



**Guide for gradual return to Judo training during
Covid-19 Pandemic**
June 7th 2020 / v 1.0

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LEGAL NOTICE

Judo Québec prepared this document based on the latest information available from third party sources, including government authorities. The document will be updated periodically as the situation evolves and new information becomes available. The purpose of this document is to provide information and directives on best practices based on current information. However, it is the responsibility of each individual to assess the risks in their particular environment and to establish appropriate safety procedures to minimize those risks, while following the advice and instructions of the federations and provincial public health and government authorities. In addition, it is the responsibility of each individual to assess his or her personal risks in consultation with health professionals and to determine the outcome of his or her decisions and actions.

INTRODUCTION

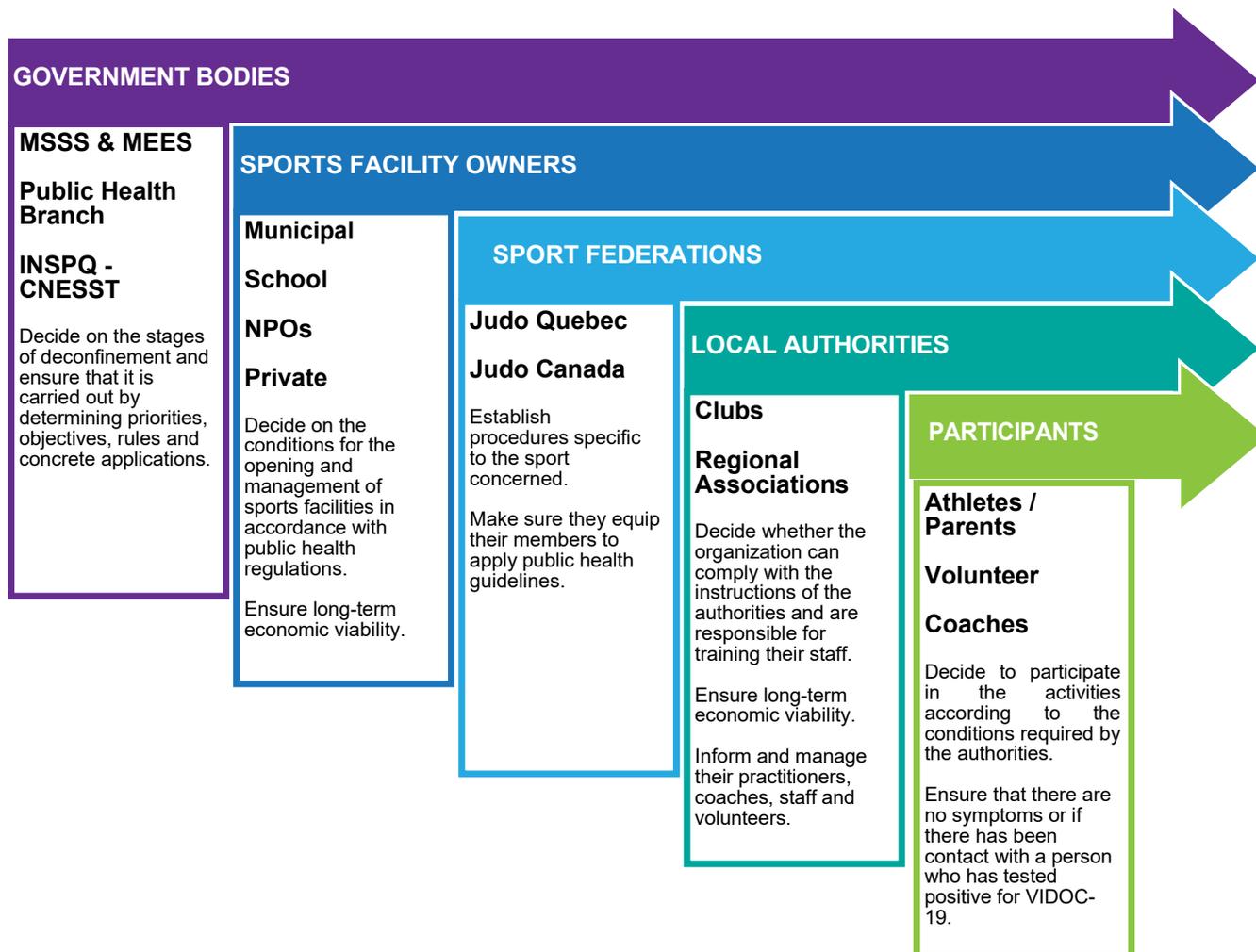
This document is intended as a protocol for returning to the practice of judo in the context of the presence of the COVID-19 virus in the population. The purpose of these guidelines is to mitigate the risk of covid-19 infection as much as possible at the club and population level, and to comply with government guidelines for safety and health measures. Judo clubs wishing to offer activities will be required to comply with all the requirements of this document.

