## RETURN TO PLAY ROADMAP

8th March 2021 29th March 2021 No earlier than 12th April 2021 No earlier than 17th May 2021 No earlier than 21st June 2021

No earlier than 31st July 2021

Step One (A)

Step One (B)

Step Two Step Three

Step Four

Step Five

No judo activity

Outdoor exercises only, restricted numbers (rule of six); Judo fitness will be allowed - age & group size (TBC).

Organised indoor judo for children and young people – restrictions (TBC).

Organised indoor adult judo, with social distancing restrictions - (restrictions TBC).

Full contact judo, no legal limits on life events. Recommended start of coaching, technical education courses and competition programmes

All dates are provisional and subject to change

