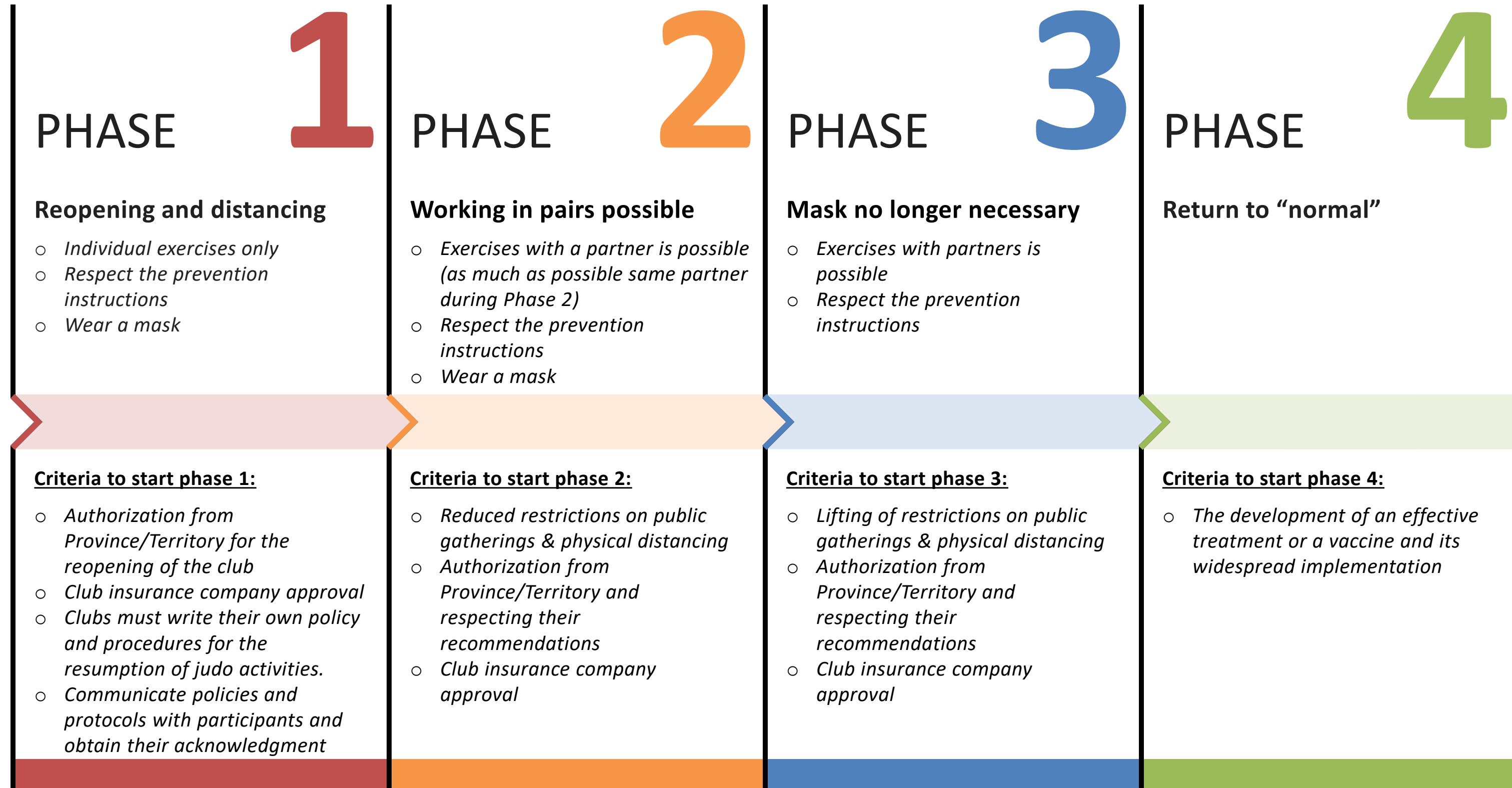


# Return to judo plan – Phases 1 to 4



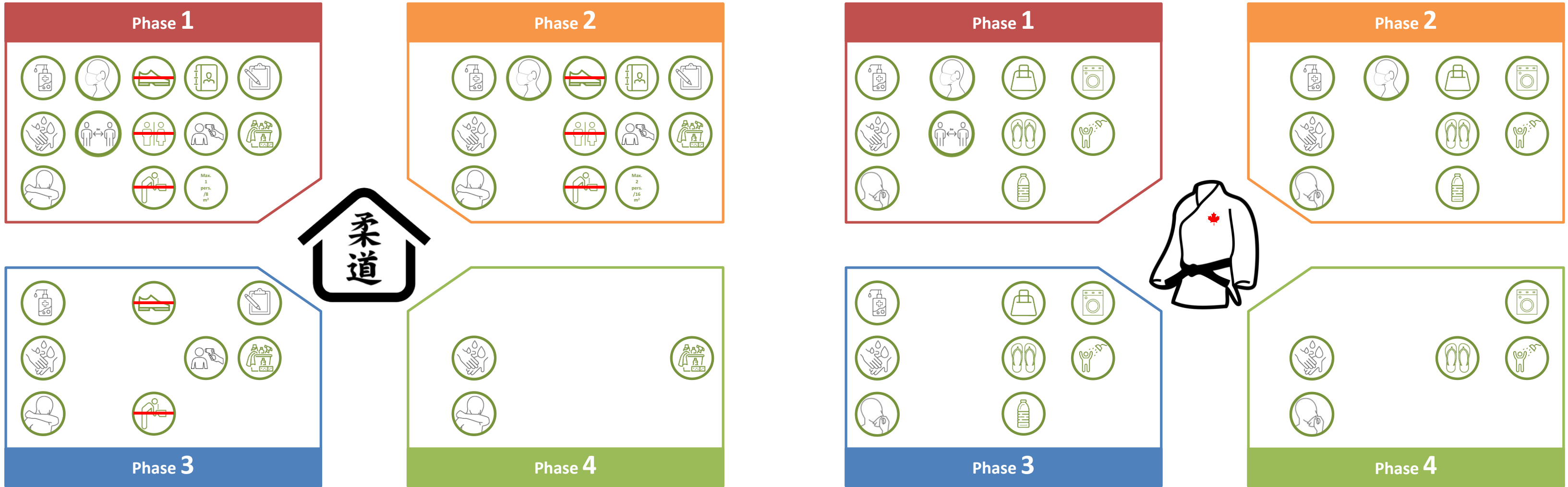
For more information:

- [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 29<sup>th</sup> 2020*

# Measures to be taken

# RETURN TO JUDO



	Judo Club		Judoka/participants/ Accompanying person/Instructors		Cough and sneeze into the crook of your arm		In judogi, cough and sneeze into a disposable tissue and not in the crook of your arm		Hand sanitizers must be always available
	Wear a mask		Wash your hands		Remind participants of the instructions		Shoes are not allowed to be worn inside the club		Toilets are closed (except in exceptional cases)
	Water fountains are closed		Obtain emergency contact for each participant		Limit the number of participants on the tatami		Clean/disinfect the tatami and the equipment used		Measure temperature
	Sports bag or equivalent for storing personal belongings is required		Sandals/zori or equivalent are required		Participants must bring their own water bottle		Participants must wash their judogi at home after each session		Physical distance (2 meters)
	Participants must take a shower at home after each session	<b>Phase 1</b>	Reopening and distancing	<b>Phase 2</b>	Working in pairs possible	<b>Phase 3</b>	Mask no longer necessary	<b>Phase 4</b>	Return to "normal"

