



Return to Ju Jitsu Covid-19 Secure Action Plan Scotland

14th January 2022

Contents

Introduction	3
1. Return to Ju Jitsu – Roadmap	4
3. COVID-19	5
4. Risks within Ju Jitsu	6
5. Screening of students/instructors/volunteers	7
6. Hygiene Considerations.....	8
7. Social Distancing – Levels of RTJJ	9
8. Returning to Ju Jitsu after having COVID-19	12
9. Return to Ju Jitsu Process for clubs	12
10. Return to Ju Jitsu Protocols	14
Level A.....	14
Level B (Phase 0)	15
Level C (Phase 0)	19
Levels D1 (Phase 1), D2 (Phase 2), D3 (Phase 3) – Return to Contact Training Outside.....	24
Levels E1 (Phase 1), E2 (Phase 2), F (Phase 3) – Return to Contact Training Inside.....	28
Appendices.....	36

Introduction

Ju Jitsu is a contact sport. The British Ju Jitsu Association (GB) has approximately 15,000 members and whilst we would love to get everyone back on the mat as soon as possible, our main priority is the health and safety of everyone within the organisation. In response to this unprecedented period the sport finds itself in, The British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation have designed this Return To Ju Jitsu - Roadmap (RTJJ) to help all clubs negotiate returning in the safest manner possible.

This document aims to help instructors, committees and students to live safely during this crisis; and when restrictions are reduced, to guide a phased return to training in a compliant and safe manner. This guidance document has been created based on the current research available and following discussions with Sport and Exercise Medicine staff and with their counterparts outside of the sport. As far as possible it aims to enable clubs to self-sufficiently achieve the standards the UK Government set out in their Elite sport return to training guidance

Please note that this document reflects the information and research gathered when this document is circulated. The COVID-19 pandemic, and the responses of the public health community and UK Government, remains fluid, data and recommendations will change, so this document will be updated to reflect this process.

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 England's advice. Please monitor the British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation website and social media outlets for further advice or information changes.

In accordance with the UK Government Elite sport return to training guidance, we are advising that all clubs have a nominated COVID-19 Officer, who will be able to monitor and administer all communications regarding the RTJJ guidance. Please see Appendix 1 which outlines the key role and tasks of the nominated COVID-19 Officer.

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

1. Return to Ju Jitsu – Roadmap

	What?	Where?	How?	When?
Level A	<ul style="list-style-type: none"> ▪ No public Gatherings ▪ 2m social distancing ▪ No travel allowed 	<ul style="list-style-type: none"> ▪ Home or Garden 	<ul style="list-style-type: none"> ▪ Online training 	<ul style="list-style-type: none"> ▪ N/A
Level B	<ul style="list-style-type: none"> ▪ Unlimited ▪ 2m social distancing ▪ Pods of 6* 	<ul style="list-style-type: none"> ▪ Outdoors 	<ul style="list-style-type: none"> ▪ No Contact ▪ Strength & Conditioning ▪ Movement ▪ Personal Equipment only 	<ul style="list-style-type: none"> ▪ U18s in level 4 areas & below ▪ Adults in level 4 areas & below
Level C	<ul style="list-style-type: none"> ▪ Limit of space/capacity inside ▪ 2m social distancing ▪ Pods of 6* 	<ul style="list-style-type: none"> ▪ Inside dojos 	<ul style="list-style-type: none"> ▪ No Contact ▪ Strength & Conditioning ▪ Movement ▪ Personal Equipment only 	<ul style="list-style-type: none"> ▪ U18s in level 3 areas & below ▪ Adults in level 2 areas & below
Level D1	<ul style="list-style-type: none"> ▪ Unlimited ▪ 2m social distancing when not in contact ▪ 'Training Bubbles' of 6* 	<ul style="list-style-type: none"> ▪ Outdoors 	<ul style="list-style-type: none"> ▪ Contact – equipment training ▪ Equipment use with cleaning between users 	<ul style="list-style-type: none"> ▪ U18s in level 3 areas & below ▪ Adults in level 2 areas & below
Level D2	<ul style="list-style-type: none"> ▪ Unlimited ▪ 2m social distancing when not in contact ▪ 'Training Bubbles' of 6* 	<ul style="list-style-type: none"> ▪ Outdoors 	<ul style="list-style-type: none"> ▪ Contact 	<ul style="list-style-type: none"> ▪ U18s in level 3 areas & below ▪ Adults in level 2 areas & below
Level D3	<ul style="list-style-type: none"> ▪ Unlimited ▪ 2m social distancing when not in contact ▪ 'Training Bubbles' of 6* 	<ul style="list-style-type: none"> ▪ Outdoors 	<ul style="list-style-type: none"> ▪ Contact ▪ Events with limited distanced spectators 	<ul style="list-style-type: none"> ▪ U18s in level 3 areas & below ▪ Adults in level 2 areas & below
Level E	<ul style="list-style-type: none"> ▪ Limit of space/capacity inside ▪ 2m social distancing outside ▪ 'Training Bubbles' of 6* 	<ul style="list-style-type: none"> ▪ inside dojos 	<ul style="list-style-type: none"> ▪ Contact 	<ul style="list-style-type: none"> ▪ When approved by Scottish Government (17th Jan 2022 earliest)
Level F	<ul style="list-style-type: none"> ▪ Limit of space/capacity inside ▪ 2m social distancing outside ▪ 'Training Bubbles' of 6* 	<ul style="list-style-type: none"> ▪ Regional Events 	<ul style="list-style-type: none"> ▪ Contact ▪ Events with limited distanced spectators 	<ul style="list-style-type: none"> ▪ When approved by Scottish Government (17th Jan 2022 earliest)
Level G	<ul style="list-style-type: none"> ▪ Limit of space/capacity inside ▪ Social distancing or restrictions (tba) 	<ul style="list-style-type: none"> ▪ National Events ▪ All vaccinated / tested 	<ul style="list-style-type: none"> ▪ Normal training ▪ Events with limited spectators 	<ul style="list-style-type: none"> ▪ When approved by Scottish Government (17th Jan 2022 earliest)
Level H	<ul style="list-style-type: none"> ▪ N/A 	<ul style="list-style-type: none"> ▪ Outdoors ▪ Inside dojos ▪ National Events ▪ International Events 	<ul style="list-style-type: none"> ▪ Full training and competition framework reinstated 	<ul style="list-style-type: none"> ▪ When approved by Scottish Government (17th Jan 2022 earliest)

* 'Training Bubbles' of 15 for U18s

This roadmap is subject to change based on government advice and guidance.

2. 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 appears to be highly infectious and at present, we do not have an effective treatment for it.

Governments and health authorities around the world have instigated social distancing requirements, restrictions on public gatherings, quarantine measures and limited travel to and from other countries to slow the spread of the disease and to enable health care systems to cope with the potential increased demands associated with managing the disease. The British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation has a responsibility to support these efforts.

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

Though these are common symptoms of other illnesses, they may be signs an individual has been infected by COVID-19, and it is vital that you do not infect your club members, your friends and family or the general public.

What can you do to stay safe?

- Please see our hygiene guidelines (below)
- 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.
- Maintain social distancing rules - maintain at least 2 metres distance between yourself and others where possible and 1 metre plus additional mitigations where it's not. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus, if the person coughing has the disease.
- 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.

What happens if I have been in contact with an infected person?

- The NHS currently recommends that close contact with an infected person requires that individual be isolated for 14 days from the last time they were exposed to the infected person.
- If you are worried that this may relate to you, you should follow NHS Isolation Guidelines.

Is there a higher risk of infection amongst Black, Asian and Minority Ethnic communities?

Public Health England [advise](#) that “there is evidence of disproportionate mortality and morbidity amongst Black, Asian and Minority Ethnic (BAME) people”. Please refer to the ‘Risks within Ju Jitsu’ for further guidance.

3. Risks within Ju Jitsu

Within a Ju 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. When the government gives the opportunity to return to Ju Jitsu, members will have to be aware that the return will be managed to reduce the risk of COVID-19 spreading further than necessary.

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.

Return to Ju Jitsu Levels system

The British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation Return to Ju Jitsu (RTJJ) Levels described in this document, link with the UK Government guidelines set out to govern the return to social and physical contact. Level A (highest risk of infection) to Level H (normal training, social and physical contact) allow us to mitigate the risk of COVID-19 infection throughout the different Levels of RTJJ.

However, individuals must remember that there can never be risk free Ju Jitsu and any Ju Jitsu activity will come with inherent COVID-19 risks until there is a proven vaccine or treatment and significant reduction of the disease in the population. Note that as the government risk levels are subject to change at any time, so will the Levels of the British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation RTJJ.

Personal Risk

- Students and Instructors should be aware of all signs and symptoms of COVID-19 and should aim to reduce risk of infect as much as possible (see COVID-19 symptoms and Hygiene Advice)
- Increased numbers at training will increase risk of exposure to the virus
- Training indoor has a higher risk than training outdoors
- Individuals suffering from other underlying illnesses may have a higher risk than others if exposed to COVID-19. Underlying medical issues may include:
 - Cardiovascular problems
 - High blood pressure
 - Diabetes
 - Chronic kidney or liver disease
 - Compromised immunity diseases
 - Obesity (BMI 40+)

These individuals have an unquantifiable risk with current research predicting possible risk.

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

Personal Protective Equipment

- Facial Coverings – when training inside during Levels C, D, E and F of the RTJJ instructors, students and volunteers must be wearing face masks except when actually training.