IMPORTANT, safety and health measures will evolve over time. Therefore, in order to meet the requirements of government authorities, this document will also evolve according to the latest available information. Make sure you have the latest version.

PREFACE

DECISION-MAKING PROCESS

Based on instructions from government authorities, several partners will have important and evolving decisions to make in the context of the Covid-19 pandemic. It is therefore important to know the level of decision-making responsibilities of each of the players.



GENERAL INFORMATION ON HEALTH, SAFETY AND HYGIENE MEASURES

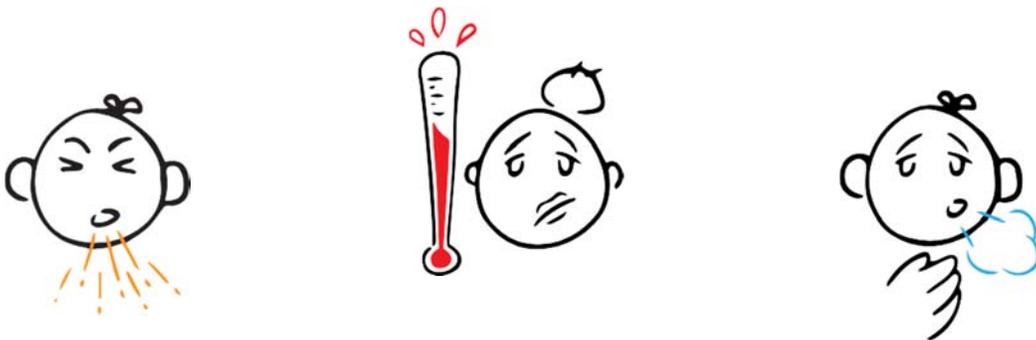
What is COVID-19?

COVID-19 is a type of coronavirus disease found primarily in animals. When humans are infected, symptoms can range from mild to severe depending on a number of variables. The World Health Organization declared COVID-19 a global pandemic on March 11, 2020. The tragic consequences of this virus are being felt around the world, including in Canada.

Until such time as information and directives from government agencies change, the following health, safety and hygiene information is considered applicable to all stages of the return-to-work framework. This document is intended to supplement and not replace government directives. Provincial and municipal public health information and directives must always be followed and supersede the information below as required.

Symptoms

Symptoms of COVID-19 contamination may include fever, onset or aggravation of cough, difficulty in breathing, or sudden loss of sense of smell without nasal congestion, with or without loss of taste. Other symptoms may also occur, such as sore throat, headache, muscle pain, severe fatigue, significant loss of appetite, and diarrhea.



**IF YOU HAVE ANY DOUBTS ABOUT SYMPTOMS OF
COVID-19, STAY HOME.**

BACKGROUND INFORMATION

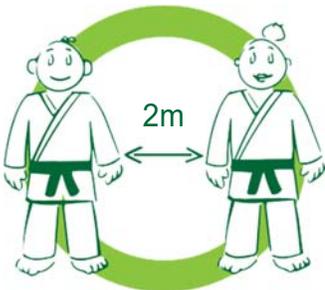
GENERAL INFORMATION ON HEALTH, SAFETY AND HYGIENE MEASURES

Prevention

To mitigate the risks associated with COVID-19, the following hygiene measures should be followed for resumption of operations. The goal is to avoid becoming infected and spreading the virus to others in the community.

