

**COVID-19 SAFETY PLAN**

Judo Federation of Australia (NSW) Inc

ABN: 58 406 097 608

Trading As: Judo NSW

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| **Association** | Judo NSW |
| **Training (Dojo) Location** | Judo NSW Training Centre  Newington Armory  Jamieson Road  Silverwater  NSW 2128 |
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| **Version** | 1.2 |
| **Phillip McDermott is responsible for this document** | |

# Template Instructions

1. The Australian Institute of Sport (**AIS**) has published a “Framework for Rebooting Sport in a COVID-19 Environment” to inform the resumption of sporting activity in Australia, including community sport. Sport Australia has separately developed a “Return to Sport Checklist for Clubs and Associations” that provides operational guidance to local sporting clubs and associations on considerations that should be taken into account to appropriately resume sport and club operations.
2. To support the AIS and Sport Australia return to sport documents, Sport Australia has developed this COVID-19 Safety Plan template. This template can be used by associations and clubs to consolidate their planning for the resumption of activities at its club. Your association/club should review the Sport Australia Checklist and document its operational requirements for return to sport in the Appendix to this COVID-19 Safety Plan.
3. Yellow highlighting within brackets i.e. [ ] indicates further information is required from an association/club prior to finalising and adopting the COVID-19 Safety Plan. Before finalising, insert relevant information where highlighted in yellow and delete these template instructions.
4. Your association/club’s COVID-19 Safety Plan should be appropriately ratified within your club’s governance arrangements and regularly reviewed to ensure it remains fit for purpose and aligned with the AIS Framework, government restricted activity measures, public health advice and health and safety laws.
5. **DISCLAIMER:** This template does not constitute legal or health and safety advice. A club should take its own professional advice regarding the development and contents of its COVID-19 Safety Plan.

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1. Introduction

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by **Judo NSW** to support Judo NSW Member Clubs and its members and participants in the staged resumption of community sport and club activities.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families, and the broader community. The Plan provides the framework to govern the general operation of Judo NSW and Judo NSW Member Clubs, any facilities they control, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at Judo NSW and Judo NSW Member Club facilities.

This Plan includes, but is not limited to, the conduct of:

* 1. staged training and competition activities (sport operations); and
  2. facility management and supporting operations (facility operations).

At all times the Plan is subject to all regulations, guidelines and directions of government and public health authorities.

1. Key Principles

This Plan is based on, and accepts, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](https://ais.gov.au/__data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf) (**AIS Framework**) and the [National Principles for the Resumption of Sport and Recreation Activities](https://www.health.gov.au/sites/default/files/documents/2020/05/australian-institute-of-sport-ais-framework-for-rebooting-sport-in-a-covid-19-environment.pdf) (**National Principles**).

The Plan also accepts as key principles that:

* The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
* Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on Judo NSW’s return to sport plans;
* Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;
* Training cannot resume until the arrangements for sport operations and facility operations are finalised and approved, if necessary; and
* At every stage of the return to sport process Judo NSW must consider and apply all applicable State and Territory Government and local restrictions and regulations. Judo NSW needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

1. Responsibilities under this Plan

Judo NSW retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The Board of Management of Judo NSW is responsible for:

* Approving the Plan and overseeing the implementation of the arrangements in the Plan; and
* Revising the Plan as required, ensuring it reflects up to date information from government and public health officials.

The Board of Management appointed the following person as the Judo NSW COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

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| **Name** | Phillip McDermott |
| **Contact Email** | [office@judonsw.com.au](mailto:office@judonsw.com.au) |
| **Contact Number** | (02) 8736 1228 |

Judo NSW expects all members, participants, coaches, officials, administrative staff, and volunteers to:

* Comply with the health directions of government and public health authorities as issued from time to time;
* Understand and act in accordance with this Plan as amended from time to time;
* Comply with any testing and precautionary measures implemented by Judo NSW;
* Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
* Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

1. Return to Sport Arrangements

As at the date of this Plan, participants are training at Level A of the AIS Framework. The Plan outlines specific sport requirements that Judo NSW will implement for Level B and Level C of the AIS Framework.

