

A Safe Return To Judo Club Risk Assessment Templates



| Description | Hazard | Control Measures | In Place | Initials | Initials |
|-------------------------|---|--|----------|----------|----------|
| Indoor/Premises | <ul style="list-style-type: none"> Access to the Building Registration/Signing in/Tracking all people in attendance Spread of Infection Judo Mats Changing Rooms/Toilets | <ul style="list-style-type: none"> Set procedures in place to minimise social contact. Signage in place to explain processes. Players/parents sent guidance/procedures sheet prior to session. Ensure every person who enters the building has registered/Signed in, to enable tracking of the virus if anyone attending tests positive. All those in attendance must thoroughly wash hands/use sanitizer, as per government guidelines on arrival. Mats to be laid by designated centre staff/volunteers who are aware of safe manual handling and kinetic lifting techniques and wearing recommended PPE, disposed of in a provided pedal bin. Ensure mats are thoroughly cleaned prior to starting the session with Government recommended products, allowing for enough time for them to completely dry. An inspection is carried out to ensure the mats are completely dry and there are no gaps or signs of damage. Ensure mats are again cleaned prior to packing them away Mats to be picked up by designated staff/volunteers who are aware of manual handling and kinetic lifting techniques and wearing recommended PPE. Ensure all members, parents and spectators are aware of the social distancing protocol/guidance, using Toilets and Changing rooms in advance of the session. Encourage participants to arrive already changed and avoid changing rooms if possible. Ensure signage is in place to enforce these measures. | | | |
| Outdoor Training | <ul style="list-style-type: none"> Surfaces & Equipment (Doors/Tables/Chairs/ Coaching Props) Inclement or adverse weather conditions Social Distancing Playing surface | <ul style="list-style-type: none"> Ensure all Doors/Handles/Tables/Chairs & any equipment used are thorough cleaned before and after every session. A decision will be made by organiser if weather conditions are prohibitive to the safety of the participants or the structure of the equipment. Ensure all participants can adhere to the government guidelines for social distancing throughout all of the session. Ensure the activity is appropriate for the playing surface, adapted to ensure safety throughout, no throwing unless using a dummy/prop. Non-contact throughout unless from same household. Inspect area and clear of any potential hazards | | | |
| Mats | <ul style="list-style-type: none"> Mat Mats can separate. Care will be needed to make sure any gaps are closed | <ul style="list-style-type: none"> 1m x 1m/2m x 1m mats will be used, coverage; 3m x 3m per junior participant (U12). 4m x 4m per senior (12+) participant. Clearly mark out individual mat areas or make separate areas of a larger mat area with tape or different coloured mats. Mats comply to standards* There may be a need occasionally to temporarily halt activity and push any displaced mats back into position | | | |

| Description | Hazard | Control Measures | in Place | Initials | Initials |
|--|--|---|----------|----------|----------|
| <p>First Aid</p> <p>General Injuries</p> | <ul style="list-style-type: none"> Fully stocked and available First aid kit Non-threatening injuries Accidents requiring further treatment | <ul style="list-style-type: none"> Required to treat minor injuries, abrasions Cleaned and replenished after every use. Coaches are first aid trained A designated First Aider will always be on site. First Aid incidents will be recorded | | | |
| <p>Controlled Session / Adapted Activity</p> | <ul style="list-style-type: none"> Injuries to Athletes Spread of Infection | <ul style="list-style-type: none"> A warmup and cool down will be conducted for the session. Keeping within the individual/sectioned off mat areas. All participants are covered for taster sessions as part of club's Public liability insurance Non-contact / Use of Throwing Dummies/Props, unless from same household. Judo training will only take place under the direct supervision of a qualified BJA or UKCC level 2 Coaches, who are also trained in first aid, have undergone safeguarding young people and vulnerable adults training and have a clear DBS check. Online Coaching - Qualified Coach – With a parent present and aware of session outcomes. The demonstration of technique and Judo activity will only be carried out by qualified and insured judoka and in line with the mat area size and conditions. | | | |
| <p>Safeguarding</p> | | <ul style="list-style-type: none"> BJA Safeguarding policy will be adhered to throughout all club activities. All Coaches and Volunteers hold a clear and current DBS and valid coaching qualification. | | | |

| | |
|-------------------------------------|--|
| Head Coach/Club Official Signature: | |
| Date: | |

