



# Covid-19 Safety Plan

LEVEL B

Club Responsibilities

28 May 2020

# Four elements of a safe return to sport

## **Plan**



Implementing plans, processes and systems to meet government and health requirements, and provide safe sport environments.

## **Prepare**



Ensuring safe facility and participant practices, like hygiene practices, attendance registers at training and limiting shared equipment as much as possible.

## **Respond**



Being prepared for management of a COVID-19 outbreak, noting things can change quickly in your local area.

## **Recover**

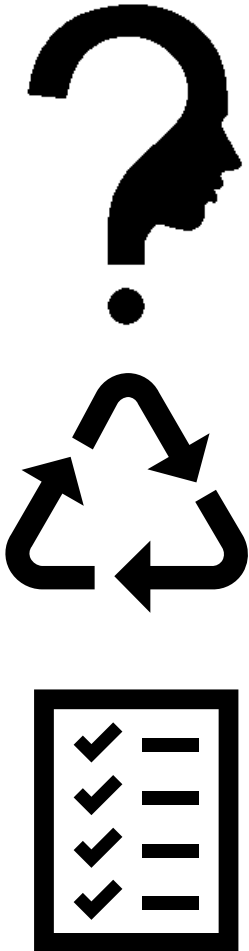


Consideration of protocols to optimise good public and participant health into the future.

Arrive ready to train - “Get in, train, get out”



# Who is your Covid-19 Safety Coordinator?



**Completes the [Return to Sport Checklist\(s\)](#) implementing relevant actions**

- documenting justifications for not undertaking particular actions.

**Oversees development and implementation of the organisation's return to sport**

- documenting arrangements in a [COVID-19 Safety Plan](#).

**The COVID-19 Safety Plan should address:**

- Points of COVID-19 transmission risk;
- Transmission controls;
- Hygiene and behaviour requirements;
- Physical and fitness preparations before a restart; and
- Education and communication to relevant personnel.

**Periodically reviews the effectiveness of the COVID-19 Safety Plan for your organisation**

- amend, update or improve as necessary.

**Safely ramps up activity through 3 phases of the AUS govt's "Roadmap to a COVIDSafe Australia" and as permitted by the NSW government.**

**Acts as Contact point for your organisation**

- For questions relating to return to sport and actions your organisation has taken to be COVIDSafe.

# Overall Club responsibilities



**Provision and conduct of hygiene protocols as per the Plan**

**capture of attendance records at all training and club activities and maintaining an up-to-date log of attendance.**

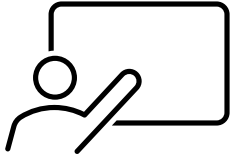


**Coordination of Level B training operations**



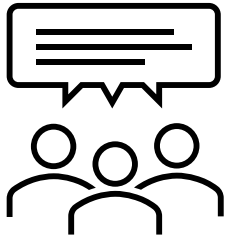
**Operation of the club's facilities in support of all Level B training activities in accordance with this Plan.**

# Club leadership team actions



## **Complete COVID-19 infection control training**

- COVID-19 Coordinators, relevant coaches and volunteers
- prior to commencing training



## **Review training schedules and session plans**

- ensure the risk mitigation strategies and tactics are implemented.

## **Plan a graded return to Judo to ensure adequate personal injury risk mitigation**

- varying training session durations
- graded levels of training intensity
- increased number and duration of recovery breaks



## **Endorsement and support of the COVIDSafe app**

# Review training session times & durations to complete extra C-19 actions



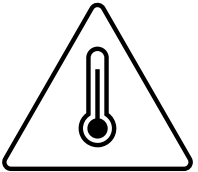
**Schedule 'gaps' (15 minutes) between multiple sessions to reduce overlap**

- gap time should be relative to numbers participating in training session(s)



**Attendance records check and verification**

**Attendee pre-training temperature and personal hygiene process and checks**

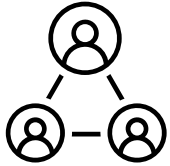


**Attendee post-training personal hygiene process and exit**



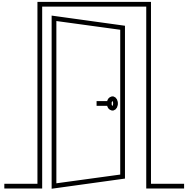
**Cleaning of Dojo Mat area and equipment for next session**

# Review your dojo layout



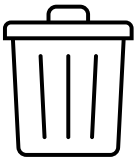
## **dedicated (social distance compliant) areas for the functions**