Judo NSW will transition to the training activity and facility use as outlined in Level B of the AIS Framework and the training/competition activities and facility use outlined in Level C of the AIS Framework when permitted under local restrictions and regulations.

* 1. AIS Framework Arrangements

The protocols for conducting sport operations and facility operations under Level B and Level C of the AIS Framework are set out in the Appendix.

* 1. Roadmap to a COVIDSafe Australia

Judo NSW will also comply with the Australian government’s [Roadmap to a COVIDSafe Australia](https://www.pm.gov.au/sites/default/files/files/three-step-framework-covidsafe-australia.pdf), which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, notwithstanding the activities permitted by the AIS Framework (see below).

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| **AIS Activities** | **Level A:**  Training in no more than pairs. Physical distancing required. | **Level B:**  Indoor/outdoor activity. Training in small groups up to 10. Physical distancing required. | | **Level C:**  Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed. | |
| **Roadmap Activities** | N/A | **Step 1:**  No indoor activity. Outdoor sport (up to 10 people) consistent with AIS Framework. | **Step 2:**  Indoor/outdoor sport up to 20 people. Physical distancing (density 4m2). | **Step 3:**  Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework. | **Further steps TBC** |

1. Recovery

When public health officials determine that the outbreak has ended in the local community, Judo NSW will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. Judo NSW will also consider which protocols can remain to optimise good public and participant health.

At this time the Board of Management of Judo NSW will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