EXAMPLE 1: Community Judo Club A

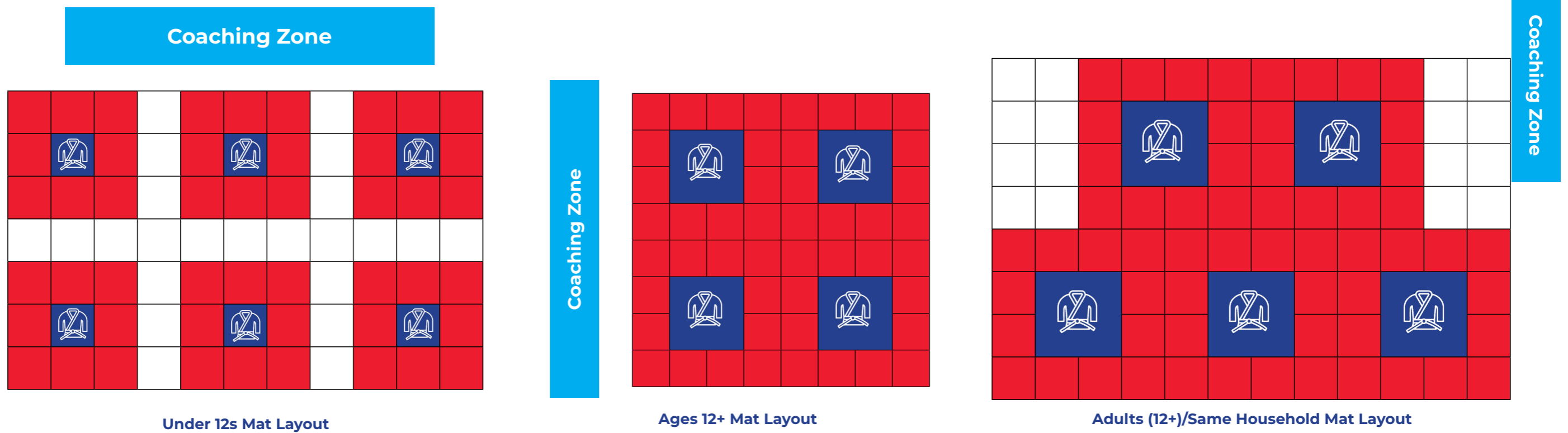
The Community Judo Club operates from a council run community centre, usually with a 7m x 11m (77sqm) matted area, which is stored in a cupboard in the corner of the hall where their training takes place. The mats are normally set up and packed away by volunteers before and after each session. The centre consists of a communal seating area, main hall, toilets and a kitchen.

Normally the club operate two main club nights each week, split into two separate age banded sessions (Juniors U12 & Adults 12+). To adhere to the current social distancing measures, the club are designating one club night to Juniors and the other club night to Adults (12+). This will ensure the club can lay out a mat configuration that best suits each age group. The club will be laying out their mats in clearly sectioned off (Minimum 3m by 3m per junior participant/Minimum 4m by 4m per adult participant) into equal individual training areas. The club will also ensure coaches follow the social distancing guidance by staying within sectioned off areas (Coaching Zones) specifically for coaches. (Example Mat Layouts on next page). The club have purchased 3 additional 1msq mats to allow them to offer 5 individual mat areas suitable for adults or up to 10 players where 5 pairs that have a partner from the same household. For example; 5 participants with their siblings as partners.

In normal circumstances, the club deliver a mixture of 1 hour & 1-and-a-half-hour sessions. To consider the reduced numbers of participants attending each session and also allow for cleaning of the mats and equipment between each session, the club will now be operating; 3x45 minute non-contact Judo fitness sessions for their Juniors and 2x1 hour non-contact fitness sessions for their adult members, as well as a separate 1 hour 'Same household' session. They will also set a 15-minute window of time between each of the sessions for cleaning of mats/equipment and the safe changeover of participants.

Before restarting any activity, the club will notify British Judo and ensure they have read the latest guidance documents and completed a 'Covid-19' specific Risk Assessment. The club will also notify members of the new procedures and protocol in place before participants arrive, also reminding the members of the restrictions in place, outlining the non-contact nature of the session. The club have downloaded the British Judo resources/posters/signs and displayed them visibly around the centre to remind members & participants of the restrictions/procedures in place, in terms of hygiene (Ensuring everyone utilises hand sanitizer) and that the toilets/changing rooms are only to be used in an emergency. The club will also ensure the communal seating area is cordoned off and the kitchen is marked as out of bounds.

Example Mat Layouts



Club Name: *Community Judo Club*

Venue address: *Community Judo Club, West Vale Community Centre, CJC BJA*

Venue Type: *Medium Sized Mat Area 7m x 7m (49m²) - 14m x 14m (196m²)*

Completed by: _____ **Date:** _____

Normal Minimum Standards:

- Minimum Coaching Qualification Levels
- Ratio of Supervision** – 1 supervisor per 20 students in a club environment and up to 30 students in a school environment.

For the purpose of this document judo performed in a school environment is defined as judo delivered as part of the school's curriculum or in a school approved breakfast, lunchtime or after school club held on the school's premises.

** The above is the judo supervision ratios however clubs/coaches also need to remember that there are minimum general supervision ratios, which must also be followed.

The NSPCC Child Protection in Sport Unit website has the latest guidelines; www.thecpsu.org.uk - Supervision Staffing Ratios

Covid-19 Adapted Minimum Standards:

- Minimum Coaching Qualification Levels
- Ratio of Supervision** 1 supervisor per 10 students in a club environment and up to 10 in a school environment.
 - Coaches are advised to maintain the current governments social distancing rules throughout.

For the purpose of this document judo performed in a school environment is defined as judo delivered as part of the school's curriculum or in a school approved breakfast, lunchtime or after school club held on the school's premises.

• Mat Standards – Mats must comply with EN12503-3: 2001. The tatami must be firm under foot and have adequate shock absorbing properties. We recommend 230 kg per cubic metre density for club and competition environments. Mat surfaces must not be torn or tattered and should have a strong base to ensure they do not slide during activities. We recommend each mat has minimum 40mm thickness.

• Mat Spacing Standards – depending on the type of activity and intensity for practice or Randori there should be adequate spacing to ensure there is a safe area in which to participate. Recommended ratio of mat area per junior players is 3m x 3m, with senior players having 4m x 4m.

