

COVID-19 RETURN TO JUDO

Version 4.
Monday 17th May 2021.



Under 18's are now able to participate in controlled, contact groups, indoors.

18 and over are able to practice organised physical activity, indoors with physical distancing.



LOCKDOWN

Exercise once a day outside of house on own or with household.



RED PHASE

Physically distanced indoor activity for U18.



AMBER PHASE

Under 18's may participate in controlled, contact groups, indoors.



GREEN PHASE

Organised full contact. Restrictions to be confirmed.

A COLLABORATIVE PHASED RETURN

The Welsh Government initiated early engagement with sport as a sector, through Sport Wales and the Welsh Sports Association with feedback forming an essential part of developing a phased return for sport. This collaboration established a basic framework for a phased return as outlined on the Welsh Government website. The most recent update is March 2021 'Coronavirus control plan: revised alert levels in Wales'.

Link: <https://gov.wales/coronavirus-control-plan-revised-alert-levels-wales-march-2021>

The timing of resumed activity spans across the four themes, with greater detail provided by Welsh Government and national governing bodies as we progress through the phases, moving out of lockdown. The message from Welsh Government is clear: some activities - due to the limitations posed by social distancing - lend themselves to resuming earlier than others and a coordinated approach is required.

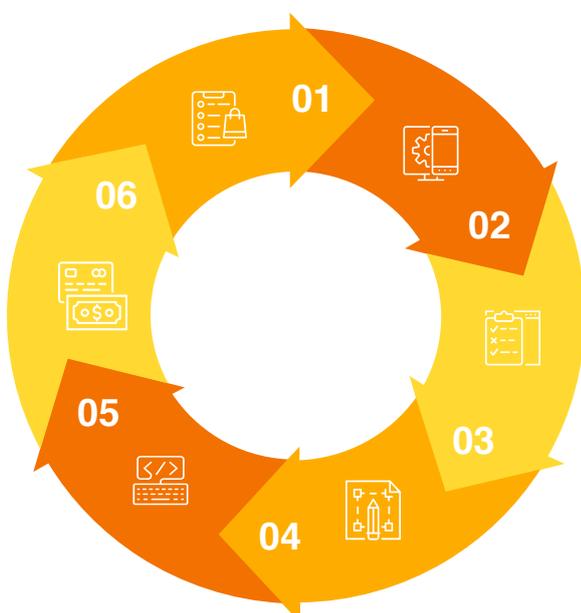
USING THIS DOCUMENT

Our guidance is based on Welsh Government legislation. This is the law in Wales and differs from England, Scotland and N Ireland. Public Health Wales guidance surrounding Covid-19 is drawn in accordance with Welsh Government legislation. The guidance provided in this document enables Welsh Judo clubs to reopen inline with the latest legislation. Clubs must follow this guidance to be insured when they reopen. We have made every effort to communicate these guidelines as simply and as clearly as possible.

We start by providing clarity around which elements of legislation and guidelines are relevant to clubs during the pandemic, before offering the six simple steps needed to restart activity.

6 EASY STEPS TO REOPENING YOUR CLUB

There are the six simple steps that will allow clubs to reopen safely during the Covid-19 pandemic in Wales. Clubs that have already completed this process should ensure that steps three and four have been updated prior to each session and are in line with government legislation and Welsh Judo guidance.



STEP ONE



Read the Covid-19 Officer role description and appoint your own officer.

STEP TWO



Complete the Welsh Sports Association (WSA) Covid-19 Officer training.

STEP THREE



Complete a robust Covid-19 risk assessment for your club.

STEP FOUR



Complete a 'Return to Training' Action Plan.

STEP FIVE



Complete and return the Welsh Judo 'Club Declaration Form.