# Appendix: Outline of Return to Sport Arrangements

## Part 1 – Sport Operations

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| Area | Plan Requirements (for activities under AIS Framework Level B) | Plan Requirements (for activities under AIS Framework Level C) |
| **Approvals** | Judo NSW and Member clubs must obtain the following approvals to allow a return to training at Level B:   * State/Territory Government approval of the resumption of community sport. * Relaxation of public gathering restrictions to enable training to occur. * Local government/venue owner approval to training at venue, if required. * National/state sporting body/local association approval of return to training for community sport. * Club committee has approved return to training for club. * Insurance arrangements confirmed to cover training. | Judo NSW and Member clubs must obtain the following approvals to allow a return to training/competition at Level C:   * Relaxation of public gathering restrictions to enable training to occur. * Local government/venue owner approval to training/competition at venue, if required. * National/state sporting body/local association approval to return to training/competition for community sport. * Club committee has approved return to competition for club. * Insurance arrangements confirmed to cover competition. |
| **Training Processes** | Judo NSW and Member clubs will actively promote and Club to emphasise AIS Framework principle of “Get in, train, get out” – arrive ready to train.   * Judo NSW and Member clubs training session times and durations may vary but should include the completion of (but not limited to) following tasks:   + Scheduling ‘gaps’ (15 minutes) between multiple sessions to reduce overlap (the gap time should be relative to the number of people participating in the 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. * Judo NSW and Member clubs must maintain a training attendance register with the following details   + Arrival time   + Departure time   + Full name   + Phone   + Email address   + Club (if state training session eg Hub)   + Role (eg Coach, Athlete)   + COVID-19 symptoms Declaration including     - Been in contact with any confirmed/suspected COVID-19 case?     - Travelled internationally?     - Downloaded and using COVIDSafe app?.   + Note - restrictions on facility access should apply to anyone who has:     - COVID-19 or has been in direct contact with a known case of COVID-19 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)       1. body temperature of 38.0°C or higher       2. dry cough       3. sore throat       4. sudden onset of shortness of breath       5. sudden onset of vomiting and/or diarrhoea       6. sudden onset of articular and/or muscle pain       7. fatigue without a known cause.     - Travelled internationally in the previous 14 days. * All Attendance Register records to kept for a minimum of 28 days. * Judo NSW and Member Clubs will direct any person with possible COVID-19 symptoms to;   + Contact their General Practitioner (GP) for assessment by either appointment and/or telehealth [click here](http://www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/Factsheet-TempBB), or   + Contact the NSW Telehealth service <https://wnswlhd.health.nsw.gov.au/our-services/telehealth/telehealth-for-patients> * Judo NSW and Member clubs will ensure that any person that has been refused access must, on return, provide:   + health/medical clearances for allowing the participant to resume judo training   + Waivers/declarations for participants and volunteers to sign acknowledging that participation is at their own risk * Judo NSW and Member clubs will utilise revolutioniseSPORT where possible to record, store and if required, share relevant COVID-19 data, subject to privacy law. This will include;   + Attendance sheets and Incident Reports * Judo NSW and Member clubs **may include** the following activities in training sessions:   + Tendoku-renshu (individual exercise work)   + Fundamental motor and technical skills of Tachi-Waza and Ne-Waza (individually)   + Learning of Ukemi (fall)   + Postures, movement, coordination, mobility, core-stability, taiso, etc. * Judo NSW and Member clubs **should not** allow any physical contact between participants including:   + high fives/hand shaking (Judo bowing (rei) should be actively promoted as the alternative)   + no post training socialising and/or group meals * Judo NSW and Member clubs must provide a minimum defined training area for each training session, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres). Layout options can include (but not limited to) the following:   + Two (2M X1M) same colour tatami (eg blue) with adjacent contrasting tatami colour (eg yellow)   + Taped mat allocations to provide visual guidance to participants. * Judo NSW and Member clubs must provide