Covid-19 Adapted Mat Area Ratio

- Mat Standards remain unchanged as above.
- Mat Spacing Standards – Clubs must adhere to the governments published social distancing rules, clubs must also observe the following recommendations:
- Player to Mat Area Ratio
 - Under 12 years 3m x 3m Mat Area per player
 - Over 12 years (13+) 4m x 4m Mat Area per player
 - Same household full contact 4m x 4m Mat Area per two same household players
- Supervised Non-Mat Based/Outdoor Fitness Activity
 - Current government advised social distancing must always be adhered to.
 - One coach per 10 students in an outdoor space/environment, ensuring there is a big enough area to obey to the latest social distancing guidelines.
 - Latest Government Covid-19 Guidance
- Virtual Judo/Fitness Activity
 - Practice needs to be safe and appropriate for the participants.
 - Parents must be aware
 - Do not practice activities fully (e.g. 'throwing' unless on a safe surface with a partner who can land safely without being injured – this could be a Judo trained family member, Throwing Dummies/ Training Props).
 - Techniques should be performed with complete control throughout.
 - Ensure participants thoroughly understand and practice the disciplines and spirit of Judo e.g. Respect for Coaches, Partner safety and what is appropriate Judo behaviour.
 - Ensure all participants have a valid BJA Membership in place.
 - www.nspcc.org.uk - Online Safety for Organisations and Groups

Policy Documents:

- BJA Coaching Code of Ethics Document - <https://www.britishjudo.org.uk/wp-content/uploads/2019/12/Coaches-Codes-of-Conduct-and-Ethics-January-2020.pdf>
- BJA Safelandings Polices & Procedures - <https://www.britishjudo.org.uk/wp-content/uploads/2020/01/Safelandings-October-2019.pdf>
- BJA Policies & Guidelines - <https://www.britishjudo.org.uk/the-british-judo-association/governance/policies-and-guidelines/>
- Equality Policies & guidelines - <https://www.britishjudo.org.uk/the-british-judo-association/governance/policies-and-guidelines/equality-and-diversity/>

| Description | Hazard | Control Measures | In Place | Initials | Initials |
|-------------------------|---|--|---|----------|----------|
| Indoor/Premises | <ul style="list-style-type: none"> Access to the Building Registration/Signing in/Tracking all people in attendance Spread of Infection Judo Mats Changing Rooms/Toilets | <ul style="list-style-type: none"> Set procedures in place to minimise social contact. Signage in place to explain processes. Players/parents sent guidance/procedures sheet prior to session. Ensure every person who enters the building has registered/Signed in, to enable tracking of the virus if anyone attending tests positive. All those in attendance must thoroughly wash hands/use sanitizer, as per government guidelines on arrival. Mats to be laid by designated centre staff/volunteers who are aware of safe manual handling and kinetic lifting techniques and wearing recommended PPE, disposed of in a provided pedal bin. Ensure mats are thoroughly cleaned prior to starting the session with Government recommended products, allowing for enough time for them to completely dry. An inspection is carried out to ensure the mats are completely dry and there are no gaps or signs of damage. Ensure mats are again cleaned prior to packing them away Mats to be picked up by designated staff/volunteers who are aware of manual handling and kinetic lifting techniques and wearing recommended PPE. Ensure all members, parents and spectators are aware of the social distancing protocol/guidance, using Toilets and Changing rooms in advance of the session. Encourage participants to arrive already changed and avoid changing rooms if possible. Ensure signage is in place to enforce these measures. | <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |
| Outdoor Training | <ul style="list-style-type: none"> Surfaces & Equipment (Doors/Tables/Chairs/ Coaching Props) Inclement or adverse weather conditions Social Distancing Playing surface | <ul style="list-style-type: none"> Ensure all Doors/Handles/Tables/Chairs & any equipment used are thorough cleaned before and after every session. A decision will be made by organiser if weather conditions are prohibitive to the safety of the participants or the structure of the equipment. Ensure all participants can adhere to the government guidelines for social distancing throughout all of the session. Ensure the activity is appropriate for the playing surface, adapted to ensure safety throughout, no throwing unless using a dummy/prop. Non-contact throughout unless from same household. Inspect area and clear of any potential hazards | <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |
| Mats | <ul style="list-style-type: none"> Mats Mats can separate. Care will be needed to make sure any gaps are closed | <ul style="list-style-type: none"> 1m x 1m/2m x 1m mats will be used, coverage; 3m x 3m per junior participant (U12). 4m x 4m per senior (12+) participant. Clearly mark out individual mat areas or make separate areas of a larger mat area with tape or different coloured mats. Mats comply to standards* There may be a need occasionally to temporarily halt activity and push any displaced mats back into position | <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |

| Description | Hazard | Control Measures | in Place | Initials | Initials |
|--|--|---|---|----------|----------|
| <p>First Aid</p> <p>General Injuries</p> | <ul style="list-style-type: none"> Fully stocked and available First aid kit Non-threatening injuries Accidents requiring further treatment | <ul style="list-style-type: none"> Required to treat minor injuries, abrasions Cleaned and replenished after every use. Coaches are first aid trained A designated First Aider will always be on site. First Aid incidents will be recorded | <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |
| <p>Controlled Session / Adapted Activity</p> | <ul style="list-style-type: none"> Injuries to Athletes Spread of Infection | <ul style="list-style-type: none"> A warmup and cool down will be conducted for the session. Keeping within the individual/sectioned off mat areas. All participants are covered for taster sessions as part of club's Public liability insurance Non-contact / Use of Throwing Dummies/Props, unless from same household. Judo training will only take place under the direct supervision of a qualified BJA or UKCC level 2 Coaches, who are also trained in first aid, have undergone safeguarding young people and vulnerable adults training and have a clear DBS check. Online Coaching - Qualified Coach – With a parent present and aware of session outcomes. The demonstration of technique and Judo activity will only be carried out by qualified and insured judoka and in line with the mat area size and conditions. | <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |
| <p>Safeguarding</p> | | <ul style="list-style-type: none"> BJA Safeguarding policy will be adhered to throughout all club activities. All Coaches and Volunteers hold a clear and current DBS and valid coaching qualification. | <p>Yes</p> <p>Yes</p> | | |

EXAMPLE 2: Small School Judo Club

Coach John normally delivers an afterschool judo club once a week. Typically, there are up to 20 participants on the session for 1 hour, but with social distancing, he is changing his delivery to instead provide two separate sessions of 45 minutes for 10 Judokas in each session over two separate days. He has also considered running two 45-minute sessions with a 15 minute gap in between them, to clean any equipment, but doesn't believe this format would work in a school environment, so is favouring running them on a separate days, as the session is generally used as a child care provision.

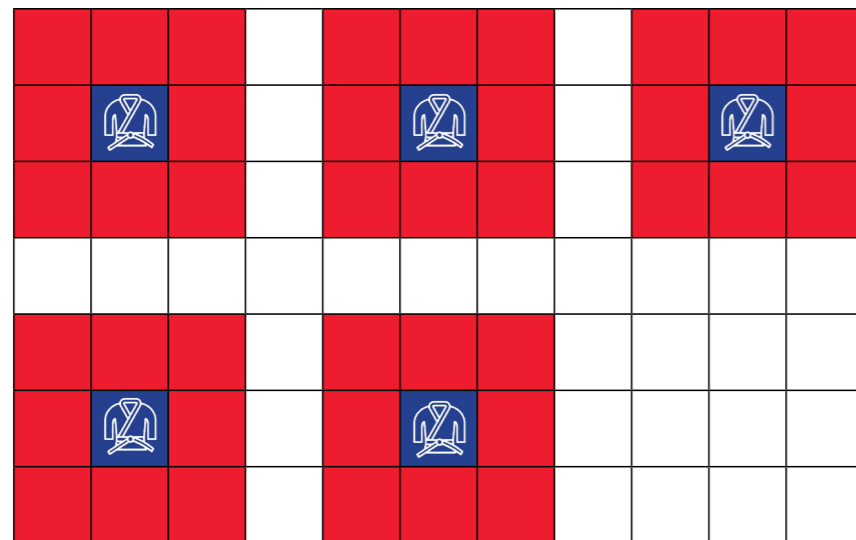
In order to adhere to social distancing, John has adapted the usual session format, as the usual 7m by 7m mat area would only safely permit 4 under 12 participants. With this being the case, John has decided to deliver a non-mat based Judo fitness session instead, as the school hall & playground (if the weather is nice), will allow for 10 participants to safely take part, whilst adhering to social distancing measures.

John will be marking off each participant's individual training area with tape. John will be notifying all the participants & parents/guardians of these measures in advance and reminding the participants at the beginning of each session. As well as reinforcing the non-contact nature of the session and promoting and enforcing the hygiene procedures.

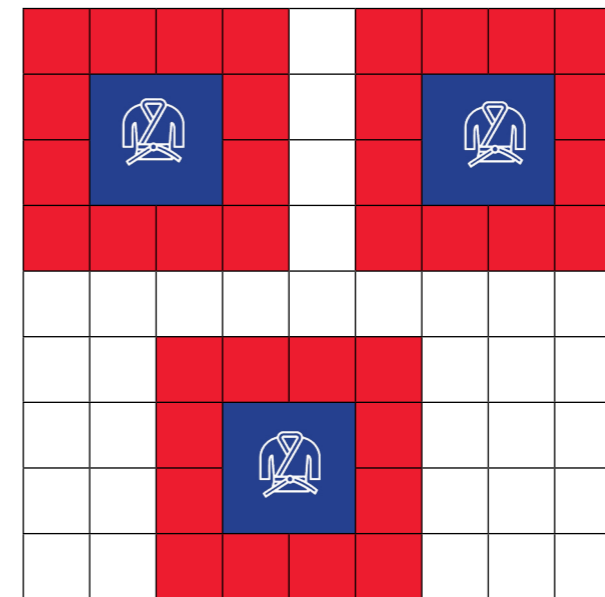
EXAMPLE 3: Virtual Dojo Template Scenario

This is; ZOOM Judo Club

- Usual facility is not suitable for adhering to the current social distancing guidance
- Unable to access normal facility, due to closures
- A club that are unable to accommodate all of their existing members, with the Covid-19 adaptations protocol in place.
- A club that wish to start/continue offering an online provision beyond Covid-19 restrictions.
- A club that wish to offer a mixture or restricted access/adapted provision, whilst also offering online coaching sessions.