Anyone planning to go to a public place to practice their sport, should self-assess their health before travelling. If symptoms related to COVID-19 are present, the activity must be stopped. The person concerned must isolate themselves as soon as possible and contact the Government of Quebec website for symptomatic or infected people or by calling the dedicated number: 1-877-644-4545.

BARRIER GESTURES TO BE DONE AT ALL TIMES TO PREVENT THE SPREAD



KEEP A DISTANCE OF 2 METERS



COUGH / SNEEZE INTO YOUR ELBOW



WASH YOUR HANDS REGULARLY



DISINFECT SURFACES AND OBJECTS USED



AVOID SHARING MATERIALS SUCH AS WATER BOTTLES

www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019

INSURANCE

General liability, directors, and officers insurance policies are in place, and have been in place since the beginning of the pandemic. There has been no termination or suspension of insurance coverage by the insurer.

As the authorities allow the return of sporting activities, they will be assured if judo clubs respect the COVID-19 security protocols set out in this document and other security measures that previously existed.

Day camps will also be insured even if normal judo cannot be practiced as long as the clubs follow government and federation directives for day camps. The day camp participants must be members of the federation for the insurance to be valid.

THE CLUB'S RESPONSIBILITIES TO EMPLOYEES

The employer has an obligation to protect the health, safety and physical integrity of its workers. To this end, he must, among other things, implement methods for identifying, correcting, and controlling risk.

In the context of COVID-19, the employer must ensure that the usual preventive measures continue to be implemented and where necessary, must be modified to protect workers from the risk of contamination.

The employer must inform employees about the risks related to their work, including those related to COVID-19. The employer must also provide them with the appropriate training, supervision and coaching to ensure that all employees have the skills and knowledge required to safely perform the work assigned to them.

In order to support employers to ensure that they can fulfill their role properly, CNESST has produced a toolkit for the sports sector. This kit includes:

- A complete guide
- A daily checklist
- A poster

IMPORTANT, please read the guide carefully before resuming activities:

www.cnesst.gouv.qc.ca/salle-de-presse/covid-19/Pages/outils-secteur-loisir-sport-plein-air.aspx.

COMMUNICATION

Before resuming activities, it is essential that all practitioners and parents be informed of the latest directives established by government authorities and the applicable protocols in this document. It is important that these directives are understood and accepted by each practitioner, and parents in the case of minors, otherwise they will be denied access to the club.

In the event that a practitioner presents one of the symptoms related to COVID-19, all persons who have been in contact will be immediately informed. An outbreak protocol must be followed and enforced, see [APPENDIX-3](#).

We recommend the creation of a communication plan to optimize the planning, organization and execution of activities, as well as frequent communication with practitioners and parents (via email or club website).

It is recommended to post procedures on the club premises, such as bulletin boards and prominent visible locations. (Phases 2-3-4).

PHASES OF RETURN TO JUDO

The protocols presented in this document follow the guidelines and directives established by government authorities. They follow a controlled, phased, and gradual reintegration process that will help minimize the risk of an outbreak should a person become infected with COVID-19. The phases do not have a predetermined duration, as the timeframes will be governed by the directives and guidelines established by government authorities.

In this document, the gradual return to judo is divided into four phases according to the gradual easing of requirements of government authorities. Each club can launch its activities starting from the phase best suited for the club. The phase must be approved by Judo Quebec in accordance with the most current instructions from government authorities.

PHASES	Outdoor activities	Individual practice	Physical distance	Supervised group practice	Indoor activities
Free practice (decreed on 20 th May 2020)	Green	Green	2 meters	Red	Red
Phase 1 (decreed June 8 th 2020) "outdoors - 2 meters"	Green	Green	2 meters	Green	Red
Phase 2 "Dojo - 2 meters"	Green	Green	2 meters	Green	Green
Phase 3 "Single couple - mask"	Green	Green	1 couple (same partner)	Green	Green
Phase 4 "No Mask"	Green	Green	Contact accepted	Green	Green

To be prepared for any eventuality, we developed 4 phases. However, according to government recommendations, it is possible that some phases could be skipped, for example moving from phase 2 to 4 without going through phase 3. It is also possible that phases may be added or that the application of phases may be different in certain regions, again according to government recommendations. Judo Quebec will notify the clubs in all cases.