dedicated (adequate social distance compliant) areas for the functions listed below. The areas should be clearly marked out (using adhesive tape or other well visible means) to ensure that each athlete and their accompanying person maintains a minimum of 1.5 metre social distance:   + Welcome desk at the entrance attended by a responsible adult of the club for     - Completion of the attendance register     - Measure the body temperature of the participants by a contactless forehead thermometer (Note - exclude all judoka with an elevated temperature (38.0°C or higher))     - Provision of hand sanitizer (gel or liquid)   + waste bin area for disposable tissues, tape, and litter   + area for athlete clothing change   + area for storing personal belongings   + area for completing personal sanitising requirements   + waiting area for parents/guardians for minors.   + Where a dojo is within a multisport venue, the entry for the athletes should be designated in such a way that prevents the usage of a common entrance for different sports. * All Attendance Register records to kept for a minimum of 28 days. * Judo NSW and Member clubs will actively promote the usual personal hygiene rules required and expected from each judoka, showing a mark of RESPECT for each other, and complying with the values of the Judo moral code. * The sharing of personal equipment is not allowed.   **Before Training**   * + Take a shower and wash your hair (at home)   + Make sure that your judo equipment has been washed properly (tracksuit, judogi, etc.)   + Wash your hands properly and keep your nails short   + Go to the bathroom before the training session   + Have a bag that is big enough to contain your disposable tissue papers, sanitising gel/liquid, zori or slippers, water bottle.   + Have information containing the contact details of your accompanying person in case of issues during the training session (for minors)   + The instructor and/or assistant accompanies any athletes who require special attention   + Social distance requirements to be marked out in the training area for each athlete to know where they can change   + Athletes place their bags in the assigned location and 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 the zori/slippers on the edge of the tatami, taking out the bottle, tissues, and sanitising gel/liquid. All other personal belongings must be kept in the bag (mobile, etc.)   + Athletes sit on the tatami, the legs turned to the exterior, and apply sanitising gel/liquid to their feet and then to their hands   + Athletes turn to the interior of the tatami and wait until the instructor invites them to go to the assigned place on the tatami   **During Training**   * + The 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 4m2)   + The instructor provides a space for each athlete   + The athletes stand up, greet the tatami (rei) and go to the assigned area where they stay during the entire training session.   + The instructor ensures that the necessary training equipment for the session is provided, cleaned, and disinfected   + The common greeting (rei) at the start of the session will not be done in the traditional way, in a line, but from the allotted area   + The training session conducted by the trainer is adapted to the social distance requirements.   + At the end of the session, the common greeting (rei) is performed again from the allotted area and the instructor dismisses the athletes by turns in order to get back to the assigned area next to the tatami (where the personal belongings have been left before the start of the session)   + The athletes greet (rei) each-other and then stand on the edge of the tatami.   **After Training**   * + Athletes apply sanitising gel/liquid to their feet, put on the zori/slippers, place their sanitary kit and bottle in their bag   + Athletes put on their tracksuit on top of the judogi and await the instructor’s authorization to leave (and if minors join their parents, accompanying person)   + Athletes put on their shoes that they left in the lobby and put away their zori/slippers in their bag   + Before leaving the dojo, the athletes clean their hands with the sanitising gel/liquid provided by the club   + Any minors must wait for the instructor and/or person in charge to authorise them to leave and join their accompanying person   + Take a shower (at home)   + Wash the training outfit (judogi)   + Disinfect the zori/slippers   + Disinfect the bag   + Wash the water bottle   + Restock the sanitary kit (sanitising gel/liquid, tissues etc) * Judo NSW and Member clubs will ensure that shared equipment is cleaned and sanitised   + Dojo tatami - before each training session   + Shared individual club training equipment (balls, uchi-komi bands etc) - before each training session. Note - This equipment is not allowed to be shared during training sessions. * Judo