash mats, uchi-komi, technical development, ne-waza technique, drilling, kumi-kata training, randori.

Length of Private Judo Sessions:

- 1 Hour = 45-minute training session/ 15-minute cleaning transition

All sanitization and screening protocols outlined in Phase 4 are enforced.

A detailed plan of activities must be included in the club Return to Judo guidelines and submitted to the Judo Alberta Office.

PHASE 5 – BACK TO “NORMAL”

Phase 5 can commence once there is a development of an effective treatment or vaccine and widespread implementation has taken place.

During this phase, most of the protocols listed for Phases 1 to 4 no longer need to be used, however, hygiene continues to be important and is everyone's responsibility.

The following tables **list the steps and measures** to be observed within the framework of **Phase 5 - Return to “normal”**:

BACK TO NORMAL: Sanitary Conditions	5
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.	X
If you are a person at risk, stay home.	X
Wear a mask (for low intensity training only)	X
Physical distancing (2 meters)	X
Limit the number of participants	X
Complying at all times with the usual hygiene rules required by a judoka	✓

BACK TO NORMAL: Welcoming Protocol	5
Anyone arriving at the club will have their temperature taken.	X
Anyone arriving to the training must take the screening check list before arrival.	X



Coach/Instructor reviews screen check list with training group. Reminder of rules and protocols of the training must be outlined.	X
Participants must have previously provided emergency contact information	X
Ensure participants have all the necessary items to attend the practice. Participants must bring their own water bottle.	X
Participants must arrive no earlier than 15 minutes before the start of the session.	X
Physical distancing (2 meters)	X
Limit the number of participants	X
No one will be allowed to step on the mat surface before the start of the session until instructed to so by the head instructor.	X
When arriving to and leaving the session, wash hands with hand sanitizer	✓

BACK TO NORMAL: Disinfecting and Cleaning	5
Anyone arriving to the club must take off their shoes and wear sandals/ or equivalent.	X
Hand sanitizers must always be available at the club entrance and next to the tatami.	X
Participants should come to the club with a sports bag or equivalent to store their personal belongings.	X
Except in exceptional cases, it will be forbidden to go to the toilet during the session.	X
Participants must wash their judogi after each session.	✓
Cleaning/disinfecting of the tatami and equipment used must be carried out before and after each session	X
At the end of each cohort group session, high use touch points must be disinfected (all surfaces, chairs, toilets, door handles, etc.)	✓

BACK TO NORMAL: Recommended Activities	5
Tandoku-Renshu with equipment (elastic, training dummy)	✓
Geiko with the same designate partner during the whole session. Possible work in cooperation and/or opposition.	✓
Tachi-Waza et Ne-Waza: Work skills and fundamental techniques	✓
Ukemi	✓
Kiai	✓
Postures, movement, coordinator, mobility	✓
Any teaching adapted to comply with respiratory hygiene and prevention instructions.	✓

FOR MORE INFORMATION

For further information, please visit:

Judo Alberta

www.judoalberta.com

780-427-8379

judo@judoalberta.com

Public Health Agency of Canada

www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html

1-833-784-4397

Alberta Ministry of Health

<https://www.alberta.ca/health.aspx>

(780) 408-5465

Judo Canada Return to Play Guidelines

<https://www.judocanada.org/covid19/>

Sport, Physical Activity and Recreation

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>



APPENDIX 1 – PHASE 1 TO 5 – SUMMARY

The following Return to Play summary chart applies to the indoor training phases 2-5 only. For outdoor return to play guidelines please refer to page 11 of the Judo Alberta Return to Play guidelines.

Sanitary Conditions	2	3	4	5
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.	✓	✓	✓	X
If you are a person at risk, stay home.	✓	✓	✓	X
Respect the prevention instructions	✓	✓	✓	X
Wear a mask (for low intensity training only)	✓	✓	X	X
Physical distancing (2 meters)	✓	X	X	X
Limit the number of participants	✓	✓	X	X
Complying at all times with the usual hygiene rules required by a judoka	✓	✓	✓	✓

Welcoming Protocol	2	3	4	5
Anyone arriving at the club will have their temperature taken.	✓	✓	✓	X
Anyone arriving to the training must take the screening check list before arrival.	✓	✓	✓	X
An attendance list must be tracked at the start of each session	✓	✓	✓	X
Coach/Instructor reviews screen check list with training group. Reminder of rules and protocols of the training must be outlined.	✓	✓	✓	X
Participants must have previously provided emergency contact information	✓	✓	X	X
Ensure participants have all the necessary items to attend the practice. Participants must bring their own water bottle.	✓	✓	✓	X
Participants must arrive no earlier than 15 minutes before the start of the session.	✓	✓	✓	X
Physical distancing (2 meters)	✓	✓	✓	X
Limit the number of participants	✓	✓	X	X
No one will be allowed to step on the mat surface before the start of the session until instructed to so by the head instructor.	✓	✓	✓	X
When arriving to and leaving the session, wash hands with hand sanitizer	✓	✓	✓	✓