PHASE-I PROTOCOL "OUTDOORS - 2 METERS"

Timeline:

Applicable when all conditions are required by government authorities:

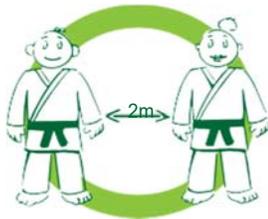
1. A distance of 2 meters is required.
2. Group outdoor activities are permitted. No indoor activities.

Safe conditions:

- Safety distance: 2 meters.
- Observe Covid-19 barriers (graphics depicting recommended actions)
- Only outdoor activities are allowed.
- No bathrooms, showers or toilets allowed for use on site.
- No sharing of equipment.

Suggested activities:

- Tendoku-renshu (working alone).
- Motor and technical skills.
- Muscle strengthening.
- Learning Ukemi (fall).
- Postures, movement, coordination, mobility, basic stability, taiso, etc.



Coach and Club Responsibilities

- Pre-determine an epidemic coordinator, who may be commonly referred to as an "epidemic coordinator" or "Horacio", other than the coach, who will be responsible for enforcing all instructions (see [APPENDIX-3](#) for a list of his responsibilities).
- Plan a training schedule that avoids crossing groups and allows you to get to the training area on time. For example, for a one-hour theory session, you should plan for :
 - A minimum of 5 minutes from the reception area until the session starts.
 - 45 minutes of session.
 - A minimum of 5 minutes from the end of the session to get to the reception area.
 - Allow a minimum of 15 minutes between sessions to avoid the different groups crossing each other.
- Designate an assembly point where the safe distance can be respected.
- Note the attendance of the participants.
- Check and retrieve the Practitioner Health Questionnaire ([APPENDIX-2](#)) at the beginning of each training session, OR verbally ask all the questions on the form to each participant and fill out the paper form for the participant.
- Check and retrieve once during the first training session the consent form for participation in supervised activities ([APPENDIX-1](#)).
- Provide a hand sanitizer (gel or liquid).
- Provide a trash can for disposable tissues and garbage.
- Inform the accompanying persons (max. 1 / athlete) of the departure and return times.
- Follow the outbreak procedure ([APPENDIX 3](#)) in the event that :
 - One of your practitioners shows symptoms during training. Or
 - One of your practitioners who took part in 1 of your trainings is suspected or confirmed to have caught covid-19.

PHASE- I

Safe measures

BEFORE going to the training area

- Shower and wash your hair.
- Make sure your judo equipment has been washed (practice clothes, judogi, ...).
- Have clean hands and properly trimmed nails.
- Have gone to the bathroom.
- Avoid public transportation as much as possible.
- Wear a mask on public transportation.
- Wear your practice clothes (Judogi or other) under a tracksuit (+ jacket if necessary) so as not to get dirty on the way to the practice site and to avoid the dressing up and dressing down phases.
- Bring a bag (medium or large volume) containing unused disposable tissues, a hydro-alcoholic lotion, a water bottle and contact details of the person accompanying you that can be reached in case problems arise during the session.

DURING the session

- The teacher allocates one area per practitioner while respecting the safe distance.
- The practitioner goes to his area. He will remain there throughout the session.
- The sessions conducted by teachers are adapted to respect procedures required by health authorities
- Practitioners leave the area respecting the required safe distance.
- No sharing of equipment is permitted. (e.g. if elastic bands are used in training, the same athlete must use the same elastic band throughout the training, and it must be disinfected at the end of the training).
- If for an important reason, the coach or other personnel must get within 2 meters of another person, wearing a mask is mandatory for both people.