NSW and Member clubs must follow all government recommendations and guidance for travel arrangements (e.g. physical distancing on public transport, limit carpool/taxi/Uber use). | Judo NSW and Member clubs will recommence full training and competition, gradings and other Judo specific events subject to the following:   * Alignment with any government directions and health restrictions * Alignment with the AIS Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact. * Continued limitation and avoidance of any unnecessary social gatherings. * Sanitising requirements continue from LEVEL B. * Treatment of shared equipment continues from LEVEL B. * Personal hygiene protocols maintained as per LEVEL B * Training/playing attendance register kept as per LEVEL B. * The following general Judo training is allowed:   + Individual and partner-based exercise   + Uchi-komi (including drills) for Tachi-waza (throwing) and Ne-waza (grappling).   + Nage-komi (throwing) including drills.   + Tachi-waza randori (standing full-contact sparring)   + Ne-waza randori (full-contact gappling)   + Integrated randori (includes both Tachi-waza and Ne-waza) * Judo NSW and Member clubs will recommence competitions, gradings and other Judo events with reference to the relevant Judo NSW and Judo Australia (JA) documents and processes in conjunction with this Judo NSW COVID-19 Safety Plan. Reference documents include but not limited to:   + JA Sporting Code   + Judo NSW Sporting Code   + JA National Grading Policy |
| **Personal health** | * Judo NSW and Member Clubs will ensure that all COVID-19 Coordinators and other relevant coaches and volunteers have completed COVID-19 infection control training prior to commencing training   Judo NSW strongly recommends that all Member clubs review their training schedules and session plans to ensure the following risk mitigation strategies and tactics are implemented.   * Endorsement and support of the COVIDSafe app <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app> * a graded return to Judo to ensure adequate personal injury risk mitigation. This may include any or all the following   + varying training session durations   + graded levels of training intensity   + increased number and duration of recovery breaks * All Judo NSW members (athletes, coaches, officials, and volunteers), and related judo community non-members individuals must not attend any club or Judo NSW training session, event, and/or activity if unwell (including any signs/symptoms of cold, flu, COVID-19 or any other illness). * Judo NSW and Member clubs will ensure that any person that has been refused access must, on return, provide:   + health/medical clearances before allowing the participant to resume judo training   + Waivers/declarations for participants and volunteers to sign acknowledging that participation is at their own risk? * Personal hygiene protocols – before, during and after training as appropriate:   + Shower including hair washing   + Ensuring judogi and personal equipment has been washed properly prior to each session   + Wash your hands properly and keep your nails short   + Sanitise hands and feet prior to (and after) the training session   + Avoid coughing, clearing nose, spitting anywhere near the mat area and ensure;     - No touching of eyes, nose, or mouth     - Always cough or sneeze into your arm or a tissue and put the tissue in the bin straight away     - Washing your hands with soap and water for at least 20 seconds afterwards   + Disinfect the zori/slippers   + Disinfect the bag   + Wash the water bottle   + Restocking the sanitary kit (sanitising gel/liquid, tissues etc) * Only use the common Judo greeting (rei) and ensure no physical greetings (i.e. hand shaking, high fives etc.). * Judo NSW and Member clubs will facilitate and promote mental health and wellbeing support services for employees, volunteers and participants including:   + Australian government Head to Health website - <https://headtohealth.gov.au/>   + Beyond Blue - <https://www.beyondblue.org.au/> | Judo NSW and Member Clubs will continue to maintain personal health protocols.   * Requirements continue from Level B]. |