STEP SIX

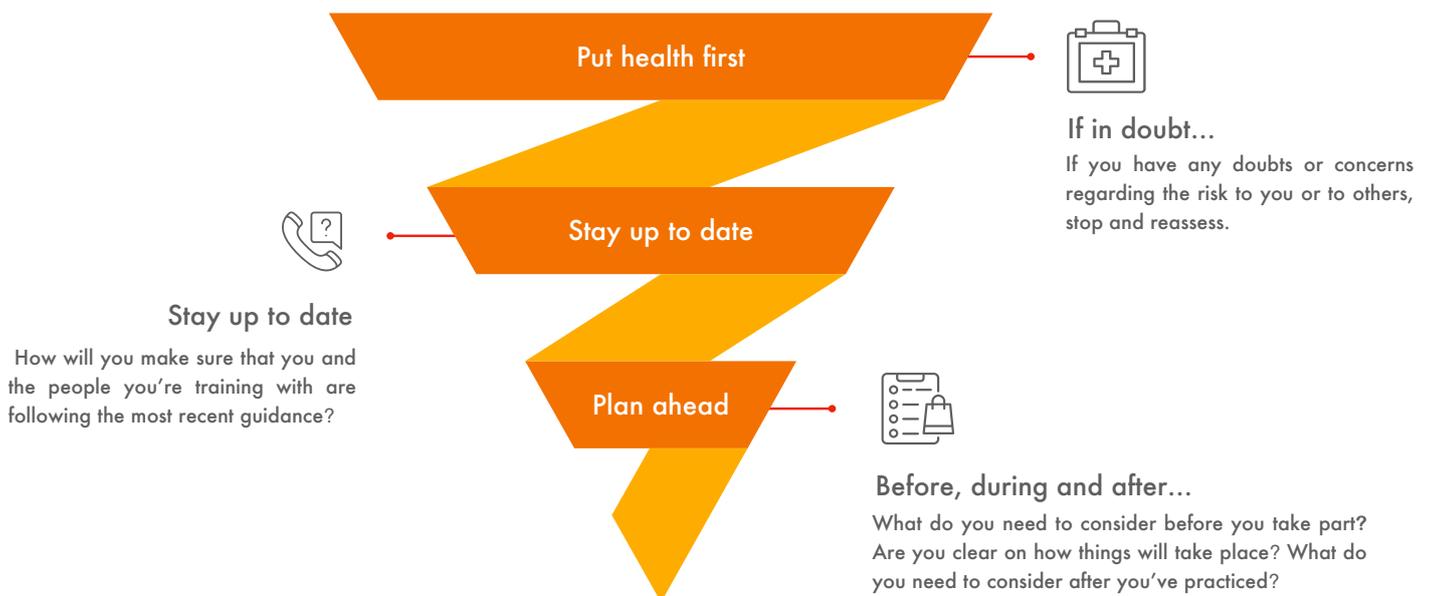


Ensure your members re-affiliate to Welsh Judo.

GUIDING PRINCIPLES

The safety and wellbeing of all judoka, coaches, officials, volunteers and the wider community is at the heart of any guidance that Welsh Judo will distribute. Our guidance provides judo specific advice but it is important to highlight that any return to judo activity must take account of local conditions. Risk assessments and action plans should be completed before each session, ensuring that all government guidelines for Covid-19 are applied.

It is the responsibility of each judoka, coach and club to ensure that assessments are completed, based on their local environment. Risk assessment should include mitigations and scenario plans for when activities do not run as expected. For example, an injury that requires support whilst maintaining social distancing.



“The pandemic is not over - spring and summer give us hope of more freedom, as rates of infection fall and more people are vaccinated. But we need to be careful - we can't rush the process of relaxing restrictions and risk a resurgence of the virus”

Welsh Government, Coronavirus Control Plan.

WELSH GOVERNMENT LEGISLATION

The Health Protection (Coronavirus Restrictions) (No. 5) (Wales) (Amendment) (No. 10) Regulations 2021

What is it?

These Regulations are law and are made in response to the threat to public health which is posed by the incidence and spread Covid-19 in Wales. The regulations impose restrictions on individuals, clubs and businesses. The regulations include restrictions to travel, hygiene and social distancing having a direct effect on session numbers and logistics.

Link: <https://gov.wales/coronavirus-legislation-restrictions-individuals-business-and-others>

What does this mean for judo clubs?