While the evidence is limited masks may reduce the risk of infection by:

- Reducing the water droplet effect from coughing, sneezing and generally breathing
- Remind the wearer to not touch their eyes, nose and mouth

BAME Communities

We are proud to be a diverse community and we realise that according to government health messages some of our members are at higher risk. There appears to be evidence that Black, Asian, and Minority Ethnic communities are affected more than other sections of society. The Office of National Statistics describe black people as being 1.9 times more likely to die from COVID-19 than white people with Pakistanis and Bangladeshis at 1.8 times and Indians at 1.5 times. There appears to be a number of possible reasons for this, but none that have been researched in enough depth by the scientific world to be acted upon specifically. The British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation would advise that individuals from BAME communities should only return to Ju Jitsu training if they understand the increased possible risks associated with coming into a Ju Jitsu environment. If the research changes and identifies specific risk mitigation strategies the British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation will consider whether it would be appropriate to offer further advice.

Group Risk

- Large gatherings and high numbers within a confined space are likely to increase risk of infection
- Small group pods will reduce infection risk (pods of 6 within the whole group participating - RTJJ Levels B-F)
- Outdoor training is likely to reduce infection risk due to the reduction in viruses ability to travel in that environment (RTJJ Level B, D1, D2 and D3)

National Risk

- Increased travel distances increase likelihood of viral spread, coupled with pressure on transport systems
- The British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation is not advocating carpooling and public transport is not advised where possible for RTJJ Levels B-F.
- Use of mini-buses and coaches is not advised until RTJJ Level G due to the close confines of individuals within them.
- Increased movement of people can spread the virus and poses challenges in tracking individuals who subsequently are diagnosed with having COVID-19

4. 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 checking for negative lateral flow test within 12 hrs where not exempt 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

5. 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 Ju Jitsu with RTJJ Levels A-G.

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
- Arrive to the venue already changed and ready to go – tracksuit over gi to keep it clean
- After going to the toilet, thoroughly wash hands for a minimum of 20 seconds
- Avoid going to the toilet if possible and be as quick as possible in toilets if you must
- No handshakes, high fives or, except during directed training at Levels D-F, other bodily contact
- 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 at Levels C-F and B if using mats outside
- There should be no carpooling to the venues until level G
- 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
- Each individual/pod to clean the mats of their own training zone before and after session (Levels C, E and F, and B and D if using mats outside)
- 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)
- Apart from the mats of their training zone, no one touches anything they have not brought with them unless they have seen it being cleaned thoroughly (Levels D-F)
- Everyone sanitises the areas of the body which will make or have made contact with equipment immediately before and after using equipment (Levels D-F)
- No one leaves their training zone during the entire session except in an emergency
- Everyone works well within their ability to minimise the risk of injury.

Regionals, BBD Sessions and Gradings

- Only at Levels F, G and H

Large Inter-Regional Training Events and National Competitions

- Only at Level G and H

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 showering or changing at the venue until RTJJ Level G(local policies may be in place as well)
- No congregating at the venue after your game
- No handshakes, high fives or other bodily contact
- No carpooling from the venue
- [Travel restrictions](#) outlined by the Scottish Government should always be followed

Guidance for venues

- National government or Local Government regulations take precedence
- Abide by guidelines set out by sportscotland - [Getting your Facilities Fit for Sport](#)
- Normal Operating Procedures to be visible
- Emergency Operating Procedures to be visible
- RTJJ Level B – Outdoor training only and only individual training allowed
- RTJJ Level C – Use of indoor dojos but only individual training allowed
- RTJJ Levels C-F - maximum class size determined by a combination of 2m social distancing, individual changing area size and training zone size, dojo size and government guidance on maximum facility capacity
- RTJJ Level D – Outdoor training only with contact (D1 – equipment contact, D2 – contact training, D3 – contact competition)
- RTJJ Level E – indoor training with contact (E1 – equipment contact, E2 – contact training, E3 – contact competition)
- Sports facility operators may open toilets for public use if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
- 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

6. Social Distancing – Levels of RTJJ

By the very nature of Ju Jitsu, it relies on us all to get close to one another. With the government’s advice on social distancing being implemented, this poses a number of challenges for us.

The British Ju Jitsu Association (GB) and the Jiu Jitsu Foundation has outlined guidance in relation to Returning to Ju Jitsu to whilst adhering to the Government’s Social Distancing guidelines.

Please refer to the RTJJ Roadmap at the start of this document.

Level A

- In a state of ‘lockdown’ therefore zoom sessions only

Phase 0 (Level B – outside and Level C – inside) – non contact

- Clubs Risk assessment completed and logged (See Appendix 6)
- Follow screening and hygiene guidance set out in this document
- Social distancing rules continue to apply including 2m distance between people
- [Outside in areas at Protection level 4 or below for adult and U18s and Inside in areas at Protection level 2 or below for adults and Protection level 4 or below for U18s](#)
- Individuals grouped into pods of up to 6 (15 if U18s)
- Any distanced partner based training must be between people in the same pod
- Maximum class size, including coaches and support staff, outside limited by protection levels for the area <https://sportscotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf>, so is limited by instructor to student ratio requirements.
- Maximum class size inside, including instructors and assistants, agreed between host venue and club, determined by a combination of 2m social distancing, individual changing area size, training zone size, dojo size and area protection levels <https://sportscotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf>
- Be mindful that if working with children in a club setting, two adults should be present at all times
- Normal partner training can take place ONLY if amongst household

Level Phase 1 (D1 – outside and E1 – inside) - Return to Equipment

- Risk assessment completed and logged (see Appendix 6)
- Individuals grouped into pods of up to 6 (15 if U18s)
- Exemption from 2m social distancing requirements for contact training with equipment
- 2m social distancing maintained when not actively participating in contact training
- [Outside in areas at Protection level 4 or below for adult and U18s and Inside in areas at Protection level 2 or below for adults and Protection level 4 or below for U18s](#)
- Follow screening, optional temperature testing and hygiene guidance set out in this document
- No spectators allowed until Phase 3 (D3 outside and F inside)

Level Phase 2 (D2 – outside and E2 – inside) - Return to Contact Training

- Risk assessment completed and logged (see Appendix 6)
- Individuals grouped into pods of up to 6 (15 if U18s)
- Exemption from 2m social distancing requirements for contact training with mitigated syllabus
- 2m social distancing maintained when not actively participating in contact training
- Follow screening, optional temperature testing and hygiene guidance set out in this document
- No spectators allowed until Phase 3 (D3 outside and F inside)

Level Phase 3 (D3 – outside and F – inside) - Return to Competition

- Risk assessment completed and logged (see Appendix 6)
- Individuals grouped into pods of up to 6 (15 if U18s)
- Exemption from 2m social distancing requirements for contact training
- 2m social distancing maintained when not actively participating in contact training
- Follow screening, optional temperature testing and hygiene guidance set out in this document
- No spectators allowed until Phase 3 (D3 outside and F inside)
- Regional training / competition events can commence
- 2 weeks between events, phase 1 (Levels D1 and E1) and Phase 2 (Levels D2 and E2) activity can continue in between

Level G

- Social distancing rules removed by government
- Full training able to commence
- Full timetable to commence including Nationals
- Travel distance rules relaxed
- Social distance rules removed
- Hygiene and screening guidance adhered to as set out in this document

Level H

- Likely to happen only once UK Government deems the disease has been truly stopped

- Full return to normal activity without the need for social distancing rules
- No need for screening
- Good hygiene advised

7. Returning to Ju 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 Ju 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

8. Return to Ju Jitsu Process for clubs

- Read and understand guidance document
- Determine maximum number that will be able to train in the space you hire at RTJJ Levels C (Phase 0)
- Determine financial feasibility of your club at RTJJ Levels C (Phase 0)
- Formulate a proposal for:
 - Outside Assembly Point
 - Individual Changing Areas
- 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 set out by sportscotland - [Getting your Facilities Fit for Sport](#)
 - Agree access route from host venue front entrance to dojo
 - Agree maximum number of students who can return to training at RTJJ Level C (Phase 0) in accordance with the government restrictions of that time

- 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
- Agree a date with the host venue for the committee and instructor to walk through the assembly point, changing, mat setup, training, mat exit, mat stowing and leaving RTJJ Level C protocols with one training zone
- Carry out the walk through of the procedures and video
- Show the video of the procedures to your club members
- Register students for training
- Appoint Club Covid-19 Officer and notify your association who this person is
- Return to Ju Jitsu following RTJJ Level 3 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 A

Conditions

- Physical distancing
- Housing boundaries
- At least 4 m² training zones
- Number of jitsuka limited by delivery mechanism of the virtual session

Government restrictions

- lockdown

General Pedagogical Recommendations

- Virtual led training
- Solo training or partner training with members of same household at various locations
- Tachi-Waza and Ne-Waza (individually)
- Learning of Ukemi (fall)
- Shadow striking drills
- Postures, movement, coordination, mobility, core-stability, body conditioning.
- Personal equipment can be used, weights, bands, etc.

Ju Jitsu Equipment

T-shirt shorts / Gym clothes, weights, resistance bands, pads / mitts

Roles

Instructor

Video models

Students

Measures for the Proper Functioning of the Protocol

- Respecting the scheduling. For a theoretical 1-hour long session, consider the following:
 - 5 to 10min from joining the virtual group session to the start of the session
 - 45min of session
 - 5 to 10min, from the end of the session to departure

Requirements During the Training Session

The instructor signals the start of the session

The training session conducted by the instructor following the General Pedagogical Recommendations

The students greet each-other and leave the virtual session

Level B (Phase 0)

Participation Limits

Maximum class size outside limited by protection levels for the area <https://sportscotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf> , so is limited by instructor to student ratio requirements.

Protocol for Level C should also be followed when using mats outside with participation limits as per level B and masks not mandatory.

