



RETURN TO JUDO POST COVID-19 GUIDELINES

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INTRODUCTION

Judo Canada 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.

As the COVID-19 safety measures differ from one Province / Territory to another, there cannot be a standardized approach that applies to all clubs equally. However, Judo Canada 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 Public Health Agency of Canada 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 provincial and territorial federation 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 Canada acknowledges that in the current context of COVID-19 it will not be possible to resume regular judo training practices immediately, however, the purpose of this document is to propose protocols and measures that can be put into place which would permit a gradual resumption of training.

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 and/or their Province / Territory have given their authorization to do so.

Judo Canada recommends that each Provincial and Territorial Association (PTSO) assist/support their club in developing 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 PTSO and 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 Public Health Agency of Canada communicates its recommendations on the measures to be applied within the framework of COVID-19. However, the level of application of these recommendations varies between Provinces and Territories. The resumption of sports activities can therefore differ greatly from one jurisdiction to another.

Each club, under the aegis of its PTSO, is therefore responsible for complying with the most recent requirements formulated by their Provincial / Territorial and municipal governments. Club reopening dates will vary by Province / Territory, therefore not all clubs will be able to reopen simultaneously. The development of the protocols and measures taken by the clubs, and supported by its PTSO, must be in line with the regulations of their Province / Territory.

The reopening of a club cannot be done without the agreement of its PTSO only if the Province / Territory in which it is located allows it.

RETURN TO JUDO PLAN – PHASES 1 TO 4

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 Canada has thus identified 4 phases for a gradual return to judo:

- **Phase 1: Reopening and distancing**
 - Individual exercises only
 - Respecting the prevention instructions
 - Wearing a mask
- **Phase 2: Working in pairs**
 - Exercises with partner possible (as much as possible same partner during Phase 2)
 - Cohort concept
 - Respecting the prevention instructions
 - Wearing a mask
- **Phase 3: Mask no longer necessary**
 - Exercises with partners possible
 - Cohort concept
 - Respecting the prevention instructions
- **Phase 4: Return to “normal”**

Initially, the resumption of any type of judo activity will depend on the authorization of the reopening of clubs by their PTSO and only on approval by their Provincial / Territorial authorities. Secondly, clubs will need to create and implement protocols to ensure that their activities respect Provincial / Territorial 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 practicing 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 / Territorial authorities. 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 Phase 3. The development of an effective treatment or vaccine and widespread implementation would allow for the progression to Phase 4.

Note that the requirements from moving from one stage to another are only proposals and will need to be validated by the National / Provincial / Territorial authorities before their implementation. Note 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.**
- **If you have traveled abroad in the past 14 days or have been in contact with someone who has traveled abroad, stay home.**
- **Avoid contact with people showing symptoms, and if you are unable to, stay home.**
- **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. **When you are in judogi, cough and sneeze into a disposable tissue and not in the crook of your arm.** Throw the tissue in the trash after use and wash your hands afterwards.
 - 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.**
- **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

Each club must ensure that it has contacted its insurance company (civil liability) before allowing the reopening and returning to judo activities. 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 the insurance company. Each club must ensure whether its insurance company requires each participant to sign a written waiver. Judo Canada and its insurer cannot be held responsible if the clubs do not comply with the plan presented or the public health recommendations of its Province / Territory.

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 Provincial / Territorial authorities and the return conditions are favorable, the federation may give its agreement for a reopening of the club.

In the context of the reopening of judo clubs and the resumption of associated activities, Judo Canada has developed various protocols and hygiene / disinfection measures that must be followed by clubs depending on the phase of the return.