AFTER training and upon arrival at home

- Any person coming to meet a judo practitioner must arrive at the dojo 5 minutes before the end of the session and wait at a remote location while keeping a safe distance from the other accompanying persons.
- Upon arrival at home, the practitioner must take a shower.
- Place judogis and sports clothes in the laundry
- Wash their water bottle.
- Replenish safety kit (hydro-alcoholic gel and tissues).

PHASE 2 PROTOCOL "2 METER - DOJO."

Timeline:

Applicable when all its conditions are required by government authorities:

1. A distance of 2 meters is required.
2. Indoor group activities are permitted.

Safe conditions:

- Safety distance: 2 meters.
- Allocated training space
- Observe Covid-19 barriers (Graphics depicting recommended actions)
- No bathrooms, showers or toilets allowed for use on site.
- No sharing of equipment.
- Wear a mask entering the dojo and during exercises requiring significant movement.

Suggested activities:

- Tendoku-renshu (working alone).
- Motor and technical skills.
- Muscle strengthening.
- Learning Ukemi (fall).
- Postures, movement, coordination, mobility, basic stability, taiso, etc.



- 12 years old + over 12 years old

Coach and Club Responsibilities

Upstream:

- Identify in advance an epidemic coordinator, who may be commonly referred to as an "Horacio", other than the coach, who will be responsible for ensuring that all instructions are followed. (See [APPENDIX-3](#) for a list of his or her responsibilities).
- Follow the outbreak procedure ([APPENDIX-3](#)) in cases where :
 - One of your practitioners shows symptoms during training. Or
 - One of your practitioners who took part in 1 of your trainings is suspected or confirmed to have caught covid-19.
- Plan a training schedule that avoids crossing groups and allows you to get to the training area on time. For example, for a one-hour theory session, you should plan for :
 - A minimum of 5 minutes from the reception area until the session starts.
 - 45 minutes of session.
 - A minimum of 5 minutes from the end of the session to get to the reception area.
 - Allow a minimum of 15 minutes between sessions to avoid the different groups crossing each other.

PHASE-2

At the dojo's reception desk:

- Setting up a reception desk at the entrance of the dojo, held by an adult designated by the club, wearing a mask and disposable gloves.
- Demarcation of safety distances (using adhesive tape or any other clearly visible means) to ensure that each practitioner and their practice partner are 2m away from the others.
- Wash hands and feet using the hydro-alcoholic gel dispenser located at the reception desk.
- Provide a trash can for disposable tissues and garbage.
- Check that masks are worn.
- Note attendance of participants.
- Check and retrieve the Practitioner Health Questionnaire ([APPENDIX-2](#)) at the beginning of each training session, OR verbally ask all the questions on the form to each participant and complete the form for him/her.
- Check and recover 1 time during the first training session Directed Activity Participation Consent Form ([APPENDIX 1](#)).
- Inform the accompanying persons (max. 1 / athlete) of the departure and return times.

Between practices:

- A cleaning/disinfection of the tatami and the equipment utilized must be carried out before and after each session.

Safe measures

BEFORE going to the dojo

- Shower and wash your hair.
- Make sure your judo equipment has been washed (practice clothes, judogi, ...).
- Have clean hands and properly trimmed nails.
- Have gone to the bathroom.
- Avoid public transportation as much as possible
- Wear a mask on public transportation.
- Wear a mask when entering the building where the dojo is located.
- Wear your practice clothes (judogi or other appropriate clothing for the planned activity) under a tracksuit (+ jacket if necessary) to avoid getting dirty on the way to the practice site and to avoid the dressing up and dressing down phases.
- Take a bag (medium or large volume) containing unused disposable tissues, a hydro-alcoholic lotion, a water bottle and contact details of the person accompanying you that can be reached in case a problem arises during the session.