- clearly marked out areas (using adhesive tape or other well visible means) for minimum of 1.5 metre social distance
- multisport venues, the entry for the athletes should be designated in such a way that prevents the usage of a common entrance for different sports

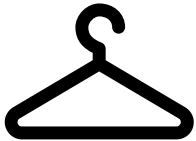


## **welcome desk at the entrance & attended by a responsible adult**

- Completion of the attendance register, temperature check , hand sanitizer (gel or liquid)



## **waste bin(s) area for disposable tissues, tape and litter**



## **area for athlete clothing change & storing personal belongings**

## **area for completing personal sanitising requirements**

## **waiting area for parents/guardians for minors.**

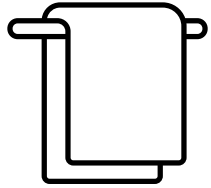


# Maintain dojo & equipment hygiene



## **Clean and sanitise shared equipment**

- methods include hand cleaning with wipes, mechanical disinfectant 'foggers'
- cleaning of different spaces should be planned and agreed with any facility managers.

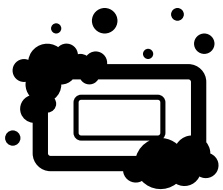


## **Communal areas – general floor (entrance, dojo non tatami areas etc)**

- disinfectant and general cleaning products (Daily at the end of the day)

## **Communal areas - showers, locker rooms, toilet facilities**

- Disinfect contact points (eg handles). disinfectant (2X or 3X times per day depending on area)



## **Judo tatami and training equipment**

- disinfectant and general cleaning products (before 1st session and then after each session)

## **Judo shared individual club training equipment (balls, uchi-komi bands etc)**

- disinfectant and general cleaning products (before each training session)
- equipment is not allowed to be shared during training sessions



## **Waste bins**

- Regular clearing and cleaning (minimum daily)

# Source & maintain hygiene, cleaning kits & PPE



- Contactless Thermometers
- sanitiser
- disinfecting wipes
- disinfecting aerosols
- disinfecting vaporizers
- air purifier
- cleaning paper and duster
- cleaning buckets
- mops
- disposable gloves (latex or nitrile)

# Implement a Judo NSW Safety Communications Plan to update and inform



## **utilise range of methods & media**

- verbal, letter, email, text/WhatsApp message, Instagram, Facebook posts, printed media etc
- Return to training plan – dates, phases, restrictions, and any other relevant details
- return to training protocols including Dojo facility access and restrictions
- hygiene protocols and reinforcement of hand washing and general hygiene etiquette



## **actively promote and endorse the government's COVIDSafe app**

## **display posters within the Dojo facilities**

- subject to any facility management approvals to provide regular guidance on hygiene

## **facilitate and promote mental health and wellbeing support services**

- Australian government Head to Health website - <https://headtohealth.gov.au/>
- Beyond Blue - <https://www.beyondblue.org.au/>



# Maintain a training attendance register

## Attendance Register – Sport Australia Template

[Club Name] Register of attendees

Activity: \_\_\_\_\_ Location: \_\_\_\_\_ Date: \_\_\_\_\_

Arrival time	Departure time	Full name	Phone	Email address	Club	Role	In the previous 14 days, have you: <ul style="list-style-type: none"><li>• Had any COVID-19 symptoms?</li><li>• Been in contact with any confirmed/suspected COVID-19 case?</li><li>• Travelled internationally?</li></ul>	Downloaded and using COVIDSafe app?

Note: Attendance information is collected in accordance with the [Club/SSO/NSO] Privacy Policy.

## Arrival time & departure time

## Personal & contact details

## COVID-19 symptoms declaration

- contact with any confirmed & /or suspected COVID-19 case
- international travel

## COVIDSafe app

# Manage 'exclusions' and return to training



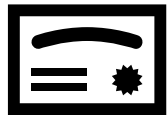
## Restrictions on facility access

- COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days
- Travelled internationally in the previous 14 days.
- Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions); body temperature over 37.5 °C, dry cough, sore throat, sudden onset of shortness of breath, sudden onset of vomiting and/or diarrhoea, sudden onset of articular and/or muscle pain, fatigue without a known cause.
- Enter any 'refusal incident' details in revSPORT [tbc]



## Person has C-19 Symptoms

- General Practitioner (GP) for assessment by either appointment and/or telehealth [click here](#),
- NSW Telehealth service <https://wnswlhd.health.nsw.gov.au/our-services/telehealth/telehealth-for-patients>