It important to understand that the restrictions in the regulations are not just advice or guidance but impose legal responsibility onto individuals, clubs and businesses.

The Management of Health and Safety at Work Regulations 1999

What is it?

These regulations place a duty on clubs to assess and manage risks to their volunteers and employees and others arising their activities.

Link: <https://www.legislation.gov.uk/uksi/1999/3242/contents/made>

What does this mean for judo clubs?

The regulations apply to clubs who have either volunteers and employed coaches or club staff. The law requires them to do what is reasonably practicable to ensure people's health and safety, this includes reasonable steps to protect all coaches and volunteers from Covid-19.

The Data Protection Act 2018

What is it?

The DPA 2018 sets out the framework for data protection law in the UK.

Links: <https://www.gov.uk/government/publications/data-protection-act-2018-overview>

What does this mean for judo clubs?

Clubs are required by law to protect all personal data they control or process. This includes information collected from judoka and parents as part of the Welsh Government's Test, Trace, Protect scheme.

Health and Safety Executive (HSE)

What is it?

The HSE is government agency responsible for the regulation and enforcement of health and safety welfare within sports clubs and workplaces.

Link: <https://www.hse.gov.uk/index.htm>

Why is it important for judo clubs?

The HSE publishes the latest guidance on best practice to keep clubs, coaches and it's members mitigated from the risk of Covid-19.

Equality Act 2010

What is it?

The Equality Act is a law which guards against discrimination or unfair treatment on the basis of certain personal characteristics. The Equality Act applies to discrimination such as: Age, disability, gender reassignment, marriage, race, religion, sex, sexual orientation and Welsh speaking.

Link: <https://www.legislation.gov.uk/ukpga/2010/15/contents>

Why is it important for judo clubs?

Judo is a sport for everyone. In the context of the pandemic, the Covid-19 Compliance Officer should consider the impact of how any planned changes will impact on all of their members and potential members. For example: a person with a disability or pregnancy.

PUBLIC HEALTH WALES GUIDELINES

Welsh Government: Sport, recreation and leisure: guidance for phased return

What is it?

The Welsh Government worked closely with Sport Wales and the Welsh Sports Association (WSA), to develop the guidance for a return to sport for clubs and individuals.

Link: <https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html>

Why is it important for judo clubs?

The guidance by Welsh Government is the most up to date interpretation of the legislation specifically relating to sport. This is the best way for clubs to stay up to date with the relevant public health legislation affecting the return to training.

Welsh Government's Wales Test, Trace, Protect

What is it?

Test, Trace, Protect (TTP) is Wales' strategy for testing the general public and tracing the spread of Covid-19.

Link: <https://gov.wales/test-trace-protect-html>

Why is it important for judo clubs?

Clubs have a responsibility to maintain records of judoka and visitors to their sessions. Welsh Government's Test, Trace, Protect service may request these records to identify people who may have been exposed to the virus and are asymptomatic.

Welsh Sports Association (WSA) Covid-19 Support

What is it?

The WSA has prepared a number of ways to support its members through the return to training. Welsh Judo is a WSA member and our clubs have access to their training courses, good practice examples and sports sector updates.

Link: <https://wsa.wales/our-services/sports-advocacy-and-policy/covid-19-support/>

Why is this important for judo clubs?

WSA have created training courses to support the return to training for clubs and coaches. The Covid-19 Online Awareness Course will provide clubs confidence that those involved in sport and recreation have been trained to certificated competency. All clubs within Wales are expected to complete this training as part of the return to training process.