Conditions

Physical distancing

- At least 2 m (as much as 5m in large space) between training zones to ensure everyone 2m apart at all times
- At least 9 m² training zones
- number of participants calculated from the available space and the physical distance and

Government restrictions

- COVID-19 Tiers 1, 2 and 3

General Pedagogical Recommendations

- On site instructor training on grass, with possibly some joining virtually
- Solo training or partner training with members of same household
- Tachi-Waza and Ne-Waza (individually)
- Learning of Ukemi (fall)
- Shadow striking drills
- Postures, movement, coordination, mobility, core-stability, body conditioning.
- Normal training where partners are from same household
- Personal equipment can be used, pads, bands, etc.
- No Sharing of equipment

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)
 - Instructor throws mask onto training zone of person with symptoms and they put on
 - 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 14 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 groups meeting

Any parents/carers must arrive at the Assembly Point 5 minutes before the end of the session, waits respecting 2m social distancing with the other accompanying people

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

- Where possible [Putting up of NHS track and trace QR poster – a legal requirement from 24th September 2020](#)
- Daily inspection of training site
- Hazard reporting procedure in place
- Surface suitability checked
- First Aid provision
- Sufficient supervision for student numbers
- Induction guide for children - staying safe in the outdoor environment
- Any out of bounds areas clearly identified
- Any broken glass removed

- Damaged/uneven surfaces marked/fenced off
- Check site for faeces, remove and dispose of safely
- Excess moss removed from concrete flooring
- Fallen leaves removed as and when necessary
- Area cleared of litter before and after use
- Students required to bring and put on sun block when there is a likelihood of sunburn
- Instructors give water breaks and advise students to take a drink
- Identify anyone who is at risk of a severe reaction and ensure they have necessary epi-pen, etc in case of emergency

Ju Jitsu Equipment

Tracksuit, rash vest/t-shirt, shorts, water bottle, super absorbent towel, pads / mitts / bands (optional), large bag, trainers, personal items (phone, wallet, etc).

Contents of inner container bags on way to session (use inner container bags to prepare for more complex requirements of training inside)

ICB1 – training face mask (optional)

ICB2 – water bottle, super absorbent towel

ICB3 – sanitising gel/liquid

ICB4 – personal items

ICB6 – pads / mitts / bands (optional)

Roles

- Instructor
- Distancing Marshall – The instructor, an assistant instructor or senior student responsible for directing the students to their changing areas in the dojo and where juniors are present for leading juniors to assembly point
- Students
- Parents / Carers – 1 per child

Recommendations to be Performed Before Arriving at the Training Location

- Book your place at the session and complete personal risk assessment if it not you've not done previously
- 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
 - Wear a mask on public transport if you can't avoid it
- Wear your training outfit under a tracksuit (+ a coat if necessary) to keep the training outfit clean on the way to the training location

Requirements When Assembling

- Designate an assembly point outdoors where the physical distancing can be respected
- Form pods of 6 4 m apart (ideally one grade per pod)
- If participants are from the same household they should be in the same pod
- People in each pod are all 2m apart.
- Any distanced partner based training must be between people in the same pod
- Screening questions asked of each pod (if enough grades screening could be carried out by grade in each pod). Exclude and manage anyone who answers YES to any question and record answers for at least 21 days – use club dropbox folder for this to respect GDPR requirements
- As far as possible maintain same pods every session
- Inform parents / carers (max. 1/student) of departure and return times

Requirements from the Assembly Point to the Training zone

- The Distancing Marshall follows the circulation organized by the club/venue to guide students to their training zone

Changing to start procedure

Students:

- sanitising gel/liquid out of inner container bag 3
- Take off tracksuit, fold and put in inner container bag 3

If practising use of mask prior to using in next protocol stage:

- *If wearing a mask due to being on public transport, take off mask and put in inner container bag 3*
- *Clean hands using sanitising gel / liquid*
- *Get clean training face mask out of inner container bag 1 and put on*

Mat entry procedure

- Everyone puts large bag into their changing area in the corner of training zone, cleans hands using sanitising gel / liquid and gets out inner container bag 2 and inner container bag 6 (if using pads/mitts/bands)

Requirements During the Training Session

- The instructor takes the rei on. This must not be done in the traditional way, in a line, but with each student and the instructor in their own training zone.
- The training session is conducted by the instructor following the General Pedagogical Recommendations
- At the end of the session, the instructor takes the rei off. This must be performed again with each student and the instructor in their own training zone.
- The students say a quick goodbye to each other from the centre of their training zones.
- The instructor dismisses students and they exit the training space without walking into another training zone.

Changing to leave procedure

Students:

- make way to changing area in corner of their training zone where bag was put
- take off trainers
- clean hands with sanitising gel / liquid
- take out tracksuit from inner container bag 3, and put tracksuit on over rash vest / t-shirt and shorts.
- put pads / mitts into inner container bag 6 and put inner container bags 6 and 2 into large bag
- Use sanitising gel / liquid to clean hands, put sanitising gel/liquid into inner container bag 1
- Close large bag containing inner container bags 1, 2, 3, 4 and 6 (if pads / mitts used) and ensuring minimum physical distancing leave the outside dojo

Requirements where children are participants

- *The Distancing Marshall stands by exit of the dojo area*
- *Respecting minimum 2m physical distancing the children form a queue behind the Distancing Marshall*
- *When either all the children are in the queue the children are led to the Assembly Point by the Distancing Marshall where 1 parent / carer for each child is waiting, while respecting at least 2m physical distancing requirement.*
- *Children are collected by the parent / carer under the supervision of the Distancing Marshall*

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 outfit (Tracksuit, gi, rash vest, balaclava, super absorbent towel and waterproof (if needed))
- Wash the water bottle
- Disinfect large bag, all inner container bags, pads and mitts

- Restock the sanitising gel/liquid

Level C (Phase 0)

Participation Limits

Maximum class size inside, including instructors and assistants, agreed between host venue and club, determined by a combination of 2m social distancing, individual changing area size, training zone size, dojo size and area protection levels <https://sportscotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf>

This Protocol should also be followed when using mats outside with participation limits as per level B and masks not mandatory.

Conditions

Physical distancing

- 2 metre minimum

allocated training space (including 1m safety zone)

- 16m²/student minimum

Government restrictions

- Organised sport

General Pedagogical Recommendations

- Training inside with all students and instructor present in same location
- Solo training
- Tachi-Waza and Ne-Waza (individually)
- Learning of Ukemi (fall)
- Shadow striking drills
- Postures, movement, coordination, mobility, core-stability, body conditioning.
- Normal training where partners are from same household
- Personal equipment can be used, pads, bands, etc.
- No equipment sharing

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)
 - Instructor throws mask onto training zone of person with symptoms and they put on
 - 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 14 days
- Cleaning of training zones by individuals is included in this protocol. However, If the mats of training zones can be cleaned to the necessary standard after a session and no one else has access to them, then it is not necessary for individuals to clean their training zone before training. A further option that can be used, provided 2m distancing is always maintained, is one large disinfectant source being used for all mats. If either of these approaches to mat cleaning is the case the Ju Jitsu equipment participants bring will reflect this.
- Care should be taken to keep 'dirty' and clean items separate. The protocol includes an approach to do this using bags, but separate bag compartments may also achieve this.
- The protocol includes an approach to manage the maintenance of distancing between the Assembly point and the training area. This may not be necessary in an educational setting.
- 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 groups meeting

Any accompanying person must arrive to 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

- [Putting up of NHS track and trace QR poster – a legal requirement from 24th September 2020](#)
- Cleaning at the beginning and end of the training day to a standard which follows government guidance for non-hospital facilities cleaning as a minimum
- Where a dojo is within a multisport venue, the entry for the students should be designated in such a way that prevents the usage of a common entrance for different sports.
- Mark any required physical distance points, from the entrance to the building to the dojo and designate circulation if required
- Provide a rubbish bin for disposable paper handkerchiefs and litter
- Changing areas to be marked out in the training room for each student so they know where they can change
- 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
- How training zones are to be marked out on the mat if mats are permanently laid
- Circulation plans which consider the configuration of the dojo and mark the 2m physical distancing required
- If the mats are permanently laid and demarcation of training zones is not possible by mat colour prior to training the Instructor or a volunteer student following gi under tracksuit procedure or member of venue staff wearing clean PPE marks out the corner points of the training zones on the mat with tape

Ju Jitsu Equipment

Waterproof, Tracksuit, gi, rash vest(optional), trainers, water bottle, super absorbent towel, mat shoes / socks (optional), anti-virus disinfectant spray, cleaning cloth, disposable gloves, zori, sanitising gel/liquid, pads/mitts/bands (optional), 5 inner container bags (6 if pads and mitts used), large bag. Inner container bag 4 contains all personal items (phone, wallet, travel pass, etc).

Contents of inner container bags on way to session

ICB1 – training face mask (optional)

ICB2 – water bottle, super absorbent towel, secondary container bag (IBC5) with anti-virus disinfectant spray, cleaning cloth and disposable gloves.