DURING the session

- In order to respect the safe distance, the teacher allocates for each practitioner an area delimited by:
 - 4 square meters for children under 12 years old
 - 9 square meters (4.5 tatamis of 2mx1m) for ages 12 and up.
- The practitioner goes to the assigned area with their water bottle and remains there throughout the session.
- The sessions conducted by teachers are adapted to respect the procedures required by health authorities.
- Practitioners leave the area respecting the required safe distance.
- No sharing of equipment is permitted. (e.g. if elastic bands are used in training, the same athlete must use the same elastic band throughout the training, and it must be disinfected at the end of the training).
- Accompanying person cannot remain on the premises.
- Wearing a mask is mandatory during exercises requiring movement within the area assigned to each person. It is therefore recommended to do all the exercises with movement in the same exercise block and the exercises without movement in the other block to avoid the placing/removal of the mask.
- If for an important reason, the coach or other personnel must get within 2 meters of another person, wearing a mask is mandatory for both people.
- At the end of practice,
 - the practitioner massages his hands and feet with hydro-alcoholic gel before putting his shoes back on.
 - he puts on his tracksuit over his judogi and waits for the teacher's permission to join his companion.

PHASE-2

Safe measures

AFTER training

- Any accompanying person must arrive at the activity site 5 minutes before the end of the session and wait at a designated place while keeping a safe distance from the other accompanying persons.
- Upon arrival at home, the practitioner must take a shower.
- Place judogis and sports clothes in the laundry.
- Wash his water bottle.
- Replenish safety kit (hydro-alcoholic gel and tissues).

PHASE 3 PROTOCOL " SINGLE COUPLE - MASK"

Timeline :

Applicable when all conditions are required by the Public Health Branch:

1. The distance of 2 meters is modified to allow contact with only 1 person.
2. Indoor group activities are permitted.

Safe conditions:

- Safety distance: 2 meters for everyone except a single partner for the duration of the training.
- Allocated training space
- Observe Covid-19 barriers (Graphics depicting recommended actions)
- Wear a mask.
- No bathrooms, showers or toilets allowed for use on site.

Suggested activities:

- Geiko of cooperation and opposition in privileged tashi waza
- No randori.
- Any exercise that respects respiratory hygiene and COVID-19 barriers. (Graphics depicting recommended actions)



- 12 years old



16m2
+ over 12 years old



Coach and Club Responsibilities

Upstream:

- Identify in advance an epidemic coordinator, who may be commonly referred to as a "Horacio", other than the coach, who will be responsible for ensuring that all instructions are followed. (See [APPENDIX-3](#) for a list of his or her responsibilities).
- Follow the outbreak procedure ([APPENDIX-3](#)) in cases where :
 - One of your practitioners shows symptoms during training. Or
 - One of your practitioners who took part in 1 of your trainings is suspected or confirmed to have caught covid-19.
- Plan a training schedule that avoids crossing groups and allows you to get to the training area on time. For example, for a one-hour theory session, you should plan for :
 - A minimum of 5 minutes from the reception area until the session starts.
 - ° 45 minutes of session.
 - A minimum of 5 minutes from the end of the session to get to the reception area.
 - ° Allow a minimum of 15 minutes between sessions to avoid overlap between groups.

PHASE-3

At the dojo's reception desk:

- Setting up a reception desk at the entrance of the dojo, held by an adult designated by the club, wearing a mask and disposable gloves.
- Demarcation of safety distances (using adhesive tape or any other clearly visible means) to ensure that each practitioner and their practice partner are 2m away from the others.
- Wash hands and feet using the hydro-alcoholic gel dispenser located at the reception desk.
- Provide a trash can for disposable tissues and garbage.
- Check that a mask is worn.
- Note attendance of participants.
- Check and retrieve the Practitioner Health Questionnaire ([APPENDIX-2](#)) at the beginning of each training session, OR verbally ask all the questions on the form to each participant and fill out the paper form for the participant.
- Check and recover 1 time during the first training session Directed Activity Participation Consent Form ([APPENDIX-1](#)).
- Inform the accompanying persons (max. 1 / athlete) of the departure and return times.

Between practices:

- A cleaning/disinfection of the tatami and equipment utilized must be carried out before and after each session.