Disinfecting and Cleaning	2	3	4	5
Anyone arriving to the club must take off their shoes and wear sandals/ or equivalent.	✓	✓	✓	X
Hand sanitizers must always be available at the club entrance and next to the tatami.	✓	✓	✓	X
Participants should come to the club with a sports bag or equivalent to store their personal belongings.	✓	✓	✓	X



Except in exceptional cases, it will be forbidden to go to the toilet during the session.	✓	✓	X	X
Participants must wash their judogi after each session.	✓	✓	✓	✓
Cleaning/disinfecting of the tatami and equipment used must be carried out before and after each cohort session	✓	✓	✓	X
Before and after each cohort session, high use touch points must be disinfected (all surfaces, chairs, toilets, door handles, etc.)	✓	✓	✓	✓

Recommended Activities	2	3	4	5
Tandoku-Renshu with equipment (elastic, training dummy)	✓	✓	✓	✓
Geiko with the same designate partner during the whole session. Possible work in cooperation and/or opposition.	X	✓	✓	✓
Tachi-Waza et Ne-Waza: Work skills and fundamental techniques	X	✓	✓	✓
Ukemi	✓	✓	✓	✓
Kiai	X	X	✓	✓
Postures, movement, coordinator, mobility	✓	✓	✓	✓
Any teaching adapted to comply with respiratory hygiene and prevention instructions.	✓	✓	✓	✓

APPENDIX 2 – RECORD KEEPING, PUBLIC HEALTH CONTACT TRACING & PRIVACY

Judo Alberta clubs must follow the Alberta Sport, Physical Activity and Recreation (SPAR) “Guidance for Sport, Physical Activity and Recreation” document should there be a positive Covid-19 test within your club membership. The following procedures should be followed:

Team officials should record the names of all individuals in each cohort/mini-league to assist AHS should an individual test positive for COVID-19 and contact tracing is necessary.

- o It is recommended that rosters be kept for each event/activity so there is a record of which individuals were present.
- See the [General Relaunch Guidance](#) for more information regarding record keeping.
 - o The provision of this information by patrons is voluntary.
 - o An organization must obtain an individual’s consent and notify them about the purpose and legal authority for the information collection.
 - o Any personal information that is collected for COVID-19 contact tracing can only be used for this purpose.
- If an attendee tests positive, AHS will only request information about the attendee’s participation in sport, physical activity or recreation if it is deemed that a potential exposure is likely to have occurred during such activity.
- When interviewing a person who has tested positive, AHS public health investigators will determine if there are close contacts that should be made aware/notified based on the period of infectivity and the organization’s compliance with public health guidance. This might involve a call to the team representatives or players, but only if necessary.
- An individual participant is under no obligation to inform sport organizations or other participants, coaches, instructors, officials or volunteers of:
 - o the reason for missing a practice or game,
 - o if they are pursuing COVID-19 testing, or
 - o the results of a COVID-19 test.
- Organizations and team officials should be respectful of the privacy and sensitivity of every participant’s personal health information at all times, and comply with relevant requirements set out in Alberta’s Health Information Act.

PLANNING FOR RAPID RESPONSE TO SICK ATTENDEES

- If an attendee becomes sick ([see Symptoms](#)) while participating, the following requirements apply:
 - o While preparing to immediately leave the facility or event, symptomatic individuals should perform proper hand hygiene, put on a non-medical face mask, and maintain at least 2 metres distance from all others.



- o The individual should arrange, with assistance from team officials or the facility as necessary, for immediate transportation to their home/residence to begin isolation. Public transportation like buses, taxis or ride sharing should be avoided. Refer to the [Guidance for Taxis, Limos and Rideshares](#).
 - o Once a sick individual has left the facility or event, facility staff should clean and disinfect all surfaces and areas that the individual may have come into contact with.
- Provided that the guidance in this document is being followed, there is no need to cancel an activity, or postpone the undertaking of a cohort group or mini-league, in the event that an individual becomes sick.
 - o Team officials should immediately consider and record the names of all participants in which the sick individual has been in contact. This information may be necessary to assist public health officials if the sick individual later tests positive for COVID-19.