ICB3 – zori, sanitising gel/liquid, mat shoes / socks

ICB4 – personal items

ICB6 – pads / mitts / bands (optional)

Roles

- Instructor
- Access / Exit Marshall – Person responsible for invite students to enter and exit the training room
- Distancing Marshall – An assistant instructor or senior student responsible for directing the students to their changing areas in the dojo and where juniors are present for leading juniors to assembly point
- Students
- Parents / Accompanying person

Recommendations to be Performed Before Arriving at the Training Location

- Book your place at the session and complete personal risk assessment if it not you've not done previously
- 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
 - Wear a mask on public transport if you can't avoid it
- Wear your training outfit under a tracksuit (+ a coat if necessary) to keep the training outfit clean on the way to the training location

Requirements When Assembling

- Designate an Assembly Point outdoors where the physical distancing can be respected
- Clean hands using sanitising gel / liquid
- Everyone puts on a face mask, if not already wearing
- Form pods of 6 4 m apart (ideally one grade per pod)
- If participants are from the same household they should be in the same pod
- People in each pod are all 2m apart.
- Any distanced partner based training must be between people in the same pod
- Screening questions asked of each pod (if enough grades screening could be carried out by grade in each pod). Exclude and manage anyone who answers YES to any question and record answers for at least 21 days – use club dropbox folder for this to respect GDPR requirements
- As far as possible maintain same pods every session
- Check all students have correct Ju Jitsu equipment and exclude if they don't
- Inform parents / carers (max. 1/student) of departure and return times

Requirements from the Assembly Point to the Training zone

- The Access Marshall invites the Distancing Marshall to enter the training room / training space
- Upon receiving confirmation from the Distancing Marshall that they are ready for the next student the Access Marshall invites the instructor (if not the Distancing Marshall) then each student in turn to enter the training room / training space.
- The Distancing Marshall follows the circulation organized by the club/venue (road marking, flagging tape on floor when inside) to guide students to their changing area inside the dojo

Changing to start procedure

Students:

- Get sanitising gel/liquid out of inner container bag 3
- Clean hands using sanitising gel / liquid
- Get zori out of inner container bag 3 and put on floor along with sanitising gel / liquid
- Take off trainers, place on floor next to large bag
- Take off socks (if worn) put in trainers.
- Take off waterproof (if worn), fold and put in inner container bag 3
- Take off tracksuit, fold and put in inner container bag 3
- Clean hands using sanitising gel / liquid
- Put on zori/slippers without using hands

Mat laying procedure

- Respecting 2m physical distancing requirement, students follow signage or direction to make way to mat storage area
- Collecting 1 mat at a time and respecting 2m physical distancing requirement, each student lays the mats of their training zone in the required configuration as directed by the Instructor.

if students are physically unable to lay mats by themselves

- *Mats should be laid out in the necessary configuration including the 2m no mat safety zone and cleaned using using a pump spray, dilute a solution of disinfectant and water. The virucidal efficacy of the microbicidal actives in Detol has been proven. Please see bottle for dilution recommendations. Best practice is to keep the nozzle 18 inches from the surface and ensure the nozzle is turned to mist. An anti-virus spray disinfectant is an alternative.*
- *Please use appropriate Personal Protective Equipment (PPE), Disposable Gloves (marigolds will suffice)*
- *Post clean you must remove clothing, place into a bin liner, wash hands and face thoroughly and change into fresh clothes. Dirty clothes should be washed immediately when home.*
- Students ensure safety no mat zone is :
 - over 2m by one student putting a 2m x 1m mat (or 2 join mats if 1m x 1m) lengthways from the edge of their training zone and without touching the measuring mat the next student lays mats for their training zone a small distance away from this.

- Or if operating 1m plus over by one student putting a 2m x 1m mat (or 1m x 1m) widthways from the edge of their training zone and without touching the measuring mat the next student lays mats for their training zone a small distance away from this.
- Respecting 2m physical distancing requirement, each student makes their way back to their changing area
- Ensuring minimum physical distancing, all students and the Instructor make way to large bag and trainers in changing area

Mat entry procedure

- Everyone, cleans hands using sanitising gel / liquid and gets out mat shoes / socks (if using) and gets out container bag 2
- When directed by instructor students follow signage or direction to make way to and stand by the edge of their allocated training zone.
- Concurrently or separately, but while respecting physical distancing, everyone cleans small area on mat, sits on the tatami with feet off the mat, and legs turned to the exterior, and without touching the floor with anything put on mat shoes/socks.
- Hands are kept in the air and feet placed on the mat, then, after applying sanitising gel/liquid to hands, hand sanitiser bottle is cleaned with sanitiser and put in inner container bag 2.
- Each person then turns to the interior of the mat
- Students wait until invited to go to assigned training zone by the instructor
- Students and Instructor bow to each other
- Ensuring that if they must step on mats that are outside of their training zone to get to their training zone they only step in the safety area and don't follow a path already taken by another student, the Instructor invites each student in turn to their training zone
- Students and Instructor take cloth, disposable gloves and anti-virus disinfectant spray from container bag 2 and clean their training zone, then return spray and cloth to secondary container bag inside inner container bag 2
- Students and instructor take off mask and put in container bag

Requirements During the Training Session

- The instructor takes the rei on. This must not be done in the traditional way, in a line, but with each student and the instructor their own training zone.
- The training session conducted by the instructor following the General Pedagogical Recommendations
- At the end of the session, the instructor takes the rei off. This must be performed again with each student and the instructor their own training zone.
- Students and instructor put on mask

if mats will be used by others in the next 72 hours

- *Students and Instructor take cloth and anti-virus disinfectant spray from container bag 2 and clean their training zone, then return spray and cloth and return to secondary container bag inside inner container bag 2*
- The students say a quick goodbye to each other from the centre of their training zones.
- The instructor dismisses each student in turn so they can exit the mat
- If the mats are permanently laid and the 2m (or 1m) safety zone between the training zones is matted, Instructor or volunteer takes cloth and anti-virus disinfectant spray from container bag 2 and cleans the entire safety area, then return spray, gloves and cloth and return to secondary container bag inside inner container bag 2

Mat exit and changing procedure for each student

- Make way to edge of mat where your zori/slippers are
- Take off mat shoes one at a time, step into zori/slippers and put mat shoes into container bag 2 (if using)

if mats will be used by others in the next 72 hours

- *Clean hands with sanitising gel / liquid*

Mat stowing procedure – not required for permanent dojo

- Respecting 2m physical distancing requirement, in turn each student stows all mats of their training zone in the stowage area so that they are stacked with like surfaces in contact and finish with the top mat the correct way up

if mats will NOT be used by others in the next 72 hours

- Instructor or volunteer takes cloth and anti-virus disinfectant spray from container bag 2 and cleans top surface of top mat and returns to secondary container bag inside inner container bag 2

Changing to leave procedure

- Ensuring minimum physical distancing, make way to your bag and trainers in your changing area
- Take out tracksuit from inner container bag 3, take off zori/slippers and put tracksuit on over gi
- Take out waterproof (if worn) from inner container bag 3 and put on
- Put zori into inner container bag 3
- Use sanitising gel / liquid to clean hands, put sanitising gel/liquid into inner container bag 1, close large bag containing inner container bags 1, 2 and 3 and ensuring minimum physical distancing leave dojo.

Requirements from the Training zone to the Assembly Point

Requirements where children are participants

- *The Distancing Marshall stands by exit of the dojo*
- *Respecting minimum 2m physical distancing the children form a queue behind the Distancing Marshall*
- *When either all the children are in the queue the children are led to the assembly point by the Distancing Marshall where 1 parent / carer for each child is waiting, while respecting at least 2m physical distancing requirement.*
- *Children wait in their pods of 6 and are collected by the parent / carer under the supervision of the Distancing Marshall*

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 outfit (Tracksuit, gi, rash vest, balaclava, super absorbent towel, and waterproof (if needed))
- Wash the water bottle
- Disinfect large bag, all inner container bags, pads and mitts
- Restock the sanitising gel/liquid, anti-virus disinfectant spray and mask (if worn)

Levels D1 (Phase 1), D2 (Phase 2), D3 (Phase 3) – Return to Contract Training Outside

Participation Limits

Maximum class size outside limited by protection levels for the area

<https://sportscotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf> , so

is limited by instructor to student ratio requirements

Protocols for Level E1, E2 and E3 should also be followed when using mats outside at Levels D1, D2 and D3 with participation limits as per level D and masks not mandatory.

Conditions

Physical distancing

- 2m minimum when not in contact
- Limited number of students

allocated training space (including 1m safety zone)

- 6m x 9m / 'training bubble' of 6
- 15m x 9m / 'training bubble' of 15 for under 18s

government restrictions

- Organised Sport
- DCMS approves moving to next phase

General Pedagogical Recommendations

- Training Outside with all students and instructor present in same location
- Phased return to contact, but maintaining 2m social distancing at all other times
- Personal equipment can be used, pads, bands, etc. thorough cleaning is required between users if equipment is shared.
- Normal training where all in bubble are from same household

Exemption from requirement to maintain 2m social distancing for duration of contact training

Phase 1 (Level D1) – Return to Contact with Equipment. This is solely for the use of training with handheld and wearable equipment (such as pad work), and during this phase there should be no direct personal contact or contact with clothing.

Phase 2 (Level D2) – Return to Training. Clubs may resume contact training which includes direct physical contact between participants in 'training bubbles' of 6.

Individuals may only be part of a single bubble at an individual club/gym. Individuals may not be part of multiple bubbles at the same or at different venues (for example an instructor may not train with a bubble of similarly experienced participants and then instruct a less experienced group; a children's instructor may not coach more than one group of children, even on separate days). Instructors / Coaches or participants holding/wearing the equipment are considered part of the bubble.

Coaches or officials who operate socially distanced from bubbles and are not holding/wearing equipment can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure, and should make clear to facility operators if they work across multiple venues.

For under-18s and where the activity is for educational purposes (e.g. students studying sport at Further or Higher Education), the training bubble may be up to 15 participants. Participants in a training bubble should not mix with others in different bubbles, before, during or after the training activity.

Phase 3 (Level D3) – Return to Competition. Competition between participants may resume.

Number of participants permitted to take part, should be determined, adhering to legal gathering limits, 2m distancing between participants when not contact training, and dependent on venue capacity ([see government guidance above on ventilation and venue capacity](#)). For under-18s and where the sport is for educational purposes, up to 15 people may engage in contact combat sports competition. Participants may not mix with other participants, before, during and after the event.

