

- Get all students, instructors, and volunteers to complete the personal risk assessment and upload to your club dropbox folder
- It will not be possible to return to training during the initial phases for students that:
 - Are recovering from Covid-19
- Provide students recovering from Covid-19 with the ICL return to training following mild suspected Covid-19 to support their graduated return to training
- Register students for training
- Appoint Club Covid-19 Officer and notify your association who this person is
- Return to Ju Jitsu following protocols
- Club Covid-19 Officer chases anyone that informs the club they cannot train due to having symptoms or has to leave a session due to showing symptoms for test results
- Club Covid-19 Officer informs your association securely via Facebook Messenger or Whatsapp of anyone who tests positive for Covid-19

9. Return to Ju Jitsu Protocols

Level G

Timeline: Applicable when all participants have been vaccinated and full class sizes are possible again

Conditions

- Physical distancing
 - None
- No limitation on gathering size

General Pedagogical Recommendations

- Normal training

Essential Measures for the Proper Functioning of the Protocol

- The guidelines listed in the protocol prevail both for the student and the instructor/volunteer
- If at any point anyone has any Covid-19 symptoms (New and persistent cough, Loss of taste /smell)
 - they along with everyone they've been in contact (1m) with
 - If adults - leave
 - if children - wait at maximum distance until end of session then leave as first student in caterpillar
 - all who leave self-isolate for 10 days
- Respecting the schedule of a training. For a theoretical 1-hour long session, consider the following:
 - 5 to 10min from assembling to the start of the session
 - 45min of session
 - 5 to 10min, from the end of the session to departure
 - +15min extra between the sessions to prevent that the groups meet

Any accompanying person must arrive at the training location 5 minutes before the end of the session, waits at a distant point and respects the security distance together with the other accompanying people

Requirements for training inside – to be agreed between clubs and hosting venues

- Provide a rubbish bin for disposable paper handkerchiefs and litter
- All doors and windows of dojo to be opened to provide maximum ventilation

Ju Jitsu Equipment

Waterproof, Tracksuit, gi, rash vest(optional), mask, trainers, socks (if worn), water bottle, towel, zori, sanitising gel/liquid, personal items (phone, wallet, travel pass, etc), bag.

Recommendations to be Performed Before Arriving at the Training Location

- Take a shower and wash your hair
- Make sure that your Ju Jitsu equipment has been washed properly
- Wash your hands properly and keep your nails short
- Go to the toilet before the training
- [Follow government guidance on travel](#)

Requirements When Assembling

- Check and collect Screening Questionnaire – use club dropbox folder for this to respect GDPR requirements
- Check all students have sanitising gel/liquid
- Inform parents / carers of departure and return times

Changing to start procedure

- Everyone cleans hands using sanitising gel / liquid or soap and water
- Students get changed in the usual way
- Put on zori/slippers

Mat laying procedure

- Collecting 1 mat at a time and lay the mats in the required configuration as directed by the Instructor.

Mat entry procedure

- Everyone cleans hands using sanitising gel / liquid
- Students make way to and stand by the edge of the mat.
- Students step out of zori and on to mat, in the usual way
- Each person then turns to the interior of the mat
- Students and Instructor bow to each other

Requirements During the Training Session

- The instructors takes the rei on in the traditional way
- Normal training session
- At the end of the session, the instructor takes the rei off.

Mat exit and changing procedure for each student

- Make way to edge of mat where your zori/slippers are
- Clean feet and hands with sanitising gel / liquid, then step off mat into zori/slippers

Mat stowing procedure – not required for permanent dojo

- In turn students stow the mats in the stowage area so that they are stacked with like surfaces in contact.

Changing to leave procedure

- Everyone cleans hands using sanitising gel / liquid or soap and water
- Students get changed in the usual way

Requirements from the Training zone to the Assembly Point**Requirements where children are participants**

- Children are collected by the parent / carer under the supervision of the a committee member

Recommendations to be taken upon Arrival at Home

- Take off trainers and isolate
- Wash hands
- Put all clothes in a clean wash bag
- Take a shower
- Wash the training on a hot setting
- Wash the water bottle
- Disinfect zori, large bag, pads and mitts
- Restock the sanitising gel/liquid

Appendices

Appendix 1: COVID-19 Club Officer – Role and key responsibilities

To comply with the UK government guidance the British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation are requiring each club to nominate an individual to become the Ju Jitsu COVID-19 Officer. This individual should have a knowledge of safeguarding, GDPR and keep up with updates from the Jitsu Foundation on this evolving pandemic.