Under 12s Mat Layout



Adults (Ages 12+/Same Household) Mat Layout

Club Name: School Judo Club/Zoom Judo Club

Venue address:

Venue Type: Small Mat Area (3m x 3m), No Mat Area, Online Home-based training)

Completed by: **Date:**

Normal Minimum Standards:

- Minimum Coaching Qualification Levels
- Ratio of Supervision** – 1 supervisor per 20 students in a club environment and up to 30 students in a school environment.

For the purpose of this document judo performed in a school environment is defined as judo delivered as part of the school's curriculum or in a school approved breakfast, lunchtime or after school club held on the school's premises.

** The above is the judo supervision ratios however clubs/coaches also need to remember that there are minimum general supervision ratios, which must also be followed.

The NSPCC Child Protection in Sport Unit website has the latest guidelines; www.thecpsu.org.uk - Supervision Staffing Ratios

Covid-19 Adapted Minimum Standards:

- Minimum Coaching Qualification Levels
- Ratio of Supervision** 1 supervisor per 10 students in a club environment and up to 10 in a school environment.
 - Coaches are advised to maintain the current governments social distancing rules throughout.

For the purpose of this document judo performed in a school environment is defined as judo delivered as part of the school's curriculum or in a school approved breakfast, lunchtime or after school club held on the school's premises.

• Mat Standards – Mats must comply with EN12503-3: 2001. The tatami must be firm under foot and have adequate shock absorbing properties. We recommend 230 kg per cubic metre density for club and competition environments. Mat surfaces must not be torn or tattered and should have a strong base to ensure they do not slide during activities. We recommend each mat has minimum 40mm thickness.

• Mat Spacing Standards – depending on the type of activity and intensity for practice or Randori there should be adequate spacing to ensure there is a safe area in which to participate. Recommended ratio of mat area per athlete 1:2m²

Covid-19 Adapted Mat Area Ratio

- Mat Standards remain unchanged as above.
- Mat Spacing Standards – Clubs must adhere to the governments published social distancing rules, clubs must also observe the following recommendations:
 - **Player to Mat Area Ratio**
 - Under 12 years 3m x 3m Mat Area per player
 - Over 12 years (13+) 4m x 4m Mat Area per player
 - Same household full contact 4m x 4m Mat Area per two same household players
 - **Supervised Non-Mat Based/Outdoor Fitness Activity**
 - Current government advised social distancing must always be adhered to.
 - One coach per 10 students in an outdoor space/environment, ensuring there is a big enough area to obey to the latest social distancing guidelines.
 - Latest Government Covid-19 Guidance
 - **Virtual Judo/Fitness Activity**
 - Practice needs to be safe and appropriate for the participants.
 - Parents must be aware
 - Do not practice activities fully (e.g. 'throwing' unless on a safe surface with a partner who can land safely without being injured – this could be a Judo trained family member, Throwing Dummies/ Training Props).
 - Techniques should be performed with complete control throughout.
 - Ensure participants thoroughly understand and practice the disciplines and spirit of Judo e.g. Respect for Coaches, Partner safety and what is appropriate Judo behaviour.
 - Ensure all participants have a valid BJA Membership in place.
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- Equality Policies & guidelines - <https://www.britishjudo.org.uk/the-british-judo-association/governance/policies-and-guidelines/equality-and-diversity/>

| Description | Hazard | Control Measures | In Place | Initials | Initials |
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| Indoor/Premises | <ul style="list-style-type: none"> Access to the Building Registration/Signing in/Tracking all people in attendance Spread of Infection Judo Mats Changing Rooms/Toilets | <ul style="list-style-type: none"> Set procedures in place to minimise social contact. Signage in place to explain processes. Players/parents sent guidance/procedures sheet prior to session. Ensure every person who enters the building has registered/Signed in, to enable tracking of the virus if anyone attending tests positive. All those in attendance must thoroughly wash hands/use sanitizer, as per government guidelines on arrival. Mats to be laid by designated centre staff/volunteers who are aware of safe manual handling and kinetic lifting techniques and wearing recommended PPE, disposed of in a provided pedal bin. Ensure mats are thoroughly cleaned prior to starting the session with Government recommended products, allowing for enough time for them to completely dry. An inspection is carried out to ensure the mats are completely dry and there are no gaps or signs of damage. Ensure mats are again cleaned prior to packing them away Mats to be picked up by designated staff/volunteers who are aware of manual handling and kinetic lifting techniques and wearing recommended PPE. Ensure all members, parents and spectators are aware of the social distancing protocol/guidance, using Toilets and Changing rooms in advance of the session. Encourage participants to arrive already changed and avoid changing rooms if possible. Ensure signage is in place to enforce these measures. | <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |
| Outdoor Training | <ul style="list-style-type: none"> Surfaces & Equipment (Doors/Tables/Chairs/ Coaching Props) Inclement or adverse weather conditions Social Distancing Playing surface | <ul style="list-style-type: none"> Ensure all Doors/Handles/Tables/Chairs & any equipment used are thoroughly cleaned before and after every session. A decision will be made by organiser if weather conditions are prohibitive to the safety of the participants or the structure of the equipment. Ensure all participants can adhere to the government guidelines for social distancing throughout all of the session. Ensure the activity is appropriate for the playing surface, adapted to ensure safety throughout, no throwing unless using a dummy/prop. Non-contact throughout unless from same household. Inspect area and clear of any potential hazards | <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |
| Mats | <ul style="list-style-type: none"> Mats Mats can separate. Care will be needed to make sure any gaps are closed | <ul style="list-style-type: none"> 1m x 1m/2m x 1m mats will be used, coverage; 3m x 3m per junior participant (U12). 4m x 4m per senior (12+) participant. Clearly mark out individual mat areas or make separate areas of a larger mat area with tape or different coloured mats. Mats comply to standards* There may be a need occasionally to temporarily halt activity and push any displaced mats back into position | <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |

| Description | Hazard | Control Measures | in Place | Initials | Initials |
|--|--|---|---|----------|----------|
| <p>First Aid</p> <p>General Injuries</p> | <ul style="list-style-type: none"> Fully stocked and available First aid kit Non-threatening injuries Accidents requiring further treatment | <ul style="list-style-type: none"> Required to treat minor injuries, abrasions Cleaned and replenished after every use. Coaches are first aid trained A designated First Aider will always be on site. First Aid incidents will be recorded | <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |
| <p>Controlled Session / Adapted Activity</p> | <ul style="list-style-type: none"> Injuries to Athletes Spread of Infection | <ul style="list-style-type: none"> A warmup and cool down will be conducted for the session. Keeping within the individual/sectioned off mat areas. All participants are covered for taster sessions as part of club's Public liability insurance Non-contact / Use of Throwing Dummies/Props, unless from same household. Judo training will only take place under the direct supervision of a qualified BJA or UKCC level 2 Coaches, who are also trained in first aid, have undergone safeguarding young people and vulnerable adults training and have a clear DBS check. Online Coaching - Qualified Coach – With a parent present and aware of session outcomes. The demonstration of technique and Judo activity will only be carried out by qualified and insured judoka and in line with the mat area size and conditions. | <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |
| <p>Safeguarding</p> | | <ul style="list-style-type: none"> BJA Safeguarding policy will be adhered to throughout all club activities. All Coaches and Volunteers hold a clear and current DBS and valid coaching qualification. | <p>Yes</p> <p>Yes</p> | | |

EXAMPLE 4: Large Club/Permanent Dojo

This is a large club with permanent dojo 25m x 12m (150 – 2m x 1m Mats = 300 Sqm)

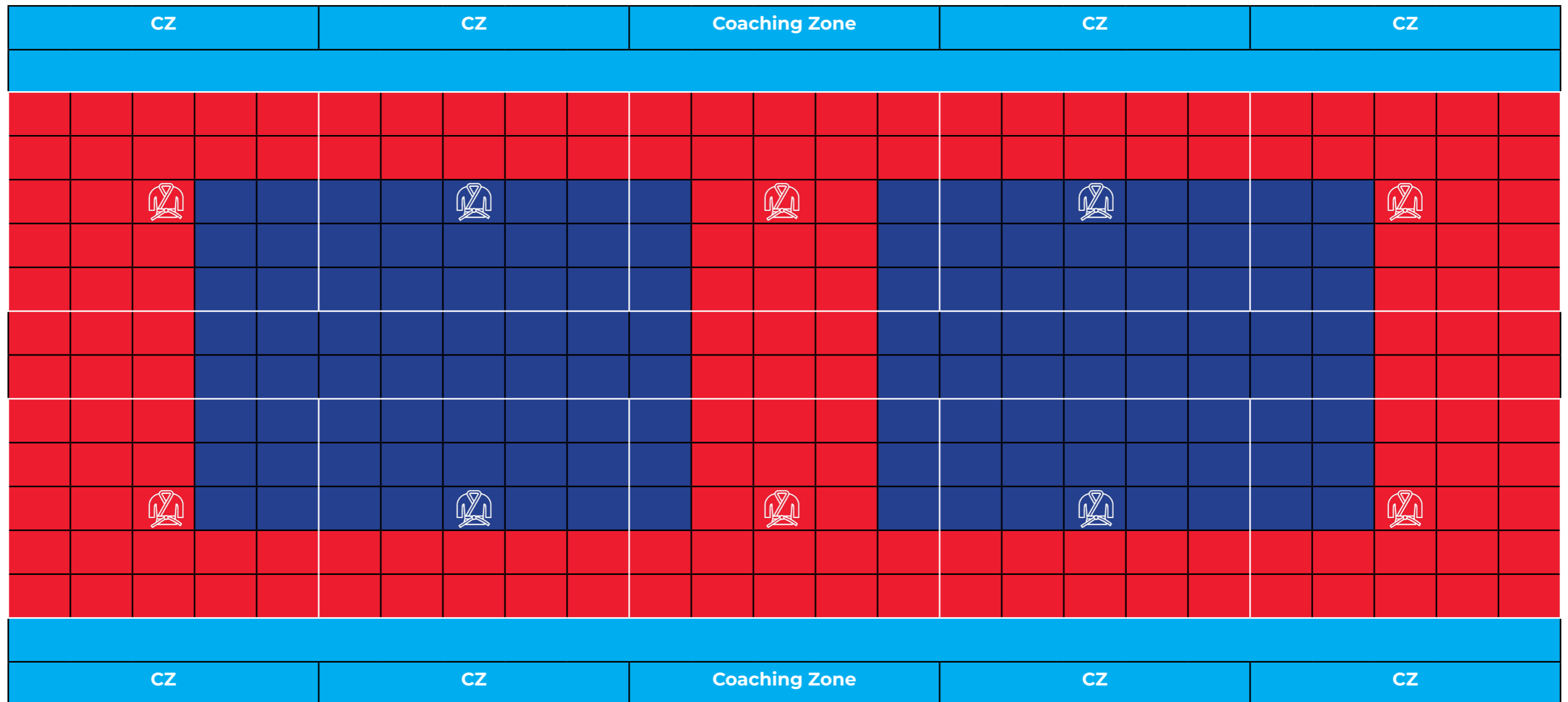
This large judo club deliver a range of Dojo based activities throughout each week to a variety of ages and abilities, as well as hosting a gymnastics club. They operate from a purpose built and privately-owned facility with a 25m x 12m matted permanent dojo, bar area/cafe, changing rooms, offices, meeting /training rooms.

