## RETURN TO PLAY ROADMAP

8th March 2021 29th March 2021

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 exercise only,
- U18s: Organised outdoor contact sport
- Over 18s: Organised outdoor non-contact sport
- Disability Permitted indoor and outdoor, exempt from restrictions
- Minimise travel, however, travel for sport and exercise is permitted

 Under 18s: Organised indoor full-contact sport

- Over 18s: Organised outdoor non-contact training (1:15 ratio) and indoor non-contact sport (same household/1:1)
- See rules on bubble restrictions for participants and coaches
- Disability Permitted indoor and outdoor, exempt from restrictions
- Minimise travel, however, travel for sport and exercise is permitted

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