The key roles and responsibilities will include:

- Ensure the Club is compliant with the British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation COVID-19 Guidance and current Government guidance
- Keeping abreast of developments within the UK and Ju Jitsu to reduce the risk of COVID-19 infection and communicate it to all club members. Sources of information may include:
 - The British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation website
 - The British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation social media outlets
 - NHS
 - UK Government website
- Consider if your instructor, Covid Officer or committee should complete the [e-learning training available for free for all volunteers through CIMSPA](#).
- Lead on screening of all students, instructors and volunteers for each training session or event in accordance with the guidelines in this document
- Upskill others to be able to conduct the screening
- Responsible for the collection and appropriate storage of screening forms and attendance forms on the club dropbox folder.
- Responsible for contact tracing in relation to the Ju Jitsu session should an individual notify the club that they have been infected with COVID-19
- Report any current infection status to the your BJJ member association securely via Facebook Messenger or Whatsapp

Appendix 2: Club Declaration Form

To ensure a safe return to Ju Jitsu, all the affiliated clubs and registered venues must sign this declaration form to say that they will abide by the UK Government and BJJ(GB) guidelines related to Covid-19 social distancing and hygiene requirements at all times. It is important that once your designated COVID-19 Club Officer has completed and signed this form that you upload it to your club dropbox and pass it securely to you association to hold before opening for business.

Date	
Name	
Email	
Club	
Venue	

On behalf of our BJJ(GB) affiliated club/registered venue, I declare that at all times we will adhere to the UK Government and BJJ(GB) guidelines related to Covid-19 social distancing and hygiene requirements.

Typed/Electronic Signature*	
------------------------------------	--

Appendix 3: PERSONAL & HOUSEHOLD RISK ASSESSMENT

This information sheet aims to inform you of those who are most at risk should they contract COVID-19. You should identify whether you or a member of your household is at higher risk. If you are, please discuss the risk of returning to Ju Jitsu with your GP and your Club COVID-19 Officer to make an informed decision as to whether returning to group Ju Jitsu is appropriate and safe for you and your family. While research around risk is ongoing, we simply hope to inform you so you can make the right decision for you and your household.

If any of the following statements apply to you or a household member, then this means that either you or a household members risk is increased. If it applies to a household member then you need to discuss it with your GP and the household member to make a decision on if a return to Ju Jitsu is appropriate in a group setting, as it is possible to pass on the virus to a more vulnerable individual.

Name	
Club	

Do any of the following statements apply to YOU or anyone who lives in your household	Yes	No
Had a solid organ transplant		
Undergoing treatment currently or in last 6 months for any cancer		
Currently taking or in the last 6 months have taken immunosuppressant medication		
Have a respiratory condition including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary (COPD).		
Have any rare diseases or inborn errors of metabolism that significantly increase the risk of infections (such as Severe Combined Immunodeficiency (SCID), homozygous sickle cell).		
Pregnant		
Aged 70 or older		
<i>Have one or more of the underlying health conditions listed below:</i>		
- chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis		
- chronic heart disease, such as heart failure		
- chronic kidney disease		
- chronic liver disease, such as hepatitis		
- chronic neurological conditions, such as Parkinson’s disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy		
- diabetes		
- a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets		
- being seriously overweight (a body mass index (BMI) of 40 or above)		
Are you providing caring responsibilities for anyone meeting any of the above criteria		

Should any of the above statements apply to you or your household, please notify your COVID officer and speak to your GP to allow you to make an informed decision that protects you and your household.

I confirm that the above is correct to the best of my knowledge and I understand that there can never be risk free Ju Jitsu and any Ju Jitsu activity will come with inherent COVID-19 risks until this is a substantial reduction of the disease in the population.