| **Hygiene** | Judo NSW and Member clubs will ensure adoption and adherence to hygiene protocols to support training including:  **Personal Hygiene**   * + Shower including hair washing (home)   + Ensuring judogi and personal equipment has been washed properly prior to each session   + Wash your hands properly and keep your nails short   + Sanitise hands and feet prior to (and after) the training session   + Avoid coughing, clearing nose, spitting anywhere near the mat area and ensure that you;     - Always cough or sneeze into your arm or a tissue and put the tissue in the bin straight away     - Wash your hands with soap and water for at least 20 seconds afterwards   + Disinfect the zori/slippers   + Disinfect the bag   + Wash the water bottle   + Restocking the sanitary kit (sanitising gel/liquid, tissues etc)   **Dojo and Equipment Hygiene**   * Judo NSW and Member clubs will ensure that shared equipment is cleaned and sanitised. This is in addition to existing Dojo cleaning protocols   + Sanitation methods may include (but not limited) to     - Hand cleaning with wipes     - Use of mechanical disinfectant ‘foggers’   + Dojo tatami (mat area) - before each training session   + Shared individual club training equipment (balls, uchi-komi bands etc) - before each training session. Note - This equipment is not allowed to be shared during training sessions   + Regular (minimum daily) clearing and cleaning of waste bins   **Cleaning Frequency**  The cleaning of the different spaces should be planned and agreed with the management of the facility.  **Cleaning type**  Judo NSW and Member Clubs will provide and/or arrange for facility management to provide the following   * + Disinfection of communal areas – General floor (eg. Entrance and dojo non tatami areas etc.) Product = disinfectant and general cleaning products – Frequency = Daily at the end of the day   + General cleaning communal areas Showers, locker rooms, toilet facilities. Disinfection of the contact points (e.g.: handles) – Products = disinfectant - Frequency = Twice or three times per day depending on the area   + Tatami and training equipment - Products = disinfectant and general cleaning products – Frequency = before the 1st session and then after each session   **Cleaning Kits (non-exhaustive)**  Judo NSW and Member Clubs will provide and/or arrange for facility management to provide the following equipment and Personal Protective Equipment (PPE)   * + disinfecting wipes   + disinfecting aerosols   + disinfecting vaporizers   + air purifier   + cleaning paper and duster   + cleaning buckets   + mops   + disposable gloves (latex or nitrile) | Judo NSW and Member Clubs will continue to maintain hygiene protocols to support training/playing.   * Hygiene and cleaning measures to continue from Level B with the following change:   + Regular cleaning communal areas showers, locker rooms, storage of the training equipment –standard cleaning products (e.g.: disinfecting liquids, sprays, limescale removers, etc.) – Frequency = at the beginning or the end of the day |
| **Communications** | Judo NSW and Member clubs will establish and adopt a Judo NSW Safety Communications Plan to update and inform athletes, coaches, members, volunteers and families on this COVID-19 Safety Plan and the return to Judo plan.   * Judo NSW and Member clubs will utilise a range of methods and media (e.g. verbal, letter, email, text/WhatsApp message, Instagram, Facebook posts, printed media etc) to update and inform athletes, coaches, members, volunteers, and families with details on the LEVEL B protocols:   + 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. * Judo NSW and Member clubs will actively promote and endorse the government’s COVIDSafe app and provide encouragement to players, coaches, members, volunteers, and families to download and use the app.  <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app> * Judo NSW and Member clubs will display posters within the Dojo facilities (subject to any facility management approvals) to provide regular guidance on hygiene (e.g. <https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources>) * Judo NSW and Member Clubs will ensure that all COVID-19 Coordinators and other relevant coaches and volunteers have completed COVID-19 infection control training prior to commencing training * Judo NSW and Member clubs will facilitate and promote mental health and wellbeing support services for employees, volunteers and participants including:   + Australian government Head to Health website - <https://headtohealth.gov.au/>   + Beyond Blue - <https://www.beyondblue.org.au/> | Judo NSW and Member clubs will maintain and update the (LEVEL B) Judo NSW Safety Communications Plan to cover to transition to LEVEL C.   * Judo NSW and Member clubs will utilise a range of methods and media (e.g. verbal, letter, email, text/WhatsApp message, Instagram, Facebook posts, printed media etc) to update and inform athletes, coaches, members, volunteers, and families with details on the LEVEL C protocols:   + 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. * Judo NSW and Member clubs will maintain continued endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use the app. <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app> * Judo NSW and Member clubs will facilitate and promote mental health and wellbeing support services for employees, volunteers and participants including:   + Australian government Head to Health website - <https://headtohealth.gov.au/>   + Beyond Blue - <https://www.beyondblue.org.au/> |