Welsh Judo Club and Judo Providers Health & Safety Guidelines

Prior to Arriving at the Venue

1. People	
Preparation Information	<ul style="list-style-type: none"> ✓ Completed risk assessment before every session ✓ Ensure government safety and hygiene guidelines are available for members ✓ Ensure club completes a Welsh Judo 'Club Declaration Form' and perform risk assessment. NHS Wales Track and Trace poster for participants to scan is recommended ✓ Ensure all areas are in and around venue allow for recommended social distancing (includes carparks) to be maintained ✓ Inform members and parents what a return will look like – dates, times, delivery method, what to bring, social distancing expectation etc. ✓ Ensure everyone entering the training environment has completed a Covid-19 self-assessment (paper or online) – those in high risk groups should not return ✓ Ensure there is an up to date register of club members and visitors entering the club environment (includes outdoor activity) ✓ Ensure WJA (or affiliate) membership is up to date ✓ Ensure BJA coach award is valid – there is a coach revalidation extension in place ✓ Encourage coaching workforce to take use of free lateral-flow covid-19 tests available from Welsh Government ✓ Cashless methods of payments recommended where possible ✓ Slow phased return, appropriate volume and intensity relative to individual ✓ Volunteers must be made aware of and sign-up to abiding by health and safety rules prior to arriving
Travel	<ul style="list-style-type: none"> ✓ Abide by social distancing guidelines travelling to and from judo. Includes public transport
Personal Items	<ul style="list-style-type: none"> ✓ Clothing, footwear, training bags, water bottles etc. must be cleaned following government guidelines ✓ Volunteers advised to avoid bring personal belongs (e.g. into venue or club)
Hygiene	<ul style="list-style-type: none"> ✓ Cleaned judogi kit washed with detergent per manufacture instructions ✓ Handwashing before and on arrival, following government guidelines ✓ Wear face coverings, following government guidelines ✓ Take own tissues for wiping sweat etc.

2. Environment & Venue	
Signage	<ul style="list-style-type: none"> ✓ Government social distancing and hygiene guidelines must be clearly displayed ✓ Signage displaying maximum number of participants permitted inside the training venue
Social Distancing	<ul style="list-style-type: none"> ✓ Adhere to government guidelines in social areas, dojo (judo hall). Participants to avoid changing areas – dependent Welsh gov guidance ✓ Organise session times to allow social distancing, mat cleaning and limit participation numbers
Hygiene	<ul style="list-style-type: none"> ✓ Cleanse all areas (club or facility owner) following government guidelines ✓ Open windows and doors if possible to allow ventilation ✓ For ventilation requirements check government guidelines ✓ Provide non-contact bins for disposing of tissues etc.
First Aid	<ul style="list-style-type: none"> ✓ Equipment/process for dealing with injury/illness must be available

3. Mat Area	
Distancing	<ul style="list-style-type: none"> ✓ Spectators/Parents (if permitted in dojo) <ul style="list-style-type: none"> ▪ Two metre social distancing from non-family members ▪ Three metre minimum from mat edge ✓ Minimum 3 x 3 metre mat space available per person
Hygiene	<ul style="list-style-type: none"> ✓ Clean the mat area before/after every session ✓ Mat cleansing with government recommended cleaning products

4. Session	
Session	<ul style="list-style-type: none"> ✓ Under 18 Activities <ul style="list-style-type: none"> ▪ Contact is permitted for judo only ▪ Warm-ups/cool-downs should continue socially distanced ▪ Allow regular intervals for participants to return to social distancing ▪ Participants must be arranged into close-contact groups of no more than 5 partners. ▪ Social distances at all other than when in engaged in judo activities. This includes all drink breaks, intervals, warm-ups and coaching demonstrations. ▪ Coaches should maintain social distance unless on health and safety grounds. Demonstrations on participants is not permitted. The use of visual aids is highly recommended. ✓ Over 18 Activities <ul style="list-style-type: none"> ▪ Social distancing must be maintained, no contact is permitted. ▪ Coaches should maintain distance unless on health and safety grounds. ▪ Participants can take place in non-contact activities such as fitness, shadow judo techniques (tandoku-renshu) and ukemi ▪ Equipment use is permitted such as bands and grappling dummies. Equipment must be cleaned between uses if it shared.