Name

Signed

Date

Appendix 5: ICL Returning to training following mild suspected Covid-19 infection

Imperial College
London

David Salman, Dane Vishnubala,
Peter Le Feuvre, Jonathan Korgaonkar,
Alison McGregor

Returning to Training Following Mild Suspected COVID-19 Infection: A Pragmatic Guide for Scholarship Athletes



People with COVID-19 infection may have a deterioration after 1 week of illness



Evidence of heart muscle damage (myocarditis) from some cases



Only return to training (Phase 1) when 7 days clear of symptoms

For details of RPE scale and exercise recovery programme:



Phase 1

Goal: Preparation for return to exercise

Exercise: - Rest

- Breathing exercises
- Flexibility/mobility

Suggested: RPE 6-8 (2opt. scale)

Min. of 7 days at each stage; drop back a stage if finding difficult, only move up when progression criteria is met. If not able to progress as expected, discuss with coaching staff

Phase 2

Goal: Mild intensity aerobic challenge

Exercise: - Walking in graduated increases by 10-15 mins/day
- Continue mobility and flexibility work; avoid resistance and intensity exercises

Suggested: RPE 6-11

Progression: Once you can walk for 30 mins at RPE 11, progress to Phase 3

Phase 3

Goal: Moderate intensity aerobic and strength challenges, alongside preparation for sports-specific drills

Exercise: Start with 2 intervals of short (up to 5 mins) aerobic, separated by 1 block of recovery to return HR below 50% max. Add 1 interval per day. Continue mobility and flexibility exercise.

Suggested: RPE 12-14, keep <70% HR max.
Progression: Once you achieve 30 min session and feel recovered after 1 hour.

Phase 4

Goal: Moderate intensity aerobic and strength challenges, alongside co-ordination, functional and sports-specific skills to gain confidence.

Exercise: Sports-specific exercises as guided by coaching staff; suggest using ratio of 2:1 days training.

Suggested: RPE 12-14, keep <70% HR max.
Progression: Once 3 cycles complete, fatigue levels are normal and agreed with coaching staff

Phase 5

Goal: Increase sport-specific load with higher training intensity aerobic and strength sessions

Exercise: - Return to coach-led training with daily reassessments

Suggested: RPE >15, >70% HR max. as tolerated

Any abnormal shortness of breath for activity level or return of symptoms including temperature, lethargy or chest pain: stop and seek medical advice

Look after your mental health:



Keep structure to your day



Stay connected with friends, your team & family



If you feel anxious, down or low, seek support

Only train if:

You don't feel lethargic

You feel recovered from exercise

Your heart rate recovers as normal

For more information:

www.imperial.ac.uk/sport/movefromhome

www.rehabguru.com/covid19-recovery



@moveimperial
@imperial_pcp
@MSKlabs

Acknowledgements: William Hollyer, Jamie Kirkwood, Mark Chatwin

Design by: Max Lacey

In partnership with:



Appendix 6: BLANK CLUB RISK ASSESSMENT TEMPLATES

Template COVID-19 Return to Ju Jitsu Risk Assessment – Level G

Step 4



TEMPLATE COVID-19 CLUB RISK ASSESSMENT – LEVEL G - England

COVID-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe or fatal.

This template risk assessment must be considered alongside the Return to Ju Jitsu Guidance and other Health and Safety and Safeguarding documents. The risk assessment process must be subject to continual review. It is the responsibility of the COVID-19 Officer to ensure that this risk assessment remains up-to-date and in line with current BJJ(GB) and Government guidance.

Club Name:			COVID-19 Officer:			
Name of Activity:			Venue:			
Assessment carried out by:			Date assessment was carried out:			
Date of Review:						
WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Infection being passed directly from person to person	Students, Instructors, volunteers, members of the public in the facility	<p>Signs detailing COVID-19 symptoms at venue/court entrance</p> <p>All participants should be screened, and attendance documented. Any individual who answers positively to the screening questions should be advised to return home and self-isolate in line with government advice. Screening data to be uploaded to club dropbox folder</p>	<p>All attendees reminded of the following:</p> <ul style="list-style-type: none"> No bodily contact, including handshakes/high fives Wash hands thoroughly for 20 seconds after going to the toilet and use alcohol based hand rub Avoid shouting at all times due to the increased risk of aerosol transmission. Maintain distance except when actively contact training No congregating once training or has ended. Clear signage to ensure a singular flow of people in and out of the venue. 			