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

- At the entrance of the club:
 - Anyone arriving at the club will have their **temperature taken**. If the temperature is **equal to or over 38°C** they will **not be allowed to enter the club** and take part at any activities.
 - 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 session**.
- **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 phase 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, 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 – 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 1 – 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 (if equal to or over 38°C, not allowed to enter the club)**
 - **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.
 - **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** 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.** 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.
- **Parents cannot stay in the club** for the duration of the session.
- **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 – See Appendix 4 for details).**
- **The instructor assigns one area per participant (1 person / 8m² – See Appendix 4 for details). They will stay there throughout the session.**

- **Carrying out specific educational exercises.**
- **Cleaning / disinfection** of the tatami mat and the equipment used must be carried out **before and after each session.**
- 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 1 - Reopening and distancing:**

SANITARY CONDITIONS	Phase 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 at risk, stay home.	✓
If you are a person at risk, stay at home.	✓
Respecting the prevention instructions.	✓
Wear a mask.	✓
Physical distancing (2 metres).	✓
Limit the number of participants (depending on the area of the tatami).	✓
Comply at all times with the usual hygiene rules required for judoka.	✓

MEASURES TO BE TAKEN BY CLUBS – Welcoming Protocol	Phase 1
Anyone arriving at the club will have their temperature taken. A reminder of the rules must be made. Plan to have a designated person.	✓
Each participant must have previously provided emergency contact information.	✓
The name of each participant and accompanying person entering the club should be recorded.	✓
Ensure that the participants have all the necessary items to attend the practice. Plan to have a designated person.	✓
Anyone arriving at the club must wash their hands. The same will be done upon exiting.	✓
Place limits on the number of people (participants, accompanying persons, staff) inside the club.	✓
Participants must arrive no earlier than 15 minutes before the start of the session.	✓
No one will be allowed to step on the mat before the start of the session until instructed to do so by the instructor.	✓
The water fountains will be closed and participants will have to bring their own water bottle.	✓

MEASURES TO BE TAKEN BY CLUBS – Disinfection and cleaning	Phase
	1
Anyone arriving at the club must take off their shoes and wear sandals / zori or equivalent.	✓
Hand sanitizers must be always 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 take a shower after each session.	✓
Participants must wash their judogi after each session.	✓
Cleaning / disinfection of the tatami and the equipment used must be carried out before and after each session.	✓
At the end of each day, the entire club must be disinfected (all surfaces, chairs, toilets, door handles, etc.).	✓

RECOMMENDED ACTIVITIES	Phase
	1
Tandoku-Renshu with equipment (elastic, training dummy, ...)	✓
Geiko with the same designated partner during the whole session. Possible work in cooperation or/and opposition.	✗
Tachi-Waza et Ne-Waza : Work skills and fundamental techniques	✗
Ukemi	✓
Kiai	✗
Postures, movement, coordination, mobility	✓
Any teaching adapted to comply with respiratory hygiene and prevention instructions.	✓
➔ Videos available on the Judo Canada website	✓

EXERCISE INTENSITY – Rate of perceived exertion	Phase
	1
MAXIMUM INTENSITY ○ Completely out of breath – Able to exercise only for a short time ○ Above 90% of max. HR	✗
VIGOROUS INTENSITY ○ Uncomfortable / shortness of breath – Can say only one sentence while exercising ○ From 80% to 90% of max. HR	✗
MODERATE INTENSITY ○ Still possible to talk while exercising but it is increasingly difficult ○ From 70% to 80% of max. HR	✗
LOW INTENSITY ○ Increase in breathing effort but still able to hold a conversation ○ From 60% to 70% of max. HR	✓
VERY LOW INTENSITY ○ Very easy exercise ○ From 50% to 60% of max. HR	✓

Note: Maximum heart rate (HR) can be estimated with the following calculation: $220 - \text{age} = \text{Maximum HR}$ (to be more specific a maximal exertion test can be done). Then calculate the % of the maximum HR for the corresponding effort level.