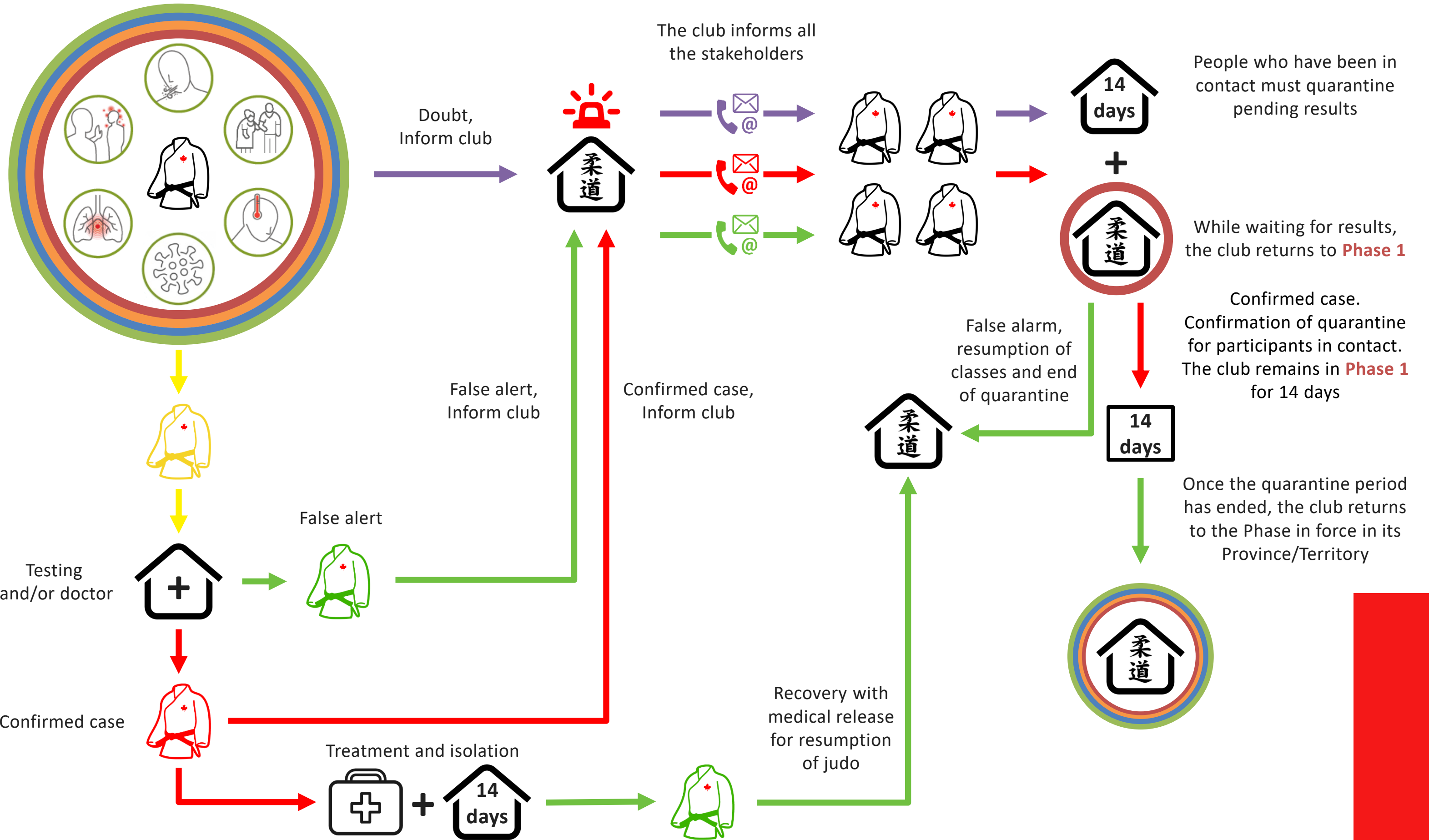
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# Communication plan/protocol in case of symptoms

RETURN TO JUDO

In any of the Phases, symptoms/contamination is observed with a participant or anyone close to them



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