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Infection being passed directly from person to person	Students, Instructors, volunteers, members of the public in the facility	<p>Screening should be set up away from building entrances/exits</p> <p>Maximum class size inside, including instructors and assistants, agreed between host venue and club</p> <p>Face masks worn by all (except if U11) apart from when actually training and for by volunteers always. Students and Instructors may do so at their own discretion, however there may be an effect to performance due to restriction in breathing</p> <p>Hand sanitiser available at entrances to the building and students bring their own – should be applied regularly</p> <p>Suitable hand washing equipment available in toilets and changing rooms</p> <p>Attendees advised before leaving the house, they should check they do not have a high temperature, do not have a persistent cough, they have not lost their sense of taste and/or smell, they have not been in contact with a person with suspected COVID-19 within the past 48 hours, they have not been advised to self-isolate as per NHS guidance</p> <p>Open any doors and windows that surround an indoor dojo if possible, to ensure maximum ventilation and reduce aerosol spread</p>	<p>All attendees reminded of the following:</p> <ul style="list-style-type: none"> No bodily contact, including handshakes/high fives Wash hands thoroughly for 20 seconds after going to the toilet and use alcohol based hand rub Avoid shouting at all times due to the increased risk of aerosol transmission. Maintain distance except when actively contact training No congregating once training or has ended. Clear signage to ensure a singular flow of people in and out of the venue. 			

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Infected surfaces in the building e.g. door handles, mats	Students, Instructors, volunteers	Regular disinfection of heavily used areas and surfaces COVID-19 bin available to dispose of cleaning equipment Hand sanitiser brought to session by all students and instructors and available at the entrance to building. Use separate entrances and exits to the dojo and open doors, where possible	All attendees reminded to: <ul style="list-style-type: none"> Avoid touching high contact surfaces e.g. door handles, etc Use hand sanitiser frequently during training 			
Infected equipment e.g. water bottles, towels, training equipment	Students, Instructors, volunteers	All students and instructors bring their own equipment including water bottles	All attendees reminded to: <ul style="list-style-type: none"> Not share water bottles Equipment only shared when instructor says to do so and it is cleaned between users 			
Lack of space to maintain social distancing	Students, Instructors, volunteers	Direct personal contact and contact with clothing is allowed only for contract training Students mirror the actions of the instructor so as far as possible they are side to side rather than face to face No spectators to be permitted	All attendees reminded to: <ul style="list-style-type: none"> Always stay 2 metres when not actively contact training 			

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Transport to and from sessions	Students, Instructors, volunteers	Wear a mask is in a vehicle with people from outside your household				
Toilets and changing rooms	Students, Instructors, volunteers	Cleaned regularly Suitable hand washing equipment available in toilets and changing rooms Venues should operate a 1 in, 1 out rule where toilets have restricted access	All attendees reminded to: <ul style="list-style-type: none"> Avoid prolonged time in the toilet Avoid showering and changing at venue where possible Wash hands thoroughly for 20 seconds and use an alcohol-based hand gel after going to the toilet 			
Infection passed on by non-participants i.e. spectators and members of the public	Students, Instructors, volunteers	Instructors and volunteers should meet students at assembly point outside of the building Parents should not be permitted to enter the venue Instructors and students should avoid leaving the dojo unless it is to go to the toilet Use doors which lead directly into dojo if possible	All attendees reminded to: <ul style="list-style-type: none"> Stay in the dojo 			
Increased risk to individuals with underlying medical conditions and those from BAME groups	Those with underlying medical conditions and BAME groups	Club Committee and instructor should make sure any participants within high risk group have all risk assessment information available so they can make an informed choice about joining the session	Those individuals with underlying medical conditions to complete Appendix 3 of the Return to Ju Jitsu Guidance			

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Risk to those returning to participate after being affected severely by Covid-19	Students, Instructors, volunteers	Follow medical guidance and/or Return to Ju Jitsu Guidance Appendix 5: ICL Returning to training following mild suspected Covid-19 infection				
Social distancing not being adhered to due to first aid or injury treatment required	Students, Instructors, volunteers	<p>Where possible first treatment done from a distance of over 2m</p> <p>Individual requiring treatment provided with a mask and asked to put it on prior to treatment.</p> <p>First Aider to ensure face mask is worn and hands and equipment are sanitised before and after treatment</p> <p>If at any point anyone has any Covid-19 symptoms (New and persistent cough, Loss of taste /smell) they along with everyone they've been in close contact (2m) with</p> <ul style="list-style-type: none"> • If adults – leave • if children - wait at maximum distance until end of session then leave as first student in caterpillar • individual takes PCR test • all who leave self-isolate for 10 days if test is positive <p>Waste disposed of safely.</p> <p>Accident form completed</p>		First Aider		
Detriments to mental health	All individuals	Clubs to promote mental health & well-being awareness to club members	Regular communication of mental health information and an open-door policy for those who need additional support			