PHASE 2 – PAIR WORK POSSIBLE

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

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

- **Upon arrival at the club:**
 - **Temperature Taken (if equal to or over 38°C, not allowed to enter the club)**
 - **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.
 - **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** 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.** 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 group of two (2 people / 16m² – See Appendix 4 for details). They will stay there throughout the session.**
- **The exercises should be done as much as possible with the same partner throughout Phase 2. The Cohort concept (see Appendix 3) should be applied during this Phase.**
- **Geiko of co-operation and opposition.** Favour Tachi-Waza.
- **Cleaning / disinfection** of the tatami mat and the equipment used must be carried out **before and after each session.**
- **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 2 - Possible pair work:**

SANITARY CONDITIONS	Phase
	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 at risk, stay home.	✓
If you are a person at risk, stay at home.	✓
Respecting the prevention instructions.	✓
Wear a mask.	✓
Physical distancing (2 metres).	✗
Limit the number of participants (depending on the area of the tatami).	✓
Comply at all times with the usual hygiene rules required for judoka.	✓

MEASURES TO BE TAKEN BY CLUBS – Welcoming Protocol	Phase
	2
Anyone arriving at the club will have their temperature taken. A reminder of the rules must be made. Plan to have a designated person.	✓
Each participant must have previously provided emergency contact information.	✓
The name of each participant and accompanying person entering the club should be recorded.	✓
Ensure that the participants have all the necessary items to attend the practice. Plan to have a designated person.	✓
Anyone arriving at the club must wash their hands. The same will be done upon exiting.	✓
Place limits on the number of people (participants, accompanying persons, staff) inside the club.	✓
Participants must arrive no earlier than 15 minutes before the start of the session.	✓
No one will be allowed to step on the mat before the start of the session until instructed to do so by the instructor.	✓
The water fountains will be closed and participants will have to bring their own water bottle.	✓

MEASURES TO BE TAKEN BY CLUBS – Disinfection and cleaning	Phase
	2
Anyone arriving at the club must take off their shoes and wear sandals / zori or equivalent.	✓
Hand sanitizers must be always 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 take a shower after each session.	✓
Participants must wash their judogi after each session.	✓
Cleaning / disinfection of the tatami and the equipment used must be carried out before and after each session.	✓
At the end of each day, the entire club must be disinfected (all surfaces, chairs, toilets, door handles, etc.).	✓

RECOMMENDED ACTIVITIES	Phase
	2
Tandoku-Renshu with equipment (elastic, training dummy, ...)	✓
Geiko with the same designated partner during the whole session. Possible work in cooperation or/and opposition.	✓
Tachi-Waza et Ne-Waza : Work skills and fundamental techniques	✓
Ukemi	✓
Kiai	✗
Postures, movement, coordination, mobility	✓
Any teaching adapted to comply with respiratory hygiene and prevention instructions.	✓
➔ Videos available on the Judo Canada website	✓

EXERCISE INTENSITY – Rate of perceived exertion	Phase
	2
MAXIMUM INTENSITY <ul style="list-style-type: none"> ○ Completely out of breath – Able to exercise only for a short time ○ Above 90% of max. HR 	✗
VIGOROUS INTENSITY <ul style="list-style-type: none"> ○ Uncomfortable / shortness of breath – Can say only one sentence while exercising ○ From 80% to 90% of max. HR 	✗
MODERATE INTENSITY <ul style="list-style-type: none"> ○ Still possible to talk while exercising but it is increasingly difficult ○ From 70% to 80% of max. HR 	✗
LOW INTENSITY <ul style="list-style-type: none"> ○ Increase in breathing effort but still able to hold a conversation ○ From 60% to 70% of max. HR 	✓
VERY LOW INTENSITY <ul style="list-style-type: none"> ○ Very easy exercise ○ From 50% to 60% of max. HR 	✓

Note: Maximum heart rate (HR) can be estimated with the following calculation: $220 - \text{age} = \text{Maximum HR}$ (to be more specific a maximal exertion test can be done). Then calculate the % of the maximum HR for the corresponding effort level.

PHASE 3 – MASK NO LONGER NECESSARY

The following **protocol** details the different **steps to be followed** for holding a judo session given the return to judo plan in **Phase 3 - Mask no longer necessary**.