Equipment	<ul style="list-style-type: none"> ✓ Cleans equipment for technique training or ask people to bring own cleansing equipment ✓ Use of visual aids to demonstrate where necessary – e.g. video
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Guidelines During the Session

1. People	
Social Distancing	<ul style="list-style-type: none"> ✓ U18's maximum participants <ul style="list-style-type: none"> • There is no maximum number to an exclusively u18's session. However, there must a minimum of 3m x 3m per participant • If the session involves participants o18's then children aged 12-18 will count toward the maximum permitted for adults • under 18 are considered persons who were aged 17 and under on 31 August 2020 ✓ Over 18's maximum participants <ul style="list-style-type: none"> • Maximum of 30 people indoors. However, there must a minimum of 3m x 3m per participant • Maximum of 50 people outdoors. ✓ Coach to athlete ratio of 1:15 applies to all sessions ✓ Coaching staff and spectators count towards the maximum numbers permitted. ✓ Coaches should maintain distance unless on health and safety grounds.
Hygiene	<ul style="list-style-type: none"> ✓ Handwashing as following government rules ✓ Footwear must be worn off the mat - e.g. going to toilet ✓ Do not share water bottles or personal items ✓ Volunteers advised to avoid sharing equipment and sanitise any equipment being shared before and after using

2. Environment & Venue	
Signage	<ul style="list-style-type: none"> ✓ Signage displayed related to government social distancing and hygiene guidelines
Handwashing	<ul style="list-style-type: none"> ✓ Handwashing and/or anti-bacterial (60% alcohol) hand sanitiser available in toilets and training area

3. Judo Mat	
Social Distancing Adherence	<ul style="list-style-type: none"> ✓ Three metre space maintained between spectators and mat ✓ Two metre space maintained between people participating on the mat (unless same household)
Hygiene	<ul style="list-style-type: none"> ✓ Mat cleansing with government recommended products between each session with immediate spot cleaning if blood or other contaminants appear ✓ Handwashing as per government guidelines if participants go to the toilet ✓ Ensure all tissues or other waste products are immediately put in non-contact bin

Guidelines Post Session

1. People	
Social Distancing	<ul style="list-style-type: none"> ✓ Participants to socially distance after the session ✓ Maintain social distancing from non-family members (2m rule) ✓ Avoid congestion or gatherings following the session ✓ Encourage participants and parents/guardians outside
Hygiene	<ul style="list-style-type: none"> ✓ Shower and wash hair on return home ✓ Clean judogi and training clothing following manufacture guidelines

2. Environment & Venue	
Signage	<ul style="list-style-type: none"> ✓ Ensure signage is still displayed related to government social distancing and hygiene guidelines
Hygiene	<ul style="list-style-type: none"> ✓ Ensure handwashing and/or anti-bacterial (60% alcohol) hand sanitiser available in toilets and training area is replaced ✓ Mat area must be cleared and cleaned using suitable government recommended products ✓ All additional areas should be cleaned with government recommended products after sessions ✓ All bins contents sealed in bag and disposed of carefully

6 EASY STEPS TO REOPENING YOUR CLUB

Having interpreted Welsh Government legislation and Public Health Wales guidelines relevant to judo, here are the six simple steps that will allow clubs to reopen safely during the Covid-19 pandemic in Wales. We are now in the **AMBER** stage of the government traffic light system. This means U18's can return to controlled, contact groups indoors.

STEP ONE: APPOINT A COVID-19 COMPLIANCE OFFICER FOR YOUR CLUB

The status of the current COVID-19 pandemic is an ever changing and evolving situation and these guidelines will continue to be adapted, in line with and guided by Welsh Government legislation and Public Health Wales guidelines. Clubs must appoint a Covid-19 Compliance Officer as a main point of contact. We have created a role descriptor for this role, with the main responsibilities being:

COVID-19 COMPLIANCE OFFICER



STEP TWO: COMPLETE WSA COVID-19 COMPLIANCE OFFICER TRAINING

The Covid-19 Duty of Care & Compliance webinars will cover the various legal and practical considerations for organisations returning to sport, particularly those in relation to the collection of data for Wales' (LINK) [Track, Trace and Protect Service \(TTPS\)](#). The course will outline the scope of the TTPS, whilst setting out the

responsibilities of organisations and how this relates to all involved in the activities (including staff, volunteers, participants, guardians, and spectators).

