# Return to judo plan – Phases 1 to 4

## PHASE 1
**Reopening and distancing**
- Individual exercises only
- Respect the prevention instructions
- Wear a mask

**Criteria to start phase 1:**
- Authorization from Province/Territory for the reopening of the club
- Club insurance company approval
- Clubs must write their own policy and procedures for the resumption of judo activities.
- Communicate policies and protocols with participants and obtain their acknowledgment

## PHASE 2
**Working in pairs possible**
- Exercises with a partner is possible (as much as possible same partner during Phase 2)
- Respect the prevention instructions
- Wear a mask

**Criteria to start phase 2:**
- Reduced restrictions on public gatherings & physical distancing
- Authorization from Province/Territory and respecting their recommendations
- Club insurance company approval

## PHASE 3
**Mask no longer necessary**
- Exercises with partners is possible
- Respect the prevention instructions

**Criteria to start phase 3:**
- Lifting of restrictions on public gatherings & physical distancing
- Authorization from Province/Territory and respecting their recommendations
- Club insurance company approval

## PHASE 4
**Return to “normal”**

**Criteria to start phase 4:**
- The development of an effective treatment or a vaccine and its widespread implementation

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For more information:
- [Government of Canada](#)
- [World Health Organization](#)

*Note: The information presented here is recommendations made by Judo Canada. They do not replace the prevailing Provincial / Territorial recommendations – May 29th 2020*
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<table>
<thead>
<tr>
<th>Measure</th>
<th>Phase 1</th>
<th>Phase 2</th>
<th>Phase 3</th>
<th>Phase 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Judo Club</td>
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<tr>
<td>Wear a mask</td>
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<tr>
<td>Water fountains are closed</td>
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<tr>
<td>Sports bag or equivalent for storing personal belongings is required</td>
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<tr>
<td>Participants must take a shower at home after each session</td>
<td>Phase 1</td>
<td>Reopening and distancing</td>
<td>Phase 2 Working in pairs possible</td>
<td>Phase 3 Mask no longer necessary</td>
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<tr>
<td>Cough and sneeze into the crook of your arm</td>
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<tr>
<td>In judogi, cough and sneeze into a disposable tissue and not in the crook of your arm</td>
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<td>Hand sanitizers must be always available</td>
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<td>Toilets are closed (except in exceptional cases)</td>
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<td>Measure temperature</td>
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<tr>
<td>Physical distance (2 meters)</td>
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<tr>
<td>Participants must wash their judogi at home after each session</td>
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<tr>
<td>Participants must bring their own water bottle</td>
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</tbody>
</table>
In any of the Phases, symptoms/contamination is observed with a participant or anyone close to them:

- **Doubt**, Inform club
- **Testing and/or doctor**
- **Confirmed case**
- **Treatment and isolation** with medical release for resumption of Judo
- **14 days**

The club informs all the stakeholders:
- **Confirmed case, Inform club**
- **False alert, Inform club**
- **False alert**

People who have been in contact must quarantine pending results:
- **14 days**

While waiting for results, the club returns to Phase 1:
- **Confirmed case, Confirmation of quarantine for participants in contact**
- **The club remains in Phase 1 for 14 days**

Once the quarantine period has ended, the club returns to the Phase in force in its Province/Territory:
- **14 days**

False alarm, resumption of classes and end of quarantine:
- **Recovery with medical release for resumption of Judo**

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