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

- **Upon arrival at the club:**
 - **Temperature Taken (if equal to or over 38°C, not allowed to enter the club)**
 - **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.
 - **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** and **remind** them the **measures to follow when inside the club.**
- 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 session takes place in a traditional way, but the participants respect the prevention instructions.**
- **Respect as much as possible the Cohort concept** (see *Appendix 3*) throughout Phase 3.
- **Cleaning / disinfection of the equipment used** must be carried out **before and after each session.**
- **A tatami cleaning / disinfection** must be carried out at the **end of each day.**
- When **leaving the club, wash hands** with hand sanitizer.

The following tables **list the steps and measures** to be observed in the context of **Phase 3 - Mask no longer necessary**:

SANITARY CONDITIONS	Phase 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 at risk, stay home.	✓
If you are a person at risk, stay at home.	✓
Respecting the prevention instructions.	✓
Wear a mask.	✗
Physical distancing (2 metres).	✗
Limit the number of participants (depending on the area of the tatami).	✗
Comply at all times with the usual hygiene rules required for judoka.	✓

MEASURES TO BE TAKEN BY CLUBS – Welcoming Protocol	Phase
	3
Anyone arriving at the club will have their temperature taken. A reminder of the rules must be made. Plan to have a designated person.	✓
Each participant must have previously provided emergency contact information.	✗
The name of each participant and accompanying person entering the club should be recorded.	✓
Ensure that the participants have all the necessary items to attend the practice. Plan to have a designated person.	✓
Anyone arriving at the club must wash their hands. The same will be done upon exiting.	✓
Place limits on the number of people (participants, accompanying persons, staff) inside the club.	✗
Participants must arrive no earlier than 15 minutes before the start of the session.	✓
No one will be allowed to step on the mat before the start of the session until instructed to do so by the instructor.	✓
The water fountains will be closed and participants will have to bring their own water bottle.	✓

MEASURES TO BE TAKEN BY CLUBS – Disinfection and cleaning	Phase
	3
Anyone arriving at the club must take off their shoes and wear sandals / zori or equivalent.	✓
Hand sanitizers must be always 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 take a shower after each session.	✓
Participants must wash their judogi after each session.	✓
Cleaning / disinfection of the tatami and the equipment used must be carried out before and after each session.	✓
At the end of each day, the entire club must be disinfected (all surfaces, chairs, toilets, door handles, etc.).	✓

RECOMMENDED ACTIVITIES	Phase
	3
Tandoku-Renshu with equipment (elastic, training dummy, ...)	✓
Geiko with the same designated partner during the whole session. Possible work in cooperation or/and opposition.	✓
Tachi-Waza et Ne-Waza : Work skills and fundamental techniques	✓
Ukemi	✓
Kiai	✓
Postures, movement, coordination, mobility	✓
Any teaching adapted to comply with respiratory hygiene and prevention instructions.	✓
➔Videos available on the Judo Canada website	✓

EXERCISE INTENSITY – Rate of perceived exertion	Phase
	3
MAXIMUM INTENSITY ○ Completely out of breath – Able to exercise only for a short time ○ Above 90% of max. HR	✓
VIGOROUS INTENSITY ○ Uncomfortable / shortness of breath – Can say only one sentence while exercising ○ From 80% to 90% of max. HR	✓
MODERATE INTENSITY ○ Still possible to talk while exercising but it is increasingly difficult ○ From 70% to 80% of max. HR	✓
LOW INTENSITY ○ Increase in breathing effort but still able to hold a conversation ○ From 60% to 70% of max. HR	✓
VERY LOW INTENSITY ○ Very easy exercise ○ From 50% to 60% of max. HR	✓

Note: Maximum heart rate (HR) can be estimated with the following calculation: $220 - \text{age} = \text{Maximum HR}$ (to be more specific a maximal exertion test can be done). Then calculate the % of the maximum HR for the corresponding effort level.

