



Return to Ju Jitsu Covid-19 Secure Action Plan Scotland

15th July 2021

Contents

Introduction.....	3
1. COVID-19	4
2. Risks within Jiu Jitsu.....	4
3. Screening of students/instructors/volunteers	5
4. Hygiene Considerations.....	5
5. Returning to Jiu Jitsu after having COVID-19.....	7
6. Return to Jiu Jitsu Process for clubs	7
9. Return to Jiu Jitsu Protocols	9
Appendices	11

Introduction

The government Coronavirus restrictions relating to Jiu Jitsu in Scotland are set to end from Monday 19th July, While most, but not all, legal restrictions are to be removed by the government from this date, people are urged to continue to exercise caution.

With the chances of catching the virus and passing it on still high, some young people not having yet had the opportunity to be vaccinated and others concerned about returning to an environment where restrictions are being eased, the British Ju Jitsu Association and the Jiu Jitsu Foundation would ask clubs and coaches to show due consideration.

Organisations will still have a legal duty to manage risks to those affected by their activities. The way to do this is to carry out a health and safety risk assessment, including the risk of COVID-19, and to take reasonable steps to mitigate the risks you identify. This document aims to help instructors, committees and students to return to full contact training in a safe manner. The guidance in contained are recommendations and not a legal requirements.

We would stress that the outline of the RTJJ may be fluid and the British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation will always adhere to the UK Government and Public Health Scotland's advice. Please monitor the British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation websites and social media outlets for further advice or information changes.

We are asking all clubs and all individuals associated with the British Ju Jitsu Association (GB)) and the Jiu Jitsu Foundation to continue to take responsibility for reducing the risk of COVID-19

1. COVID-19

Coronavirus disease 2019 (COVID-19) is an ongoing Worldwide pandemic caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). This virus is highly infectious and the best way to protect yourself and others is to get vaccinated.

Signs and Symptoms

In UK, the National Health Service (NHS) describe common symptoms of COVID-19 to include

- High temperature over 37.8°C
- New and persistent cough
- Loss of taste or sense of smell

In addition, other symptoms can include:

- Hoarseness
- Runny nose
- Sneezing
- Shortness of breath
- Sore throat
- Wheezing
- Tiredness

If you have symptoms get a test to avoid spreading the virus. It remains a legal requirement to self isolate for 10 days if you test positive for Covid-19. You must also self isolate if you are told to do so by NHS Test and Trace, regardless of your vaccination status.

What can you do to stay safe?

- Wash your hands – regularly and thoroughly clean your hands with soap (for minimum of 20 seconds) and an alcohol-based hand rub. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Social Distancing and face coverings – it is recommended that face coverings are used, and that people remain socially distanced as much as possible, when operating in confined enclosed spaces within buildings. When training inside instructors, students and volunteers are recommended to wearing face masks except when actually training.
- Avoid touching hands to face, mouth or nose - Hands touch many surfaces and surface to hand transfer can spread the virus. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Catch it, bin it, kill it - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.

2. Risks within Jiu Jitsu

Within a Jiu Jitsu session there are high levels of contact for all students and instructors. These risks can be reduced during training sessions by utilising specific guidance.

Should a club member or an event attendee at a recent training session or event develop COVID-19 symptoms, all of those who have been in contact (within 1m) will require isolation, as per the government guidelines.

- If Returning to Sport from COVID-19 please see appendix 5

Group Risk

- While we return to contact training attendance at multiple clubs is not recommended.

3. Screening of students/instructors/volunteers

In accordance with the UK government guidance, we are advocating screening of anyone doing Jiu Jitsu to ascertain whether individuals are able to train safely. We are asking both clubs and all individuals associated with the British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation to take responsibility for reducing the risk of COVID-19.