Normally the club operate Judo activities every weekday evening, with 3 main club nights throughout the week, split into 3 separate age banded sessions. To adhere to the current social distancing measures, the club are splitting the sessions into groups of 10 players in each session. Sectioning/Taping (Minimum 4m by 4m per participant) off the mat area into equal individual training areas. As the club have additional space, they have allowed each participant a 5m by 5m training area per participant. The club will also ensure coaches follow the social distancing procedures by staying within sectioned off areas specifically for coaches along the longest side of the mat (example mat layout on next page).

In normal circumstances, the club deliver a mixture of 1 hour and 1 1/2 hour sessions. To consider the reduced numbers of participants attending each session and also allow for cleaning of the mats and equipment between each session, the club will now be operating; 4 x 45-minute non-contact Judo fitness sessions. They will also set a 15-minute window of time between each of the sessions for cleaning of mats/equipment and the safe changeover of participants.

Before restarting any activity, the club will notify British Judo and ensure they have read the latest guidance documents and completed a 'Covid-19' specific Risk Assessment. The club will also notify members of the new procedures and protocol in place before participants arrive, also reminding the members of the restrictions in place, outlining the non-contact nature of the session. The club have downloaded the British Judo resources/posters/signs and displayed them visibly around the centre to remind members and participants of the restrictions/procedures in place, in terms of hygiene (ensuring everyone utilises hand sanitizer) and that the toilets/changing rooms are only to be used in an emergency.

Example Mat Layout - 10 Participants Layout



Club Name: *Large Club/Permanent Dojo*

Venue address:

Venue Type: *Small Mat Area (3m x 3m), No Mat Area, Online Home-based training)*

Completed by: _____ **Date:** _____

Normal Minimum Standards:

- Minimum Coaching Qualification Levels
- Ratio of Supervision** – 1 supervisor per 20 students in a club environment and up to 30 students in a school environment.

For the purpose of this document judo performed in a school environment is defined as judo delivered as part of the school's curriculum or in a school approved breakfast, lunchtime or after school club held on the school's premises.

** The above is the judo supervision ratios however clubs/coaches also need to remember that there are minimum general supervision ratios, which must also be followed.

The NSPCC Child Protection in Sport Unit website has the latest guidelines; www.thecpsu.org.uk - Supervision Staffing Ratios

Covid-19 Adapted Minimum Standards:

- Minimum Coaching Qualification Levels
- Ratio of Supervision** 1 supervisor per 10 students in a club environment and up to 10 in a school environment.
 - Coaches are advised to maintain the current governments social distancing rules throughout.

For the purpose of this document judo performed in a school environment is defined as judo delivered as part of the school's curriculum or in a school approved breakfast, lunchtime or after school club held on the school's premises.

• Mat Standards – Mats must comply with EN12503-3: 2001. The tatami must be firm under foot and have adequate shock absorbing properties. We recommend 230 kg per cubic metre density for club and competition environments. Mat surfaces must not be torn or tattered and should have a strong base to ensure they do not slide during activities. We recommend each mat has minimum 40mm thickness.

• Mat Spacing Standards – depending on the type of activity and intensity for practice or Randori there should be adequate spacing to ensure there is a safe area in which to participate. Recommended ratio of mat area per athlete 1:2m²

Covid-19 Adapted Mat Area Ratio

- Mat Standards remain unchanged as above.
- Mat Spacing Standards – Clubs must adhere to the governments published social distancing rules, clubs must also observe the following recommendations:
 - **Player to Mat Area Ratio**
 - Under 12 years 3m x 3m Mat Area per player
 - Over 12 years (13+) 4m x 4m Mat Area per player
 - Same household full contact 4m x 4m Mat Area per two same household players
 - **Supervised Non-Mat Based/Outdoor Fitness Activity**
 - Current government advised social distancing must always be adhered to.
 - One coach per 10 students in an outdoor space/environment, ensuring there is a big enough area to obey to the latest social distancing guidelines.
 - Latest Government Covid-19 Guidance
 - **Virtual Judo/Fitness Activity**
 - Practice needs to be safe and appropriate for the participants.
 - Parents must be aware
 - Do not practice activities fully (e.g. 'throwing' unless on a safe surface with a partner who can land safely without being injured – this could be a Judo trained family member, Throwing Dummies/ Training Props).
 - Techniques should be performed with complete control throughout.
 - Ensure participants thoroughly understand and practice the disciplines and spirit of Judo e.g. Respect for Coaches, Partner safety and what is appropriate Judo behaviour.
 - Ensure all participants have a valid BJA Membership in place.
 - www.nspcc.org.uk - Online Safety for Organisations and Groups