Safe measures

BEFORE going to the dojo

- Shower and wash your hair.
- Make sure your judo equipment has been washed (practice clothes, judogi, ...).
- Have clean hands and properly trimmed nails.
- Have gone to the bathroom.
- Avoid public transportation as much as possible.
- Wear a mask on public transportation.
- Wear a mask when entering the building where the dojo is located.
- Put your practice clothes (Judogi or other appropriate clothing for the planned activity) under a tracksuit (+ jacket if necessary) to avoid getting dirty on the way to the practice site and to avoid the dressing up and dressing down phases.
- Take a bag (medium or large volume) containing unused disposable tissues, a hydro-alcoholic lotion, a bottle of water and a form with the contact details of the person accompanying you that can be contacted in case of problems during the session.

DURING the session

- In order to respect the safe distance, the teacher allocates for each practitioner an area delimited by :
 - 8 square meters for children under 12 years old
 - 16 square meters (8 tatamis of 2mx1m) for ages 12 and up.
- Wear a mask during training when practicing in pairs.
- The practitioner goes to the assigned area with their water bottle and remains there throughout the session
- The sessions conducted by teachers are adapted to respect the procedures required by health authorities.
- Accompanying person cannot remain on the premises.
- Practitioners leave the area respecting the required safe distance.
- Sharing equipment is allowed between users but it must be disinfected between trainings.
- Accompanying person cannot remain on the premises.
- At the end of practice,
 - the practitioner massages his hands and feet with hydro-alcoholic gel before putting his shoes back on.
 - He puts on his tracksuit over his judogi and waits for the teacher to allow him to join his companion.

AFTER training

- Any accompanying person must arrive at the activity site 5 minutes before the end of the session and wait at a designated place while keeping a safe distance from the other accompanying persons.
- The practitioner will have to take a shower upon arrival at home
- Place judogis and sports clothes in the laundry
- Wash his water bottle.
- Replenish safety kit (hydro-alcoholic gel and tissues).

PHASE 4 PROTOCOL " WITHOUT MASK"

Timeline:

Applicable when all its conditions are required by the Public Health Branch:

1. The 2-metre distance is no longer required.

Safe conditions:

- Observe Covid-19 barriers (Graphics depicting recommended actions)
- Wearing a mask is no longer mandatory
- Use of locker room is permitted

Suggested Activities

- No restrictions



20 seconds.

Coach and Club Responsibilities

Upstream:

- Follow the outbreak procedure ([APPENDIX-3](#)) in the event that
 - One of your practitioners shows symptoms during training.
 - One of your practitioners who took part in 1 of your trainings is suspected or confirmed to have caught covid-19.

At the dojo's reception desk:

- Wash hands and feet using the hydro-alcoholic gel dispenser located at the reception desk.
- Provide a waste bin for disposable tissues and trash
- Note attendance of participants.
- Check and retrieve the practitioner's health questionnaire at the beginning of each training session ([APPENDIX-2](#)).
- Check and recover 1 time during the first training session Directed Activity Participation Consent Form ([APPENDIX-1](#)).

Tatami cleaning:

- A cleaning/disinfection of the tatami and the equipment used must be done every day that the dojo has been used.

PHASE-4

Safe measures

BEFORE going to the dojo

- Shower and wash your hair.
- Make sure your judo equipment has been washed (practice clothes, judogi, ...).
- Have clean hands and properly trimmed nails.
- Have gone to the bathroom.
- Take a bag (medium or large volume) containing unused disposable tissues, a hydro-alcoholic lotion, a water bottle and contact details of the person accompanying you that can be contacted in case a problem arises during the session..

DURING the session

- No restrictions

AFTER training

- The practitioner must take a shower.
- He will have to put his practice clothes (judogi) in the wash.
- Wash his water bottle.
- Replenish safety kit (hydro-alcoholic gel and tissues).