PHASE 4 – BACK TO “NORMAL”

Phase 4 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 3 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 4 - Return to “normal”:

SANITARY CONDITIONS	Phase
	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 at risk, stay home.	✗
If you are a person at risk, stay at home.	✗
Respecting the prevention instructions.	✗
Wear a mask.	✗
Physical distancing (2 metres).	✗
Limit the number of participants (depending on the area of the tatami).	✗
Comply at all times with the usual hygiene rules required for judoka.	✓

MEASURES TO BE TAKEN BY CLUBS – Welcoming Protocol	Phase
	4
Anyone arriving at the club will have their temperature taken. A reminder of the rules must be made. Plan to have a designated person.	✗
Each participant must have previously provided emergency contact information.	✗
The name of each participant and accompanying person entering the club should be recorded.	✗
Ensure that the participants have all the necessary items to attend the practice. Plan to have a designated person.	✗
Anyone arriving at the club must wash their hands. The same will be done upon exiting.	✓
Place limits on the number of people (participants, accompanying persons, staff) inside the club.	✗
Participants must arrive no earlier than 15 minutes before the start of the session.	✗
No one will be allowed to step on the mat before the start of the session until instructed to do so by the instructor.	✗
The water fountains will be closed and participants will have to bring their own water bottle.	✗

MEASURES TO BE TAKEN BY CLUBS – Disinfection and cleaning	Phase
	4
Anyone arriving at the club must take off their shoes and wear sandals / zori or equivalent.	✗
Hand sanitizers must be always 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 take a shower after each session.	✓
Participants must wash their judogi after each session.	✓
Cleaning / disinfection of the tatami and the equipment used must be carried out before and after each session.	✗
At the end of each day, the entire club must be disinfected (all surfaces, chairs, toilets, door handles, etc.).	✓

RECOMMENDED ACTIVITIES	Phase
	4
Tandoku-Renshu with equipment (elastic, training dummy, ...)	✓
Geiko with the same designated partner during the whole session. Possible work in cooperation or/and opposition.	✓
Tachi-Waza et Ne-Waza : Work skills and fundamental techniques	✓
Ukemi	✓
Kiai	✓
Postures, movement, coordination, mobility	✓
Any teaching adapted to comply with respiratory hygiene and prevention instructions.	✓
➔ Videos available on the Judo Canada website	✓

EXERCISE INTENSITY – Rate of perceived exertion	Phase
	4
MAXIMUM INTENSITY <ul style="list-style-type: none"> ○ Completely out of breath – Able to exercise only for a short time ○ Above 90% of max. HR 	✓
VIGOROUS INTENSITY <ul style="list-style-type: none"> ○ Uncomfortable / shortness of breath – Can say only one sentence while exercising ○ From 80% to 90% of max. HR 	✓
MODERATE INTENSITY <ul style="list-style-type: none"> ○ Still possible to talk while exercising but it is increasingly difficult ○ From 70% to 80% of max. HR 	✓
LOW INTENSITY <ul style="list-style-type: none"> ○ Increase in breathing effort but still able to hold a conversation ○ From 60% to 70% of max. HR 	✓
VERY LOW INTENSITY <ul style="list-style-type: none"> ○ Very easy exercise ○ From 50% to 60% of max. HR 	✓

Note: Maximum heart rate (HR) can be estimated with the following calculation: 220 - age = Maximum HR (to be more specific a maximal exertion test can be done). Then calculate the % of the maximum HR for the corresponding effort level.

FOR MORE INFORMATION

For further information, you can contact us at:

Judo Canada

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

info@judocanada.org

514-255-JUDO(5836)

You can also contact the Public Health Agency of Canada at:

Public Health Agency of Canada

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

1-833-784-4397

APPENDIX 1 – PHASE 1 TO 4 – SUMMARY

SANITARY CONDITIONS	Phases			
	1	2	3	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 at risk, stay home.	✓	✓	✓	✗
If you are a person at risk, stay at home.	✓	✓	✓	✗
Respecting the prevention instructions.	✓	✓	✓	✗
Wear a mask.	✓	✓	✗	✗
Physical distancing (2 metres).	✓	✗	✗	✗
Limit the number of participants (depending on the area of the tatami).	✓	✓	✗	✗
Comply at all times with the usual hygiene rules required for judoka.	✓	✓	✓	✓