The number of participants set out in legal gathering limits does not include coaches, officials and others attending for work purposes (e.g. event staff) but these numbers must be minimised. Coaches and instructors not competed or physically exerting themselves due to the nature of their role in should wear face masks throughout the event.

Participants should have minimum 2-week break between Phase 3 activities. Phase 1 and 2 activities may continue during this time.

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)
 - Instructor throws mask onto training zone of person with symptoms and they put on
 - 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 14 days
- Students and instructor agree and record before the session and have the same partner during the entire session.
- Care should be taken to keep 'dirty' and clean items separate. The protocol includes an approach to do this using bags, but separate bag compartments may also achieve this.
- The protocol includes an approach to manage the maintenance of distancing between the Assembly point and the training area. This may not be necessary in an educational setting.
- 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 groups meeting

Any accompanying person must arrive to 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 outside – to be agreed between clubs and hosting venues

- Where possible [Putting up of NHS track and trace QR poster – a legal requirement from 24th September 2020](#)
- Daily inspection of training site
- Hazard reporting procedure in place
- Surface suitability checked
- First Aid provision
- Sufficient supervision for student numbers
- Induction guide for children - staying safe in the outdoor environment
- Any out of bounds areas clearly identified
- Any broken glass removed
- Damaged/uneven surfaces marked/fenced off
- Check site for faeces, remove and dispose of safely
- Excess moss removed from concrete flooring
- Fallen leaves removed as and when necessary
- Area cleared of litter before and after use
- Students required to bring and put on sun block when there is a likelihood of sunburn
- Instructors give water breaks and advise students to take a drink
- Identify anyone who is at risk of a severe reaction and ensure they have necessary epi-pen, etc in case of emergency

Ju Jitsu Equipment

Tracksuit, rash vest/t-shirt, shorts, water bottle, super absorbent towel, pads / mitts / bands (optional), large bag, trainers, personal items (phone, wallet, etc).

Contents of inner container bags on way to session (use inner container bags to prepare for more complex requirements of training inside)

ICB1 – training face mask (optional)

ICB2 – water bottle, super absorbent towel

ICB3 – sanitising gel/liquid

ICB4 – personal items

ICB6 – pads / mitts / bands (optional)

Roles

- Instructor
- Distancing Marshall – The instructor, an assistant instructor or senior student responsible for directing the students to their changing areas in the dojo and where juniors are present for leading juniors to assembly point
- Students
- Parents / Carers – 1 per child

Recommendations to be Performed Before Arriving at the Training Location

- Book your place at the session and complete personal risk assessment if it not you've not done previously
- 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
- Wear a mask on public transport if you can't avoid it
- Wear your training outfit under a tracksuit (+ a coat if necessary) to keep the training outfit clean on the way to the training location

Requirements When Assembling

- Designate an assembly point outdoors where the physical distancing can be respected
- Form 'training bubbles' of 6 (15 if all are U18s in an educational setting) 4 m apart (ideally one grade per 'training bubbles')
- If participants are from the same household they should be in the same 'training bubbles'
- People in each 'training bubbles' are all 2m apart.
- Any distanced partner based training must be between people in the same 'training bubbles'
- Screening questions asked of each 'training bubbles' (if there are enough grades screening could be carried out by a grade in each 'training bubble'). Exclude and manage anyone who answers YES to any question and record answers for at least 21 days – use club dropbox folder for this to respect GDPR requirements
- As far as possible maintain same 'training bubbles' every session
- Inform parents / carers (max. 1/student) of departure and return times

Requirements from the Assembly Point to the Training zone

- The Distancing Marshall follows the circulation organized by the club/venue to guide students to their training zone

Changing to start procedure

Students:

- sanitising gel/liquid out of inner container bag 3
- Take off tracksuit, fold and put in inner container bag 3

If practising use of mask prior to using in next protocol stage:

- *If wearing a mask due to being on public transport, take off mask and put in inner container bag 3*
- *Clean hands using sanitising gel / liquid*
- *Get clean training face mask out of inner container bag 1 and put on*

Mat entry procedure

- Everyone puts large bag into their changing area in the corner of training zone, cleans hands using sanitising gel / liquid and gets out inner container bag 2 and inner container bag 6 (if using pads/mitts/bands)

Requirements During the Training Session

- The instructor takes the rei on. This must not be done in the traditional way, in a line, but with each 'training bubbles' and the instructor in their own training zone.
- The training session is conducted by the instructor following the General Pedagogical Recommendations

- At the end of the session, the instructor takes the rei off. This must be performed again with each 'training bubbles' and the instructor in their own training zone.
- The students say a quick goodbye to each other from the centre of their training zones.
- The instructor dismisses students and they exit the training space without walking into another training zone.

Changing to leave procedure

Students:

- make way to changing area in corner of their training zone where bag was put
- take off trainers
- clean hands with sanitising gel / liquid
- take out tracksuit from inner container bag 3 and put tracksuit on over rash vest / t-shirt and shorts.
- put pads / mitts into inner container bag 6 and put inner container bags 6 and 2 into large bag
- Use sanitising gel / liquid to clean hands, put sanitising gel/liquid into inner container bag 1
- Close large bag containing inner container bags 1, 2, 3, 4 and 6 (if pads / mitts used) and ensuring minimum physical distancing leave the outside dojo

Requirements where children are participants

- *The Distancing Marshall stands by exit of the dojo area*
- *Respecting minimum 2m physical distancing the children form a queue behind the Distancing Marshall*
- *When either all the children are in the queue the children are led to the Assembly Point by the Distancing Marshall where 1 parent / carer for each child is waiting, while respecting at least 2m physical distancing requirement.*
- *Children are collected by the parent / carer under the supervision of the Distancing Marshall*

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 outfit (Tracksuit, gi, rash vest, balaclava, super absorbent towel and waterproof (if needed))
- Wash the water bottle
- Disinfect large bag, all inner container bags, pads and mitts
- Restock the sanitising gel/liquid

Levels E1 (Phase 1), E2 (Phase 2), F (Phase 3) – Return to Contact Training Inside

Participation Limits

Maximum class size inside, including instructors and assistants, agreed between host venue and club, determined by a combination of 2m social distancing, individual changing area size, training zone size, dojo size and area protection levels <https://sportscotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf>

Conditions

Physical distancing

- 2m minimum when not in contact
- Limited number of students

allocated training space (including 1m safety zone)

- 6m x 9m / 'training bubble' of 6
- 15m x 9m / 'training bubble' of 15 (applicable in an educational setting only)

government restrictions

- Organised sport
- DCMS approves moving to next phase

General Pedagogical Recommendations

- Training inside with all students and instructor present in same location
- Phased return to contact, but maintaining physical distancing at all other times
- Personal equipment can be used, pads, bands, etc. thorough cleaning is required between users if equipment is shared.
- Normal training where all in bubble are from same household

Exemption from requirement to maintain 2m social distancing for duration of contact training

Phase 1 (Level E1) – Return to Contact with Equipment. This is solely for the use of training with handheld and wearable equipment (such as pad work), and during this phase there should be no direct personal contact or contact with clothing.

Phase 2 (Level E2) – Return to Training. Clubs may resume contact training which includes direct physical contact between participants in 'training bubbles' of 6.

Individuals may only be part of a single bubble at an individual club/gym. Individuals may not be part of multiple bubbles at the same or at different venues (for example an instructor may not train with a bubble of similarly experienced participants and then instruct a less experienced group; a children's instructor may not coach more than one group of children, even on separate days). Instructors / Coaches or participants holding/wearing the equipment are considered part of the bubble.

Coaches or officials who operate socially distanced from bubbles and are not holding/wearing equipment can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure, and should make clear to facility operators if they work across multiple venues.

For under-18s and where the activity is for educational purposes (e.g. students studying sport at Further or Higher Education), the training bubble may be up to 15 participants. Participants in a training bubble should not mix with others in different bubbles, before, during or after the training activity.

Phase 3 (Level F) – Return to Competition. Competition between participants may resume.

The number of participants permitted to take part, should be determined, adhering to legal gathering limits, 2m distancing between participants when not contact training, and dependent on venue capacity ([see government guidance above on ventilation and venue capacity](#)). For under-18s and where the sport is for educational purposes, up to 15 people may engage in contact combat sports competition. Participants may not mix with other participants, before, during and after the event.

The number of participants set out in legal gathering limits does not include coaches, officials and others attending for work purposes (e.g. event staff) but these numbers must be minimised. Coaches and instructors not competed or physically exerting themselves due to the nature of their role in should wear face masks throughout the event.

Competition activities in Phase 3 should be organised with a minimum 2-week break between Phase 3 activities. Phase 1 and 2 activities may continue during this time.