## Person returning to Judo training

- Provide health/medical clearances for allowing the participant to resume judo training
- Waivers/declarations acknowledging that participation is at their own risk



## NSW Health notification & confirmation of Covid-19 case related to facilities and Dojo

- Follow and comply with all health directives and requirements
- Notification of all participants where required
- Compliance with any isolation & medical requirements as required

# Conduct Judo session activities (LEVEL B)



## **Level B Protocols**

- indoor, no contact + 1.5m distance

## **Judo bowing (rei) only**

- no physical contact

## **Mat spacing (4 sqm)**

## **Training inclusions**

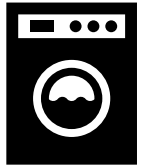
- Tendoku-rensu (individual exercise work)
- Fundamental motor and technical skills of Tachi-Waza & Ne-Waza (individually)
- Learning of Ukemi (fall)
- Postures, movement, coordination, mobility, core-stability, taiso, etc

# Hygiene Protocols before training



## **shower and wash hair (at home)**

- Wash your hands properly and keep your nails short



## **Ensure judo equipment is washed properly**

- tracksuit, judogi, other equipment



## **Have a bag that is big enough to contain**

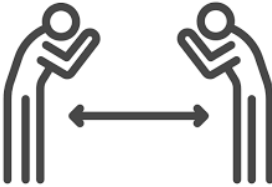
- disposable tissue papers
- sanitising gel/liquid, zori or slippers, water bottle
- information containing the contact details (minors)



## **Go to the bathroom before training session**

## **Social distance to be marked out in training area**

- for each athlete to know where they can change and train



## **Athletes place bag(s) in assigned location**

- take the tracksuit off, below which they wear the judogi, folding it carefully and placing it in their bag (along with the coat, if any).



## **Athletes put zori/slippers on edge of tatami**

- taking out bottle, tissues, and sanitising gel/liquid
- other personal belongings to be kept in bag (mobile, etc.)



## **Athletes sit on the tatami, legs to exterior**

- apply sanitising gel/liquid to feet and then to hands

## **Instructor &/or assistant accompanies any athletes who require special attention**

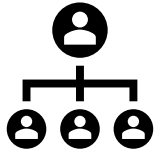


# Hygiene Protocols during training



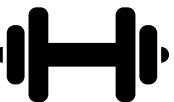
**instructor invites the athletes by turns to go to the training area marked on the tatami**

- the tatami is segmented in areas of at least 4m<sup>2</sup>



**instructor provides a space for each athlete**

- athletes, greet the tatami (rei) & go to assigned area
- where they stay during the entire training session.

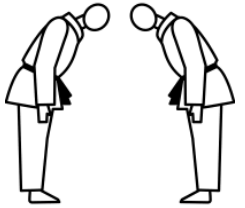


**instructor ensures necessary session training equipment**

- cleaned, and disinfected

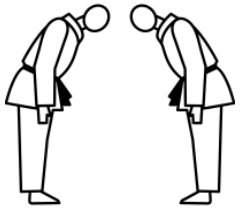
**Common greeting (rei) at the start of the session is not done in the traditional way (a line), but from the allotted area**

- The training session conducted by the trainer is adapted to the social distance requirements.

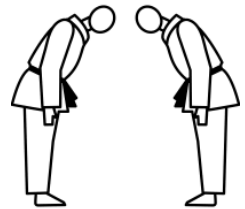


**End of session, common greeting (rei) is performed again from the allotted area**

- instructor dismisses the athletes by turns in order to get back to the assigned area next to the tatami



**athletes greet (rei) each-other and then stand on the edge of the tatami.**





# Protocols after training



## **Athletes apply sanitiser to their feet**

- put on the zori/slippers
- place sanitary kit and bottle in bag



## **Athletes put their tracksuit on top of judogi**

- Athletes put on shoes
- put away their zori/slippers in bag
- await instructor's authorization to leave
- minors to join their parents, accompanying person



## **Athletes clean hands before leaving dojo**

- with club provided sanitising gel/liquid

## **Minors must wait for instructor or person in charge to authorise them to leave**

- to join their accompanying person

## **Take a shower (at home)**

## **Clean & disinfect your Judo gear**

- Wash your judogi
- Disinfect your zori/slippers
- Disinfect your bag
- Wash your water bottle

## **Restock the sanitary kit**

- sanitising gel/liquid, tissues etc)