LINK: <https://wsa.wales/covid-19-duty-of-care-compliance-webinars/>

As well as focusing on data collection and the TTPS, the training webinar covers areas such as the roles of Covid Officers and Responsible Persons, what the current legal requirements are from the Government, what steps to take to ensure organisations are fully compliant and how to avoid any possible issues of liability. The training also includes practical examples specific to sport. There will be a Q&A session at the end of each webinar to address any other queries or concerns that haven't been covered.

Once training has been completed, please fill in the online Welsh Judo Covid-19 Compliance Officer contact form:

LINK :<https://welshjudo.com/covid-compliance-officer-registration/>

STEP THREE: COMPLETE COVID-19 RISK ASSESSMENT FOR YOUR CLUB

Risk assessments establish sensible measures to control the risks in the training environment. In preparation for a return to club judo, we have prepared two risk assessment templates. The templates provided are intended to be a starting point. Each club will have different risks, which should be reflected within each plan; and completed before each session. This process has been put in place to ensure that activities can be run safely, in a manner that conforms to Welsh Government legislation, Public Health Wales guidance and Welsh Judo guidance.

		Likelihood					Consequences		
		Unlikely	Possible	Likely	Very Likely	Certain	People	Assets	Reputation
Severity	5	5	10	15	20	25	Death	Severe Damage	Severe Impact
	4	4	8	12	16	20	Major Injury/Reportable Disease	Major Damage	Major Impact
	3	3	6	9	12	15	Reportable Injury (over 3 days lost)	Moderate Damage	Moderate Impact
	2	2	4	6	8	10	Lost Time Injury (Under 3 days Lost)	Slight Damage	Slight Impact
	1	1	2	3	4	5	Minor Injury (No lost Time)	No Damage	No Impact

STEP FOUR: COMPLETE COVID-19 ACTION PLAN FOR YOUR CLUB

Following the completion of the risk assessment, clubs should now have a list of actions they need to complete in order to mitigate risk. We have created an action plan

template for clubs to use. This is based on Welsh Government legislation with suggestions to consider before, during and after training sessions. The templates are a starting point for clubs and should be completed based on the findings of their risk assessment. If clubs choose to use their own template, please ensure you have included the recommended actions within the Welsh Judo template.

STEP FIVE: COMPLETE AND RETURN CLUB DECLARATION FORM

To ensure a safe return to judo, all British Judo and Welsh Judo affiliated clubs and registered venues must sign this declaration form to say that they will abide by Welsh Government and Public Health Wales guidelines related to COVID-19 social distancing, non-contact and hygiene requirements at all times.

It is important that once your designated COVID-19 Compliance Officer has completed and signed this form that you send it to British Judo before opening of the club. To avoid virus transmission, an electronic version should be submitted using email to sarah.walker@britishjudo.org.uk

STEP SIX: MAKE SURE YOUR MEMBERS RENEW THEIR LICENCE

Please make sure your members to renew their Welsh Judo individual licence before returning to training. We are currently offering 12 months for the price of 6!

CONTACTS

For further support concerning this guidance, or for information around implementing any aspect of return to Judo, please contact:

Welsh Judo COVID-19 Officer: tom.hughes@welshjudo.com

Welsh Judo Head Office: office@welshjudo.com

SUPPORTING DOCUMENTS

- Covid-19 Compliance Officer - Role descriptor
- Covid-19 Risk Assessment
- Covid-19 Action Plan
- Covid-19 Organised Outdoor (U18) infographic
- Covid-19 Club Declaration Form
- Covid-19 Self Declaration Form

DISCLAIMER

This guidance is for general information only and does not constitute legal advice, nor it is a replacement for such, nor does it replace any Government or Public Health advice; nor does it provide any specific commentary or advice on health-related issues. Affected individuals should therefore ensure that they seek independent advice from medical practitioners, or healthcare providers, prior partaking in their re-opening plan, as required. Independent legal advice should be sought, as required and depending on your, or relevant circumstances.

While efforts have been taken to ensure the accuracy of this information at the time of publication, the reader is reminded to check the Government website to obtain the most up-to-date information regarding social distancing and any other Government measures.