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)
 - Instructor throws mask onto training zone of person with symptoms and they put on
 - 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 14 days
- Students and instructor agree and record before the session and have the same partner during the entire session.
- Care should be taken to keep 'dirty' and clean items separate. The protocol includes an approach to do this using bags, but separate bag compartments may also achieve this.
- The protocol includes an approach to manage the maintenance of distancing between the Assembly point and the training area. This may not be necessary in an educational setting.
- 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 groups meeting

Any accompanying person must arrive to 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

- [Putting up of NHS track and trace QR poster – a legal requirement from 24th September 2020](#)
- Cleaning at the beginning and end of the training day to a standard which follows government guidance for non-hospital facilities cleaning as a minimum
- Where a dojo is within a multisport venue, the entry for the students should be designated in such a way that prevents the usage of a common entrance for different sports.
- Mark any required physical distance points, from the entrance to the building to the dojo and designate circulation if required
- Provide a rubbish bin for disposable paper handkerchiefs and litter
- Changing areas to be marked out in the training room for each student so they know where they can change
- 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
- How training zones are to be marked out on the mat if mats are permanently laid
- Circulation plans which consider the configuration of the dojo and mark the 2m physical distancing required
- If the mats are permanently laid and demarcation of training zones is not possible by mat colour prior to training the Instructor or a volunteer student following gi under tracksuit procedure or member of venue staff wearing clean PPE marks out the corner points of the training zones on the mat with tape

Ju Jitsu Equipment

Waterproof, Tracksuit, gi, rash vest (optional), trainers, socks (if worn), water bottle, super absorbent towel, mat shoes / socks, anti-virus disinfectant spray, zori, sanitising gel/liquid, pads /mitts / bands (optional), 5 inner container bags (6 if pads and mitts used), large bag. Inner container bag 4 contains all personal items (phone, wallet, travel pass, etc).

Contents of inner container bags on way to session

ICB1 – face mask

ICB2 – water bottle, super absorbent towel, secondary container bag (IBC5) with anti-virus disinfectant spray and cleaning cloth

ICB3 – zori, sanitising gel/liquid, mat shoes / socks

ICB4 – personal items

ICB6 – pads, mitts, bands (optional)

Roles

- Instructor
- Access / Exit Marshall – Person responsible for invite students to enter and exit the training room
- Distancing Marshall – An assistant instructor or senior student responsible for directing the students to their changing areas in the dojo and where juniors are present for leading juniors to assembly point
- Students – in pairs
- Parents
- Accompanying person

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](#)
- [Wear a mask on public transport if you can't avoid it](#)
- Wear your training outfit under a tracksuit (+ a coat if necessary) to keep the training outfit clean on the way to the training location

Requirements When Assembling

- Designate an Assembly Point outdoors where the physical distancing can be respected
- Form 'training bubble' of 6 (15 if all are U18s in an educational setting) 4 m apart (ideally one grade per 'training bubble')
- If participants are from the same household they should be in the same 'training bubble'
- People in each 'training bubble' are all 2m apart unless they are from the same household.
- Any contact training must be between people in the same 'training bubble'
- Screening questions asked of each 'training bubble' (if enough grades screening could be carried out by grade in each 'training bubble'). Exclude and manage anyone who answers YES to any question and record answers for at least 21 days – use club dropbox folder for this to respect GDPR requirements
- As far as possible maintain same 'training bubble's every session
- Check all students have correct Ju Jitsu equipment and exclude if they don't
- Inform parents / carers (max. 1/student) of departure and return times

If choosing to wear a mask

- *Clean hands using sanitising gel / liquid*
- *Get training face mask out of inner container bag 1 and put on*

Requirements from the Assembly Point to the Training zone

- The Access Marshall invites the Distancing Marshall to enter the training space
- Upon receiving confirmation from the Distancing Marshall that they are ready for the next person / pair the Access Marshall invites the instructor (if not the Distancing Marshall) and their 'training bubble' then each student 'training bubble' in turn to enter the training space.
- The Distancing Marshall follows the circulation organized by the club/venue (road marking, flagging tape on floor when inside) to guide student pairs to their changing area

Changing to start procedure

Student pairs:

- Get sanitising gel/liquid out of inner container bag 3
- Clean hands using sanitising gel / liquid
- Get zori out of inner container bag 3 and put on floor along with sanitising gel / liquid
- Take off trainers and place on floor next large bag
- Take off socks (if worn) put in trainers.
- Take off waterproof (if worn), fold and put in inner container bag 3
- Take off tracksuit, fold and put in inner container bag 3
- Clean hands using sanitising gel / liquid

- Put on zori/slippers without using hands

Mat laying procedure

- Respecting 2m physical distancing requirement, student 'training bubble's follow signage or direction to make way to mat storage area
- Collecting 1 mat at a time and respecting 2m physical distancing requirement, each student 'training bubble' lays the mats of their training zone in the required configuration as directed by the Instructor.

if students are physically unable to lay mats by themselves

- *Mats should be layout in the necessary configuration including the 2m no mat safety zone and cleaned using using a pump spray, dilute a solution of disinfectant and water. The virucidal efficacy of the microbicidal actives in Detol has been proven. Please see bottle for dilution recommendations. Best practice is to keep the nozzle 18 inches from the surface and ensure the nozzle is turned to mist. An anti-virus spray disinfectant is an alternative.*
- *Please use appropriate Personal Protective Equipment (PPE), Disposable Gloves (marigolds will suffice)*
- *Post clean you must remove clothing, place into a bin liner, wash hands and face thoroughly and change into fresh clothes. Dirty clothes should be washed immediately when home.*
- Respecting 2m physical distancing requirement, each student 'training bubble' makes their way back to their changing area
- Ensuring minimum physical distancing, all students and the Instructor make way to large bag and trainers in changing area

Mat entry procedure

- Looking down, take off mask and put in inner container bag 3
- Everyone cleans hands using sanitising gel / liquid and gets out mat shoes / socks, and container bag 2
- When directed by instructor student 'training bubble's follow signage or direction to make way to and stand by the edge of their allocated training zone.
- Concurrently or separately, but while respecting physical distancing between 'training bubble's, everyone sits on the tatami with feet off the mat, and legs turned to the exterior, and without touching the floor with anything put on mat shoes/socks or sanitise feet.
- hands are kept in the air and feet placed on the mat, then, after applying sanitising gel/liquid to hands, hand sanitiser bottle is cleaned with sanitiser and put in inner container bag 2.
- Each person then turns to the interior of the mat
- Student 'training bubble's wait until invited to go to assigned training zone by the instructor
- Student 'training bubble's and Instructor bow to each other
- Ensuring that if they must step on mats that are outside of their training zone to get to their training zone they only step in the safety area, the Instructor invites each student in turn to their training zone
- Students and Instructor takes cloth, disposable gloves and anti-virus disinfectant spray from container bag 2 and clean their training zone, then return spray, gloves and cloth and return to secondary container bag inside inner container bag 2

Requirements During the Training Session

- The instructors takes the rei on. This must not be done in the traditional way, in a line, but with each student 'training bubble' and the instructor their own training zone.
- The training session is conducted by the instructor following the General Pedagogical Recommendations
- At the end of the session, the instructor takes the rei off. This must be performed again with each student and the instructor in their own training zone.

if mats will be used by others in the next 72 hours

- *Students and Instructor take cloth and anti-virus disinfectant spray from container bag 2 and clean their training zone, then return spray and cloth and return to secondary container bag inside inner container bag 2*
- The students say a quick goodbye to each other from the centre of their training zones.
- The instructor dismisses each student 'training bubble' in turn so they can exit the mat
- If the mats are permanently laid and the 2m safety zone between the training zones is matted, Instructor or volunteer student pair takes cloth and anti-virus disinfectant spray from container bag 2 and cleans the

entire safety area, then return spray and cloth and return to secondary container bag inside inner container bag 2

Mat exit and changing procedure for each student

- Make way to edge of mat where your zori/slippers are
- Take off mat shoes one at a time or sanitise feet, step into zori/slippers and put into inner container bag 2
- Clean hands with sanitising gel / liquid, then step off mat into zori/slippers

Mat stowing procedure – not required for permanent dojo

- Respecting 2m physical distancing requirement, in turn each student 'training bubble' stows all mats of their training zone in the stowage area so that they are stacked with like surfaces in contact.

if mats will be used by others in the next 72 hours

- *Instructor or volunteer takes cloth and anti-virus disinfectant spray from container bag 2 and cleans top surface of top mat and returns to secondary container bag inside inner container bag 2*

Changing to leave procedure

- Ensuring minimum physical distancing, make way to your bag and trainers in your changing area
- Take out tracksuit from inner container bag 3, take off zori/slippers and put tracksuit on over gi
- Take out waterproof (if worn) from inner container bag 3 and put on
- Get face mask out of container bag 3, put on and put zori into inner container bag 3
- Use sanitising gel / liquid to clean hands, put sanitising gel/liquid into inner container bag 1, close large bag containing inner container bags 1, 2 and 3 and ensuring minimum physical distancing leave dojo.

Requirements from the Training zone to the Assembly Point

Requirements where children are participants

- *The Distancing Marshall stands by exit of the dojo*
- *Respecting minimum 2m physical distancing the children form a queue behind the Distancing Marshall*
- *When either all the children are in the queue the children are led to the assembly point by the Distancing Marshall where 1 parent / carer for each child is waiting, while respecting at least 2m physical distancing requirement.*
- *Children wait in their 'training bubble's of 6 and are collected by the parent / carer under the supervision of the Distancing Marshall*

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 outfit (Tracksuit, gi, rash vest, balaclava, super absorbent towel and waterproof (if needed)) on a hot setting
- Wash the water bottle
- Disinfect zori, large bag, all inner container bags, pads and mitts
- Restock the sanitising gel/liquid, anti-virus disinfectant spray and mask

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)
 - Instructor throws mask onto training zone of person with symptoms and they put on
 - 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 14 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.

Roles

- Instructor
- Students
- Parents

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](#)
- Wear a mask on public transport if required by government guidance
- Wear your training outfit under a tracksuit (+ a coat if necessary) to keep the training outfit clean on the way to the training location or bring your clean gi in your bag and change in the changing rooms.