Clubs

- Priority is to keep your students, volunteers and instructors healthy
- Any individual coming to training needs to be screened before entering the venue and their attendance documented, including optionally checking for negative lateral flow test and checking Covid Pass indicates adults have had a least one vaccination
- Contact details are required in order to help contact-tracing if a suspected case of COVID-19 arises
- Consider if your instructor, Covid Officer or committee should complete the [e-learning training available for free for all volunteers through CIMSPA](#).
- Enable a booking system to managing demand, so that no more than the desired number of participants are in the training room / space at any one time.
- The attendance records of all individuals attending the training or event is to be held in club dropbox folder
- We would remind clubs to be mindful of GDPR regulations, hence storage in club dropbox. Please follow this link to the Information Commissioner's Office (ICO) regarding holding data during this pandemic.

If COVID-19 positive test reported after the session

- All participants (students, instructors, volunteers) in the training session have responsibility to notify the Club COVID-19 Officer should they get symptoms of COVID-19 within 48hrs of the training session
- Club COVID Officer to contact all individuals that attended the training session in question and been in contact (within 1m) to advise that an individual within that group has reported symptoms
- The name of the infected individual is not to be disclosed to protect anonymity
- The person who has tested positive and all attendees of the session that have been in contact (within 1m) should be advised to isolate for 10 days (as per government guidelines) in case symptoms arise. From 16 August 21, people who are double vaccinated will not be required to self-isolate

4. Hygiene Considerations

We participate in an activity with high levels of bodily contact along with a high moisture level. Sweat, saliva and moisture rich breath will all be in potential contact with all students and instructors during training. This is increased because we train indoors.

This is the current guidance on maintaining good hygiene for all within Jiu Jitsu.

Preparation

- Disinfect, wash or isolate for at least 72 hours everything you're bringing with you
- Take a shower and wash your hair before leaving for training
- Bring everything you need in one big bag
- After going to the toilet, thoroughly wash hands for a minimum of 20 seconds
- No handshakes, high fives or, except during directed training

- Wear a face mask by all at all times except when participating in directed training. Students and Instructors may do so at their own discretion, however there may be an effect to performance due to restriction in breathing
- Mat cleaning before and after use
- Wear a mask in vehicles if with people from outside your household
- Follow government advice on use of public transport
- Avoid touching high-contact surfaces such as door handles, benches, chairs, public computer keyboards etc.

During training

- Place your trainers/shoes in the changing area and put on your zori or slippers
- Clean the mats before and after session
- Hands are cleaned with sanitising gel/liquid (alcohol level greater than 60%) before touching anything clean
- Everyone wears mat shoes / socks or sanitises feet (Levels C, E and F, and B and D if using mats outside)
- Everyone sanitises the areas of the body which will make or have made contact with equipment immediately before and after using equipment
- No one leaves their dojo during the entire session except in an emergency
- Everyone works well within their ability to minimise the risk of injury.

Medical Provisions

- Ensure first aid assessment is done verbally as far as possible 2m apart.
- First Aider and injured person keep training face mask on during treatment unless removal of injured person's mask is essential
- Keep close contact (within 2m) to the absolute minimum. Consider alternatives where appropriate to reduce close contact time.
- Ensure all first aiders are up to date with resus guidelines during COVID_19 pandemic. <https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>

After training/events

- Immediate hand washing or sanitising for minimum of 20 seconds
- No congregating at the venue after session
- No handshakes, high fives or other bodily contact

Guidance for venues

- National government or Local Government regulations take precedence
- Abide by guidelines set out in UK Active Framework
- Normal Operating Procedures to be visible
- Emergency Operating Procedures to be visible
- Use of toilets to be made available
- Recommended that toilets with restricted access or reduced availability have a 1 in, 1 out rule
- Suitable hand washing facilities must be available
- Hand sanitiser available at entrance to the building
- Recommended:
 - Hand sanitiser at entrance to training rooms
 - Regular disinfection of heavily used areas and surfaces
 - Increased waste disposal bins and dedicated COVID-19 disposal signage
 - Separate entrance and exits to the dojo and main building clearly signed
 - COVID-19 symptom checker/poster at the entrance

Requirements to be agreed between clubs and hosting venues

- [Putting up of NHS track and trace QR poster – no longer a legal requirement](#)
- Designate circulation if required
- As far as possible doors from building entrance to the dojo to be opened to provide access without the need to touch doors and maximum ventilation
- As far as possible doors and windows to the dojo to be opened to provide maximum ventilation

5. Returning to Jiu Jitsu after having COVID-19

Given the nature of this pandemic, the information, research and advice that is coming from all sources is constantly changing. The severity of the symptoms will be different between everyone. Coupled with the fact that most will have mild symptoms if any at all, providing guidelines of any sort is difficult.