MEASURES TO BE TAKEN BY CLUBS – Welcoming Protocol	Phases			
	1	2	3	4
Anyone arriving at the club will have their temperature taken. A reminder of the rules must be made. Plan to have a designated person.	✓	✓	✓	✗
Each participant must have previously provided emergency contact information.	✓	✓	✗	✗
The name of each participant and accompanying person entering the club should be recorded.	✓	✓	✓	✗
Ensure that the participants have all the necessary items to attend the practice. Plan to have a designated person.	✓	✓	✓	✗
Anyone arriving at the club must wash their hands. The same will be done upon exiting.	✓	✓	✓	✓
Place limits on the number of people (participants, accompanying persons, staff) inside the club.	✓	✓	✗	✗
Participants must arrive no earlier than 15 minutes before the start of the session.	✓	✓	✓	✗
No one will be allowed to step on the mat before the start of the session until instructed to do so by the instructor.	✓	✓	✓	✗
The water fountains will be closed and participants will have to bring their own water bottle.	✓	✓	✓	✗

RETURN TO JUDO POST COVID-19 GUIDELINES

MEASURES TO BE TAKEN BY CLUBS – Disinfection and cleaning	Phases			
	1	2	3	4
Anyone arriving at the club must take off their shoes and wear sandals / zori or equivalent.	✓	✓	✓	✗
Hand sanitizers must be always 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 take a shower after each session.	✓	✓	✓	✓
Participants must wash their judogi after each session.	✓	✓	✓	✓
Cleaning / disinfection of the tatami and the equipment used must be carried out before and after each session.	✓	✓	✓	✗
At the end of each day, the entire club must be disinfected (all surfaces, chairs, toilets, door handles, etc.).	✓	✓	✓	✓

RECOMMENDED ACTIVITIES	Phases			
	1	2	3	4
Tandoku-Renshu with equipment (elastic, training dummy, ...)	✓	✓	✓	✓
Geiko with the same designated partner during the whole session. Possible work in cooperation or/and opposition.	✗	✓	✓	✓
Tachi-Waza et Ne-Waza : Work skills and fundamental techniques	✗	✓	✓	✓
Ukemi	✓	✓	✓	✓
Kiai	✗	✗	✓	✓
Postures, movement, coordination, mobility	✓	✓	✓	✓
Any teaching adapted to comply with respiratory hygiene and prevention instructions.	✓	✓	✓	✓
→ Videos available on the Judo Canada website	✓	✓	✓	✓

EXERCISE INTENSITY – Rate of perceived exertion	Phases			
	1	2	3	4
MAXIMUM INTENSITY ○ Completely out of breath – Able to exercise only for a short time ○ Above 90% of max. HR	✗	✗	✓	✓
VIGOROUS INTENSITY ○ Uncomfortable / shortness of breath – Can say only one sentence while exercising ○ From 80% to 90% of max. HR	✗	✗	✓	✓
MODERATE INTENSITY ○ Still possible to talk while exercising but it is increasingly difficult ○ From 70% to 80% of max. HR	✗	✗	✓	✓
LOW INTENSITY ○ Increase in breathing effort but still able to hold a conversation ○ From 60% to 70% of max. HR	✓	✓	✓	✓
VERY LOW INTENSITY ○ Very easy exercise ○ From 50% to 60% of max. HR	✓	✓	✓	✓

Note: Maximum heart rate (HR) can be estimated with the following calculation: 220 - age = Maximum HR (to be more specific a maximal exertion test can be done). Then calculate the % of the maximum HR for the corresponding effort level.

APPENDIX 2 – EXAMPLE OF A 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).

Outside of training

From the moment one suspects or discovers that a person who participated in a training session or who was present within the club (or someone with whom they share a home) is a suspected case of COVID-19, the following plan will be implemented:

1. Notify the club outbreak coordinator (see details below).
2. The individual and those living in the same household should quarantine themselves until it can be determined that they have not contracted the virus or are completely recovered from the infection. They must have received the approval of a doctor stating that they no longer have to be in quarantine.
 - Ensure that the individual as well as those who reside in the same household are aware of what they have the right to do and what they cannot do during the quarantine period.
 - Ensure that the individual and those living in the same household know the telephone number of the COVID information centers in their Province / Territory so that they can contact them, report their case and find out about the instructions to follow.
 - These people should follow all recommendations/guidelines given by healthcare professionals.
3. Identify the training sessions in which this person participated and determine with whom they may have come into contact.
4. 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 the COVID-19 information center in their Province / Territory for instructions on how to proceed.
5. Determine if certain measures will need to be adjusted before continuing the workouts.
6. Communicate the information to all members.