Requirements When Assembling

- Follow legal gathering limits

- Check and collect signed Screening Questionnaire – use club dropbox folder for this to respect GDPR requirements
- Check all students have sanitising gel/liquid and exclude if they don't
- 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 lays the mats of their training zone 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 instructor 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 of their 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 Distancing Marshall

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 outfit (Tracksuit, gi, rash vest, balaclava, super absorbent towel and waterproof (if needed)) on a hot setting
- Wash the water bottle
- Disinfect zori, large bag, pads and mitts
- Restock the sanitising gel/liquid

Level H

Timeline: Applicable when government approve full training and competition framework nationally and internationally again

Conditions

- None

General Pedagogical Recommendations

- Normal training

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 there is a proven vaccine or treatment and significant 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_pcph
@MSKlabs

Acknowledgements: William Hollyer, Jamie Kirkwood, Mark Chatwin

Design by: Max Lacey

In partnership with:



121

Appendix 6: BLANK CLUB RISK ASSESSMENT TEMPLATES

Template COVID-19 Return to Ju Jitsu Risk Assessment – Level B (Phase 0)

OUTSIDE



BJJAGB
Taking the right stance

TEMPLATE COVID-19 CLUB RISK ASSESSMENT – LEVEL B - 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.

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. Social distancing rules apply – 2 metres No congregating once training or has ended. 			

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.

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 outside limited by protection levels for the area https://sportscotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf .Instructors and students may use masks but this could restrict breathing.</p> <p>Students bring their own hand sanitiser</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>All attendees reminded of the following:</p> <ul style="list-style-type: none"> No bodily contact, including handshakes/high fives Avoid shouting at all times due to the increased risk of aerosol transmission. Social distancing rules apply – 2 metres No congregating once training or has ended. Form pods of 6, with participants from same household in same pod Any distanced partner based training must be between people in the same pod 			
Infected surfaces in the building e.g. door handles, mats	Students, Instructors, volunteers	<p>Inspect area, clear of any potential hazards and carry out checks before every session</p> <p>A decision will be made by organiser if weather conditions are prohibitive to the safety of the participants or the structure of the equipment.</p> <p>Ensure the activity is appropriate for the playing surface, adapted to ensure safety throughout</p> <p>Hand sanitiser brought to session by all students and instructors</p>	<p>All attendees reminded to:</p> <ul style="list-style-type: none"> Avoid touching high contact surfaces e.g. door handles, etc Use hand sanitiser frequently during training 			

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Infected equipment e.g. water bottles, towels, training equipment	Students, Instructors, volunteers	No changing rooms Instructors and students should arrive at the venue with their training attire 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 Only share equipment when instructor says to do so and it is cleaned between users 			
Lack of space to maintain social distancing	Students, Instructors, volunteers	Students and instructors each have individual changing areas and separate training zones separated by at least a 2m safety zone No contact training. Students mirror the actions of the instructor so as far as possible they are side to side rather than face to face Distancing marshals help manage distancing No spectators to be permitted	All attendees reminded to: Always stay at least 2 metres apart			
Transport to and from sessions	Students, Instructors, volunteers	Car-pooling should not be advocated and Travel restrictions followed				
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 Instructors and students should avoid leaving the 'dojo' unless it is to go to the toilet Use doors which lead directly into dojo if there are doors to access the space	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			
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				

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Social distancing not being adhered to due to first aid or injury treatment required or someone has any Covid-19 symptoms (New and persistent cough, Loss of taste /smell)	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 • all who leave self-isolate for 14 days <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			



Template COVID-19 Return to Ju Jitsu Risk Assessment – Level C (Phase 0)

INSIDE

TEMPLATE COVID-19 CLUB RISK ASSESSMENT – LEVEL C - 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 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. Social distancing rules apply – 2 metres 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, determined by a combination of 2m social distancing, individual changing area size, training zone size, dojo size and area protection levels https://sportscotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf including coaches and support staff.</p> <p>Face masks worn by all 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. Social distancing rules apply – 2 metres No congregating before, during any breaks or once training or has ended. Clear signage to ensure a singular flow of people in and out of the venue. Form pods of 6, with participants from same household in same pod Any distanced partner based training must be between people in the same pod 			

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	Instructors and students should arrive at the venue with their training attire under a covering layer (tracksuit) to avoid using changing rooms. 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	Students and instructors each have individual changing areas and separate training zones separated by at least a 2m safety zone No contact training. Train outside if possible Students mirror the actions of the instructor so as far as possible they are side to side rather than face to face Distancing marshals and access marshals help manage distancing between all attendees No spectators to be permitted	All attendees reminded to: <ul style="list-style-type: none"> Always stay 2 metres apart 			

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	Car-pooling should not be advocated and Travel restrictions followed				
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"> • Arrive changed, ready to • Train with a layer over their training clothes • 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 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 • all who leave self-isolate for 14 days <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			

Template COVID-19 Return to Ju Jitsu Risk Assessment – Level D1 (Phase 1)

OUTSIDE – RETURN TO EQUIPMENT

TEMPLATE COVID-19 CLUB RISK ASSESSMENT – LEVEL D1 – 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 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. Social distancing rules apply – 2 metres except when actively contact training with equipment No congregating once training or has ended. 			

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 outside limited by protection levels for the area https://sportsotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf , so is limited by instructor to student ratio requirements. Instructors and students may use masks but this could restrict breathing.</p> <p>Students bring their own hand sanitiser</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>All attendees reminded of the following:</p> <ul style="list-style-type: none"> No bodily contact, including handshakes/high fives Avoid shouting at all times due to the increased risk of aerosol transmission. Social distancing rules apply – 2 metres except when actively contact training with equipment No congregating once training or has ended. Form 'Field Bubbles', with same household in same 'Field Bubble' Any equipment contact training must be between people in the same 'Training Bubble' 			
Infected surfaces in the building e.g. door handles, mats	Students, Instructors, volunteers	<p>Inspect area, clear of any potential hazards and carry out checks before every session</p> <p>A decision will be made by organiser if weather conditions are prohibitive to the safety of the participants or the structure of the equipment.</p> <p>Ensure the activity is appropriate for the playing surface, adapted to ensure safety throughout</p> <p>Hand sanitiser brought to session by all students and instructors</p>	<p>All attendees reminded to:</p> <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	<p>No changing rooms</p> <p>Instructors and students should arrive at the venue with their training attire</p> <p>All students and instructors bring their own equipment including water bottles</p>	<p>All attendees reminded to:</p> <ul style="list-style-type: none"> Not share water bottles Only share equipment when instructor says to do so and it is cleaned between users 			

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Lack of space to maintain social distancing	Students, Instructors, volunteers	<p>Students and instructors each have individual changing areas and separate training zones separated by at least a 2m safety zone</p> <p>No direct personal contact or contact with clothing unless same household. Contact only with handheld and wearable equipment</p> <p>Students mirror the actions of the instructor so as far as possible they are side to side rather than face to face</p> <p>Distancing marshals help manage distancing</p> <p>No spectators to be permitted</p>	<p>All attendees reminded to:</p> <ul style="list-style-type: none"> Always stay at least 2 metres when not actively contact training with equipment 			
Transport to and from sessions	Students, Instructors, volunteers	<p>Car-pooling should not be advocated and Travel restrictions followed</p>				
Infection passed on by non-participants i.e. spectators and members of the public	Students, Instructors, volunteers	<p>Instructors and volunteers should meet students at assembly point outside</p> <p>Instructors and students should avoid leaving the 'dojo' unless it is to go to the toilet</p> <p>Use doors which lead directly into dojo if there are doors to access the space</p>	<p>All attendees reminded to:</p> <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	<p>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</p>	<p>Those individuals with underlying medical conditions to complete Appendix 3 of the Return to Ju Jitsu Guidance</p>			
Risk to those returning to participate after being affected severely by Covid-19	Students, Instructors, volunteers	<p>Follow medical guidance and/or Return to Ju Jitsu Guidance Appendix 5: ICL Returning to training following mild suspected Covid-19 infection</p>				

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Social distancing not being adhered to due to first aid or injury treatment required or someone has any Covid-19 symptoms (New and persistent cough, Loss of taste /smell)	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 • all who leave self-isolate for 14 days <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			

Template COVID-19 Return to Ju Jitsu Risk Assessment – Level D2 (Phase 2)

OUTSIDE – RETURN TO CONTACT TRAINING

TEMPLATE COVID-19 CLUB RISK ASSESSMENT – LEVEL D2 – 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 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. Social distancing rules apply – 2 metres except when actively contact training No congregating once training or has ended. 			