In severe cases of COVID-19 it is known that there can be an effect not just on the lungs but also on the heart. Myocarditis is a serious condition where inflammation of the heart muscle can put extra strain on the ability of the heart to function properly. We are aware therefore that the length of time to return to physical activity in individuals that have had moderate to severe symptoms may be longer than expected.

None to mild symptoms

These would be classed as symptoms that did not last more than 1 week and did not require a doctor or hospital assessment. This will be the vast majority of individuals that contracted COVID-19.

- Advised 4 week graded return to physical activity including Jiu Jitsu
- Should start exercising at least 7 days after the last symptoms have resolved
- Could start with walking and then build up
- Follow the Imperial College Guide in appendix 5 to have a graded return to specific activity
- As returning to training, monitor symptoms and make sure you feel comfortable when running and exercising

Moderate symptoms

Classed as having to be seen by either a GP or hospital staff. No diagnosis of longer term lung or heart problems.

- Advised to take 2 months to return to high level physical activity
- Follow the Imperial College Guide in appendix 5 to have a graded return to specific activity
- Monitor symptoms throughout the return to activity as any rise in temperature or other symptoms may cause further stress on a recovering body

Severe symptoms

Any individual that has been admitted to hospital for management of COVID-19 and in the worse cases, been intubated in Intensive Care.

- Most individuals will have a management plan given to them from their hospital
- Individuals will be looking at approximately 3 months to return to normal activity levels, and this may increase if a diagnosis of myocarditis or other complications has been made
- Start physical activity with walking
- Monitor signs and symptoms throughout including breathlessness and fatigue as this would indicate the body struggling to cope with the level of exercise
- Seek guidance from a rehab specialist such as a physiotherapist
- When able, follow the Imperial College Guide in appendix 5 to have a graded return to specific activity

6. Return to Jiu Jitsu Process for clubs

- Read and understand guidance document
- Formulate a proposal for:
 - Outside Assembly Point where screening questionnaire can be completed socially distanced
- If your club trains at a facility owned by a third party meet with facility manager
 - Present proposal
 - Confirm when venue will be able to meet standards for facility to reopen as set out by [UK Active Framework](#) and government
 - Agree access route from host venue front entrance to dojo
 - Agree maximum number of students who can return to training
 - Agree date for club reopening
- Tell students when your club will be reopening

- 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 Jiu 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 Jiu 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

Jiu 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 Jiu 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 Jiu 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 Jiu 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 Jiu 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 Jiu 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*	
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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 Jiu Jitsu with your GP and your Club COVID-19 Officer to make an informed decision as to whether returning to group Jiu 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 Jiu 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 Jiu Jitsu and any Jiu 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 4: The British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation Screening Document

Date and Time:

Venue (state whether indoor/outdoor):

Name of individual conducting the screening:

Please inform Club COVID-19 Officer if any individual is found to be positive.

Screening questions:

Have you been in contact with anyone with or suspected of having COVID-19 in the last 48 hours?

Has anyone in your household been tested positive COVID-19 in the last 2 weeks?

Do you have a temperature?

Do you have a new persistent cough?

Have you had any loss of taste or smell?

If you've done a lateral flow test in the last 24 hours, was it positive?

What is your vaccination status on the NHS Covid Pass?

Name	Temperature	Contact within 48hrs Y/N	Loss of smell or taste Y/N	New persistent cough Y/N	Household Covid-19 2 weeks Y/N	Covid Pass Vaccination 1, 2, 0	Lateral Flow Y/N

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 Jiu Jitsu Risk Assessment – Level G

Step 4



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

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 Jiu 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 Jiu 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 Jiu 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			