During training

If a person begins to feel unwell during training, the following plan will be implemented:

1. The individual must stop training immediately.
 - Move the person to the isolation area and have them wear a mask.

- Make sure the person is not in respiratory distress, if this is the case, contact emergency medical services for assistance.
 - 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).
 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.

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). They will also be invited to contact the COVID information centre in their Province / Territory for instructions on how to proceed

6. Contact the COVID-19 information centres in your Province / Territory to find out the instructions to follow.
 - The person who has experienced symptoms should follow all recommendations/guidelines given by healthcare professionals.
 - i. The individual will have to quarantine.
 - ii. 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)
7. Determine if certain measures will need to be adjusted before continuing the workouts.
8. Communicate information to all members

The outbreak coordinator within the club

- One person (administrator/coach/volunteer) will be appointed outbreak coordinator within the club. The role of this person will be to ensure that the judo club remains a safe place to train and that it does not become a potential hot-spot for an outbreak. For this, this person will have to ensure that the regulations/policies/directives are properly applied.
- 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).
- This person will be responsible for ensuring that the establishment in which the club is located (if necessary).
- This person will be responsible for communicating any adjustments to procedures or the training plan.
- This person will be responsible for ensuring that all stakeholders have been contacted.
- This person will be responsible for following up on all COVID-19 cases listed.

Contact details of the outbreak coordinator: name/telephone numbers/email

APPENDIX 3 – COHORT CONCEPT

A cohort is a small group whose members – always the same people – do not always maintain 2 metres apart.

The cohort concept:

1. Helps to limit the spread of COVID-19 by reducing the interaction between individuals
2. Helps provide better tracking of people with whom they have been in contact
3. Encourages individuals who cannot maintain 2 metres physical distance when in group settings to interact with the same people within their own cohort group rather than switching daily contacts or randomly interacting with others outside that circle.
4. Decreases opportunities of being exposed to the virus while giving the opportunity for social interaction between individuals within the cohort.

In order for the cohort concept to work efficiently, it is important to always have the same people in small cohort groups, rather than mixing and mingling. It is also important to always respect the necessary health guidelines and clubs' protocols.

Judo Canada recommends that cohorts should not exceed the following number of people:

- Phase 2: Maximum 4 people per cohort
- Phase 3: Maximum 12 people per cohort

To create a cohort group Judo Canada recommends the following:

- Include people:
 - That regularly spend the longest amounts of time together
 - Have the closest physical contact
 - Who are part of a daily or regular routines
- Belong as much as possible to only one cohort
- Limit the interactions with people outside of the cohort
- When interacting with individuals outside of your cohort, individuals should maintain a distance of 2 metres or wear a mask when the 2 metres distance cannot be maintained.

Interaction with other cohorts is possible, however, it is important to limit the total number of other cohort groups to which you and the members of your core cohort belong. In this situation, Judo Canada recommends respecting the following steps before expanding to a new cohort:

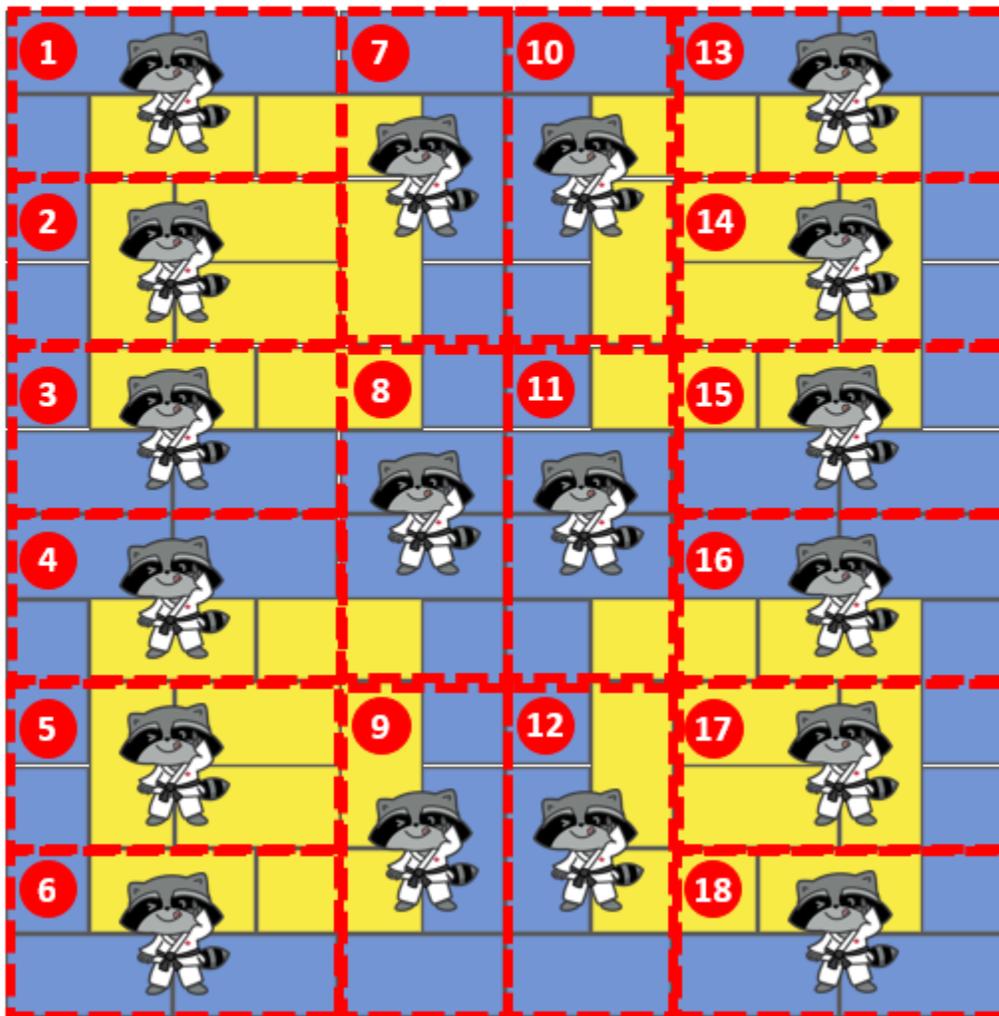
1. Remain with your current core group/cohort as much as possible
2. Think carefully before expanding your core cohort
3. Get agreement and commitment from everyone to keep the core cohort safe
4. Limit the total number of other cohort groups to which you and the members of your core cohort belong. This might mean changing your daily routines or reducing the number of groups you join.

Note that this cohort concept and its requirements are only proposals. If used, it will need to be adapted by each provincial and territorial federation to meet their local and regional safety standards.

APPENDIX 4 – EXAMPLE OF DISTRIBUTION FOR THE DESIGNATED PRACTICE AREAS (PHASE 1&2)

PHASE 1

- Full mat size: 1 meter x 2 meter (39.4" x 78.8") or (6'6" x 3'3")
- $8 \text{ m}^2 = 2 \text{ m} \times 4 \text{ m} = 4 \text{ tatamis}$
- Example:
 - Dojo size of 144 m^2 (12 m x 12 m = 72 tatamis)
 - 18 designated area = 18 participants



PHASE 2

- Full mat size: 1 meter x 2 meter (39.4" x 78.8") or (6'6" x 3'3")
- **16 m² = 4 m x 4 m = 8 tatamis**
- Example:
 - Dojo size of 144 m² (12 m x 12 m = 72 tatamis)
 - 9 designated area = 9 pairs = 18 participants