Policy Documents:

- BJA Coaching Code of Ethics Document - <https://www.britishjudo.org.uk/wp-content/uploads/2019/12/Coaches-Codes-of-Conduct-and-Ethics-January-2020.pdf>
- BJA Safelandings Polices & Procedures - <https://www.britishjudo.org.uk/wp-content/uploads/2020/01/Safelandings-October-2019.pdf>
- BJA Policies & Guidelines - <https://www.britishjudo.org.uk/the-british-judo-association/governance/policies-and-guidelines/>
- Equality Policies & guidelines - <https://www.britishjudo.org.uk/the-british-judo-association/governance/policies-and-guidelines/equality-and-diversity/>

| Description | Hazard | Control Measures | In Place | Initials | Initials |
|--|---|--|---|----------|----------|
| <p>Indoor/Premises</p> <p>Risk Assessment relevant for clubs with a mat space greater than 14m x 14m (196 – 1m² mats) Area covered by regulation judo mat.</p> | <ul style="list-style-type: none"> Access to the Building Registration/Signing in/Tracking all people in attendance Spread of Infection Judo Mats Changing Rooms/Toilets | <ul style="list-style-type: none"> Set procedures in place to minimise social contact. Signage in place to explain processes. Players/parents sent guidance/procedures sheet prior to session. Ensure every person who enters the building has registered/Signed in, to enable tracking of the virus if anyone attending tests positive. All those in attendance must thoroughly wash hands/use sanitizer, as per government guidelines on arrival. Mats to be laid by designated centre staff/volunteers who are aware of safe manual handling and kinetic lifting techniques and wearing recommended PPE, disposed of in a provided pedal bin. Ensure mats are thoroughly cleaned prior to starting the session with Government recommended products, allowing for enough time for them to completely dry. An inspection is carried out to ensure the mats are completely dry and there are no gaps or signs of damage. Ensure mats are again cleaned prior to packing them away Mats to be picked up by designated staff/volunteers who are aware of manual handling and kinetic lifting techniques and wearing recommended PPE. Ensure all members, parents and spectators are aware of the social distancing protocol/guidance, using Toilets and Changing rooms in advance of the session. Encourage participants to arrive already changed and avoid changing rooms if possible. Ensure signage is in place to enforce these measures. | <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |
| <p>Outdoor Training</p> | <ul style="list-style-type: none"> Surfaces & Equipment (Doors/Tables/Chairs/ Coaching Props) Inclement or adverse weather conditions Social Distancing Playing surface | <ul style="list-style-type: none"> Ensure all Doors/Handles/Tables/Chairs & any equipment used are thoroughly cleaned before and after every session. A decision will be made by organiser if weather conditions are prohibitive to the safety of the participants or the structure of the equipment. Ensure all participants can adhere to the government guidelines for social distancing throughout all of the session. Ensure the activity is appropriate for the playing surface, adapted to ensure safety throughout, no throwing unless using a dummy/prop. Non-contact throughout unless from same household. Inspect area and clear of any potential hazards | <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |
| <p>Mats</p> | <ul style="list-style-type: none"> Mats Mats can separate. Care will be needed to make sure any gaps are closed | <ul style="list-style-type: none"> 1m x 1m/2m x 1m mats will be used, coverage; 3m x 3m per junior participant (U12). 4m x 4m per senior (12+) participant. Clearly mark out individual mat areas or make separate areas of a larger mat area with tape or different coloured mats. Mats comply to standards* There may be a need occasionally to temporarily halt activity and push any displaced mats back into position | <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |

| Description | Hazard | Control Measures | in Place | Initials | Initials |
|--|--|---|---|----------|----------|
| <p>First Aid</p> <p>General Injuries</p> | <ul style="list-style-type: none"> Fully stocked and available First aid kit Non-threatening injuries Accidents requiring further treatment | <ul style="list-style-type: none"> Required to treat minor injuries, abrasions Cleaned and replenished after every use. Coaches are first aid trained A designated First Aider will always be on site. First Aid incidents will be recorded | <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |
| <p>Controlled Session / Adapted Activity</p> | <ul style="list-style-type: none"> Injuries to Athletes Spread of Infection | <ul style="list-style-type: none"> A warmup and cool down will be conducted for the session. Keeping within the individual/sectioned off mat areas. All participants are covered for taster sessions as part of club's Public liability insurance Non-contact / Use of Throwing Dummies/Props, unless from same household. Judo training will only take place under the direct supervision of a qualified BJA or UKCC level 2 Coaches, who are also trained in first aid, have undergone safeguarding young people and vulnerable adults training and have a clear DBS check. Online Coaching - Qualified Coach – With a parent present and aware of session outcomes. The demonstration of technique and Judo activity will only be carried out by qualified and insured judoka and in line with the mat area size and conditions. | <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> | | |
| <p>Safeguarding</p> | | <ul style="list-style-type: none"> BJA Safeguarding policy will be adhered to throughout all club activities. All Coaches and Volunteers hold a clear and current DBS and valid coaching qualification. | <p>Yes</p> <p>Yes</p> | | |

BRITISH JUDO



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