## Part 2 – Facility Operations

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| Area | Plan Requirements (for activities under AIS Framework Level B) | Plan Requirements (for activities under AIS Framework Level C) |
| **Approvals** | The club must obtain the following approvals to allow use of club facilities at Level B:   * State/Territory Government approval of the resumption of facility operations. * Local government/venue owner approval to use of facility, if required. * Club committee has approved plan for use of club facilities. * Insurance arrangements confirmed to cover facility usage. | The club must obtain the following approvals to allow use of club facilities at Level C:   * State/Territory Government approval of the resumption of facility operations. * Local government has given approval to use of facility, if required. * Club committee has approved plan for use of club facilities. * Insurance arrangements confirmed to cover facility usage. |
| **Facilities** | Judo NSW and Member clubs will first complete a Judo specific structured risk assessment to determine which venue areas will be available for use by participants.  Consideration should be given during Level B restrictions to limiting access to communal facilities including toilets, showers, and other spaces.  Additional access restrictions and entry screening processes may be required to be completed where a dojo is within a multisport venue or a venue with separate facility management.  **Dojo and Equipment Hygiene**   * Judo NSW and Member clubs will ensure that shared equipment is cleaned and sanitised. This is in addition to existing Dojo cleaning protocols   + Sanitation methods may include (but not limited) to     - Hand cleaning with wipes     - Use of mechanical disinfectant ‘foggers’   + Dojo tatami (mat area) - before each training session   + Shared individual club training equipment (balls, uchi-komi bands etc) - before each training session. Note - This equipment is not allowed to be shared during training sessions   + Regular (minimum daily) clearing and cleaning of waste bins   **Cleaning Frequency**  The cleaning of the different spaces should be planned and agreed with the management of the facility.  **Cleaning type**  Judo NSW and Member Clubs will provide and/or arrange for facility management to provide the following   * + Disinfection of communal areas – General floor (eg. Entrance and dojo non tatami areas etc.) Product = disinfectant and general cleaning products – Frequency = Daily at the end of the day   + General cleaning communal areas Showers, locker rooms, toilet facilities. Disinfection of the contact points (e.g.: handles) – Products = disinfectant - Frequency = Twice or three times per day depending on the area   + Tatami and training equipment - Products = disinfectant and general cleaning products – Frequency = before the 1st session and then after each session   **Cleaning Kits (non-exhaustive)**  Judo NSW and Member Clubs will provide and/or arrange for facility management to provide the following equipment and Personal Protective Equipment (PPE)   * + disinfecting wipes   + disinfecting aerosols   + disinfecting vaporizers   + air purifier   + cleaning paper and duster   + cleaning buckets   + mops   + disposable gloves (latex or nitrile) | Judo NSW and Member Clubs may return to full use of Dojo and club facilities including:   * Maintenance of hygiene and cleaning protocols measures as per Level B. with following change   + Regular cleaning communal areas showers, locker rooms, storage of the training equipment –standard cleaning products (e.g.: disinfecting liquids, sprays, limescale removers, etc.) – Frequency = at the beginning or the end of the day * Continued provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions as per Level B]. |
| **Facility access** | * Judo NSW and Member Clubs will where possible use separate ‘entry’ and ‘exit’ access points at venues to support social distancing requirements * Judo NSW and Member Clubs will manage attendee flows to prevent congestion, including by use of   + staggered arrival/departure times   + one-way movement, and   + use of physical distancing indicators. * Judo NSW and Member Clubs will ensure that everyone who enters the Dojo must first successfully complete the entry screening process including the following activities. This screening including any questions on request can be completed in a private setting or with a same gender person.   + Completion of the attendance register   + Measure the body temperature of the participants by a contactless forehead thermometer (Note - exclude all judoka with an elevated temperature (38.0°C or higher)).   + Restrictions on facility access to limit anyone who has:     - COVID-19 or has been in direct contact with a known case of COVID-19 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)       1. body temperature of 38.0°C or higher       2. dry cough       3. sore throat       4. sudden onset of shortness of breath       5. sudden onset of vomiting and/or diarrhoea       6. sudden onset of articular and/or muscle pain       7. fatigue without a known cause.     - Travelled internationally in the previous 14 days. * All Attendance Register records to kept for a minimum of 28 days. * Judo NSW and Member Clubs will direct any person with possible Covid-19 symptoms to;   + Contact their General Practitioner (GP) for assessment by either appointment and/or telehealth [click here](http://www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/Factsheet-TempBB), or   + Contact the NSW Telehealth service <https://wnswlhd.health.nsw.gov.au/our-services/telehealth/telehealth-for-patients> * Judo NSW and Member clubs will ensure that any person that has been refused access must, on return, provide:   + health/medical clearances for allowing the participant to resume judo training   + Waivers/declarations for participants and volunteers to sign acknowledging that participation is at their own risk * Only essential participants should enter the Dojo. This is to minimise numbers; not more than one parent/carer to attend with children; gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people)) * Any spectators (for minors) should observe physical distancing requirements (>1.5 metres). * Note – Additional entry screening processes may be required to be completed where a dojo is within a multisport venue or a venue with separate facility management. | Judo NSW and Member Clubs will continue to maintain facility access protocols   * Continuance of LEVEL B protocols. * Detailed attendance register to be kept as per LEVEL B. * The number of people attending Judo NSW venue and/or Member Club facilities: gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people)). * Any spectators should observe physical distancing requirements (>1.5 metres) and density requirements (one person per 4 square metres).   + Judo NSW and Member clubs will determine the maximum allowable number of spectators for each Dojo and venue.   + Access priority should be given to parent/carer of minors and other people requiring special support. * Continued focus on managed access including:   + separate entry/exit points   + managed one way traffic flows   + staggered arrival/departure times   + use of physical zone and distancing indicators. * Non-essential personnel are to be discouraged from entering change rooms.   + Exceptions apply to parent/carer of minors and other people requiring special support * Any bar/canteen operations to include food and cash handling protocols, hygiene and cleaning measures and established zones. * General advice on physical distancing in club facilities including discouraging face to face meetings where possible, restricting site visitors, deferring, or splitting up any large meetings. |
| **Hygiene** | Judo NSW and Member clubs will ensure adoption and adherence to hygiene protocols to support training including:  **Personal Hygiene**   * + Shower including hair washing (home)   + Ensuring judogi and personal equipment has been washed properly prior to each session   + Wash your hands properly and keep your nails short   + Sanitise hands and feet prior to (and after) the training session   + Avoid coughing, clearing nose, spitting anywhere near the mat area and ensure that you;     - Always cough or sneeze into your arm or a tissue and put the tissue in the bin straight away     - Wash your hands with soap and water for at least 20 seconds afterwards   + Disinfect the zori/slippers   + Disinfect the bag   + Wash the water bottle   + Restocking the sanitary kit (sanitising gel/liquid, tissues etc)   **Dojo and Equipment Hygiene**   * Judo NSW and Member clubs will ensure that the Dojo (facilities) and shared equipment is cleaned and sanitised. This is in addition to existing Dojo cleaning protocols * The protocols including type of cleaning and frequency is outlined in the above ‘**Facilities**’ section * Judo NSW and Member clubs will display posters within the Dojo facilities (subject to any facility management approvals) to provide regular guidance on hygiene (e.g. <https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources>) | Judo NSW and Member Clubs will continue to maintain hygiene protocols to support use of club facilities:   * Continue hygiene and cleaning measures as per Level B. |
| **Management of unwell participants** | * Judo NSW and Member Clubs will ensure that all COVID-19 Coordinators and other relevant coaches and volunteers have completed COVID-19 infection control training prior to commencing training * Judo NSW and Member Clubs will measure the body temperature of the participants by a contactless forehead thermometer (Note - exclude all judoka with an elevated temperature (38.0°C or higher))   + Restrictions on facility access to limit anyone who has:     - COVID-19 or has been in direct contact with a known case of COVID-19 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)       1. body temperature of 38.0°C or higher       2. dry cough       3. sore throat       4. sudden onset of shortness of breath       5. sudden onset of vomiting and/or diarrhoea       6. sudden onset of articular and/or muscle pain       7. fatigue without a known cause.     - Travelled internationally in the previous 14 days. * Judo NSW and Member Clubs will direct any person with possible Covid-19 symptoms to;   + Contact their General Practitioner (GP) for assessment by either appointment and/or telehealth [click here](http://www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/Factsheet-TempBB), or   + Contact the NSW Telehealth service <https://wnswlhd.health.nsw.gov.au/our-services/telehealth/telehealth-for-patients> * Judo NSW and Member clubs will ensure that any person that has been refused access must, on return, provide:   + health/medical clearances for allowing the participant to resume judo training   + Waivers/declarations for participants and volunteers to sign acknowledging that participation is at their own risk * Judo NSW and Member clubs will ensure that in the event of NSW Health notification and confirmation of any Covid-19 case related to the facilities and Dojo:   + Follow and comply with all health directives and requirements   + Notification of all participants where required   + Compliance with any isolation and medical requirements as required | Judo NSW and Member Clubs will continue to maintain protocols to manage unwell participants at state and club activities:   * Measures as per Level B]. |
| **Club responsibilities** | The club will oversee:   * Provision and conduct of hygiene protocols as per the Plan. * The capture of a record of attendance at all training and club activities and maintaining an up-to-date log of attendance. * Coordination of Level B field and training operations. * Operation of the club’s facilities in support of all Level B training activities in accordance with this Plan. | As per Level B. |