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 outside limited by protection levels for the area https://sportscotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf , so is limited by instructor to student ratio requirements. Instructors and students may use masks but this could restrict breathing.</p> <p>Students bring their own hand sanitiser</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>All attendees reminded of the following:</p> <ul style="list-style-type: none"> No bodily contact, including handshakes/high fives Avoid shouting at all times due to the increased risk of aerosol transmission. Social distancing rules apply – 2 metres except when actively contact training No congregating once training or has ended. Form 'Field Bubbles', with same household in same 'Field Bubble' Any contact training must be between people in the same 'Training Bubble' 			
Infected surfaces in the building e.g. door handles, mats	Students, Instructors, volunteers	<p>Inspect area, clear of any potential hazards and carry out checks before every session</p> <p>A decision will be made by organiser if weather conditions are prohibitive to the safety of the participants or the structure of the equipment.</p> <p>Ensure the activity is appropriate for the playing surface, adapted to ensure safety throughout</p> <p>Hand sanitiser brought to session by all students and instructors</p>	<p>All attendees reminded to:</p> <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	<p>No changing rooms</p> <p>Instructors and students should arrive at the venue with their training attire</p> <p>All students and instructors bring their own equipment including water bottles</p>	<p>All attendees reminded to:</p> <ul style="list-style-type: none"> Not share water bottles Only share equipment when instructor says to do so and it is cleaned between users 			

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Lack of space to maintain social distancing	Students, Instructors, volunteers	<p>Students and instructors each have individual changing areas and separate training zones separated by at least a 2m safety zone</p> <p>Direct personal contact and contact with clothing is allowed only for contract training</p> <p>Students mirror the actions of the instructor so as far as possible they are side to side rather than face to face</p> <p>Distancing marshals help manage distancing</p> <p>No spectators to be permitted</p>	<p>All attendees reminded to:</p> <ul style="list-style-type: none"> Always stay at least 2 metres when not actively contact training 			
Transport to and from sessions	Students, Instructors, volunteers	<p>Car-pooling should not be advocated and Travel restrictions followed</p>				
Infection passed on by non-participants i.e. spectators and members of the public	Students, Instructors, volunteers	<p>Instructors and volunteers should meet students at assembly point outside of the building</p> <p>Instructors and students should avoid leaving the dojo unless it is to go to the toilet</p> <p>Use doors which lead directly into dojo if there are doors to access the space</p>	<p>All attendees reminded to:</p> <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	<p>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</p>	<p>Those individuals with underlying medical conditions to complete Appendix 3 of the Return to Ju Jitsu Guidance</p>			
Risk to those returning to participate after being affected severely by Covid-19	Students, Instructors, volunteers	<p>Follow medical guidance and/or Return to Ju Jitsu Guidance Appendix 5: ICL Returning to training following mild suspected Covid-19 infection</p>				

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Social distancing not being adhered to due to first aid or injury treatment required or someone has any Covid-19 symptoms (New and persistent cough, Loss of taste /smell)	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 • all who leave self-isolate for 14 days <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			

Template COVID-19 Return to Ju Jitsu Risk Assessment – Level D3 (Phase 3)

OUTSIDE – RETURN TO COMPETITION

TEMPLATE COVID-19 CLUB RISK ASSESSMENT – LEVEL D3 - 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 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	Signs detailing COVID-19 symptoms at venue/court entrance 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	All attendees reminded of the following: <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. Social distancing rules apply – 2 metres except when actively contact training No congregating once training or has ended. 			

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 outside limited by protection levels for the area https://sportscotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf , so is limited by instructor to student ratio requirements. Instructors and students may use masks but this could restrict breathing. 2 weeks between participation in Phase 3 events.</p> <p>Students bring their own hand sanitiser</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>All attendees reminded of the following:</p> <ul style="list-style-type: none"> No bodily contact, including handshakes/high fives Avoid shouting at all times due to the increased risk of aerosol transmission. Social distancing rules apply – 2 metres except when actively contact training No congregating once training or has ended. Form 'Field Bubbles', with same household in same 'Field Bubble' Contact training between 'Training Bubbles' is possible for competition only 			
Infected surfaces in the building e.g. door handles, mats	Students, Instructors, volunteers	<p>Inspect area, clear of any potential hazards and carry out checks before every session</p> <p>A decision will be made by organiser if weather conditions are prohibitive to the safety of the participants or the structure of the equipment.</p> <p>Ensure the activity is appropriate for the playing surface, adapted to ensure safety throughout</p> <p>Hand sanitiser brought to session by all</p>	<p>All attendees reminded to:</p> <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	<p>No changing rooms</p> <p>Instructors and students should arrive at the venue with their training attire</p> <p>All students and instructors bring their own equipment including water bottles</p>	<p>All attendees reminded to:</p> <ul style="list-style-type: none"> Not share water bottles Only share equipment when instructor says to do so and it is cleaned between users 			

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Lack of space to maintain social distancing	Students, Instructors, volunteers	<p>Students and instructors each have individual changing areas and separate training zones separated by at least a 2m safety zone</p> <p>Direct personal contact and contact with clothing is allowed only for contract training</p> <p>Students mirror the actions of the instructor so as far as possible they are side to side rather than face to face</p> <p>Distancing marshals help manage distancing</p> <p>No spectators to be permitted</p>	<p>All attendees reminded to:</p> <ul style="list-style-type: none"> Always stay at least 2 metres when not actively contact training 			
Transport to and from sessions	Students, Instructors, volunteers	<p>Car-pooling should not be advocated and Travel restrictions followed</p>				
Infection passed on by non-participants i.e. spectators and members of the public	Students, Instructors, volunteers	<p>Instructors and volunteers should meet students at assembly point outside</p> <p>Instructors and students should avoid leaving the 'dojo' unless it is to go to the toilet</p> <p>Use doors which lead directly into dojo if there are doors to access the space</p>	<p>All attendees reminded to:</p> <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	<p>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</p>	<p>Those individuals with underlying medical conditions to complete Appendix 3 of the Return to Ju Jitsu Guidance</p>			
Risk to those returning to participate after being affected severely by Covid-19	Students, Instructors, volunteers	<p>Follow medical guidance and/or Return to Ju Jitsu Guidance Appendix 5: ICL Returning to training following mild suspected Covid-19 infection</p>				

WHAT ARE THE RISKS?	WHO MIGHT BE HARMED?	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Social distancing not being adhered to due to first aid or injury treatment required or someone has any Covid-19 symptoms (New and persistent cough, Loss of taste /smell)	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 • all who leave self-isolate for 14 days <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			

Template COVID-19 Return to Ju Jitsu Risk Assessment – Level E1 (Phase 1)

INSIDE – RETURN TO EQUIPMENT

TEMPLATE COVID-19 CLUB RISK ASSESSMENT – LEVEL E1 - 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 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	Signs detailing COVID-19 symptoms at venue/court entrance 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	All attendees reminded of the following: <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. Social distancing rules apply – 2 metres except when actively contact training with equipment 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, determined by a combination of 2m social distancing, individual changing area size, training zone size, dojo size and area protection levels https://sportscotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf . Ensure no mixing of 'Training Bubbles' (6 adults / 15 children), with same household in same 'Training Bubble'.</p> <p>Face masks worn by all (except if U11) apart from when actually training and 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. Social distancing rules apply – 2 metres except when actively contact training with equipment No congregating once training or has ended. Clear signage to ensure a singular flow of people in and out of the venue. Form 'Training Bubbles' of (6 adults / 15 children), with same household in same 'Training Bubble' Any equipment contact training must be between people in the same 'Training Bubble' 			

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	Instructors and students should arrive at the venue with their training attire under a covering layer (tracksuit) to avoid using changing rooms. 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	Students and instructors each have individual changing areas and separate training zones separated by at least a 2m safety zone No direct personal contact or contact with clothing unless same household. Contact only with handheld and wearable equipment Students mirror the actions of the instructor so as far as possible they are side to side rather than face to face Distancing marshals and access marshals help manage distancing between all attendees No spectators to be permitted	All attendees reminded to: <ul style="list-style-type: none"> Always stay 2 metres apart when not actively contact training with equipment 			

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	Car-pooling should not be advocated and Travel restrictions followed				
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"> • Arrive changed, ready to • Train with a layer over their training clothes • 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 • all who leave self-isolate for 14 days <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			

Template COVID-19 Return to Ju Jitsu Risk Assessment – Level E2 (Phase 2)

INSIDE – RETURN TO CONTACT TRAINING



BJJAGB
Taking the right stance

TEMPLATE COVID-19 CLUB RISK ASSESSMENT – LEVEL E2 - 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 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	Signs detailing COVID-19 symptoms at venue/court entrance 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	All attendees reminded of the following: <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. Social distancing rules apply – 2 metres 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, determined by a combination of 2m social distancing, individual changing area size, training zone size, dojo size and area protection levels https://sportscotland.org.uk/media/6642/return-to-sport-and-physical-activity-guidance-200521-final.pdf , including coaches and support staff.</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. Social distancing rules apply – 2 metres 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. Form 'Training Bubbles' (6 adults / 15 children), with same household in same 'Training Bubble' Any equipment contact training must be between people in the same 'Training Bubble' 			

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	Instructors and students should arrive at the venue with their training attire under a covering layer (tracksuit) to avoid using changing rooms. 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	Students and instructors each have individual changing areas and separate training zones separated by at least a 2m safety zone 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 Distancing marshals and access marshals help manage distancing between all attendees No spectators to be permitted	All attendees reminded to: <ul style="list-style-type: none"> Always stay 2 metres when not actively contract 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	Car-pooling should not be advocated and Travel restrictions followed				
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"> • Arrive changed, ready to • Train with a layer over their training clothes • 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 • all who leave self-isolate for 14 days <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			

Template COVID-19 Return to Ju Jitsu Risk Assessment – Level F (Phase 3)

INSIDE – RETURN TO COMPETITION



BJJAGB
Taking the right stance

TEMPLATE COVID-19 CLUB RISK ASSESSMENT – LEVEL F - 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 Ju Jitsu Guidance and other Health and Safety and Safeguarding documents. The risk assessment process must be a 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. Social distancing rules apply – 2 metres 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, determined by a combination of 2m social distancing, individual changing area size, training zone size, dojo size and government guidance on maximum facility capacity, including coaches and support staff. Ensure no mixing of 'Training Bubbles' (6 adults / 15 children. 2 weeks between participation in Phase 3 events.</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. Social distancing rules apply – 2 metres 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. Form 'Training Bubbles' (6 adults / 15 children), with same household in same 'Training Bubble' Contact training between 'Training Bubbles' is possible for competition only 			

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	Instructors and students should arrive at the venue with their training attire under a covering layer (tracksuit) to avoid using changing rooms. 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	Students and instructors each have individual changing areas and separate training zones separated by at least a 2m safety zone 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 Distancing marshals and access marshals help manage distancing between all attendees 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	Car-pooling should not be advocated and Travel restrictions followed				
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"> • Arrive changed, ready to • Train with a layer over their training clothes • 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 • all who leave self-isolate for 14 days <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			