RESOURCES



Judo Québec is building an exercise data bank to equip clubs and coaches to prepare training routines respecting distancing protocol.

www.judo-quebec.qc.ca/membres/judokas/entrainementmaison/



Québec government

www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/



Canadian Government

www.canada.ca/fr/sante-publique/services/publications/maladies-et-affections/cleaning-cleaning-public-spaces.html

www.canada.ca/fr/sante-canada/services/medicaments-health-products/desinfectants/covid-19.html



Organisation
mondiale de la Santé

World Health Organization (WHO)

<https://apps.who.int/iris/bitstream/handle/10665/332167/WHO-2019-nCoV-Disinfection-2020.1-eng.pdf?sequence=1&isAllowed=y>



CNESST

www.cnesst.gouv.qc.ca/salle-de-presse/covid-19/Pages/tools-sector-leisure-sport-plein-air.aspx



Sport Aide

www.sportaide.ca/covid19/



REFERENCES

Government of Quebec (2020). Coronavirus disease (COVID-19) in Quebec. Canada.
www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/

Judo Institute. French Federation of Judo Jujitsu and related disciplines (2020). FFJDA protocol for safe judo jujitsu activities, France.

Judo Canada. Guidelines for returning to judo post covid-19. May 29, 2020. Canada

International Judo Federation. Recommended Protocols for the Safe Resumption of Judo Activities during the Covid-19 Pandemic, May 2020.

**CONSENT FORM FOR
PARTICIPATION IN DIRECTED
ACTIVITIES**



RISK RECOGNITION COVID-19

The new coronavirus, COVID-19, has been declared a global pandemic by the World Health Organization (WHO). COVID-19 is highly contagious and is believed to be spread primarily through person-to-person contact. As a result, government authorities, both local, provincial and federal, are recommending a variety of measures and prohibiting certain behaviour to reduce the spread of the virus. Judo Québec and its members, of which (name of the club) is a part, undertake to comply with all requirements and recommendations of the Santé Publique du Québec and other governmental authorities, and to implement and adopt all necessary measures to this effect. However, Judo Québec cannot guarantee that you (or your child, if the participant is a minor and/or the person for whom you are the guardian or legally responsible) will not be infected by COVID-19. In addition, your participation in the activities could increase your risk of contracting COVID-19, despite all the measures in place.

By signing this document,

- 1) I recognize the highly contagious nature of COVID-19 and I voluntarily assume the risk that I (or my child, if the participant is a minor and/or the person for whom I am the guardian or legal guardian) may be exposed or infected by COVID-19 through my (his) participation in Judo Québec or Judo Canada activities. _____ (Club name) . Exposure to or infection with COVID-19 may result in injury, illness or other conditions ;
- 2) I declare that my participation (or that of my child, if the participant is a minor and/or the person for whom I am the guardian or legal responsible) in the activities of Judo Québec or of _____ (Club name) is voluntary;
- 3) I declare that neither I (or my child, if the participant is a minor and/or the person for whom I am the guardian or legal guardian), nor anyone living in my household, have had any cold or flu symptoms (including fever, cough, sore throat, respiratory illness or difficulty breathing) in the last 14 days;
- 4) If I (or my child, if the participant is a minor and/or the person for whom I am the guardian or legal responsible), experience cold or flu symptoms after signing this declaration, I (or my child, if the participant is a minor and/or the person for whom I am the guardian or legal responsible) agree not to attend or participate in Judo Québec (or any other Judo Québec activity). _____ (Club name) for at least 14 days after the last onset of cold or flu symptoms.
- 5) I declare that neither I (or my child, if the participant is a minor and/or the person for whom I am the guardian or legal responsible), nor anyone living in my household, has travelled or stopped over outside Canada or in any province outside Quebec in the last 14 days. If I (or my child if the participant is a minor and/or the person for whom I am the guardian or legal responsible) travels outside the province of Quebec after signing this declaration, I (or my child if the participant is a minor and/or the person for whom I am the guardian or legal responsible) agree not to attend or participate in the activities of Judo Québec or of _____ (Club name) for at least 14 days after returning from the trip.

This document will remain in effect until Judo Quebec receives instructions from provincial government authorities and Quebec Public Health that the commitments contained in this declaration are no longer necessary.

I HAVE SIGNED THIS DECLARATION FREELY AND KNOWINGLY.

Name of participant (please print)

Name of parent / guardian / responsible person
(if the participant is a minor or cannot legally give
consent)

Participant's signature

Signature of parent/guardian/legal guardian

Place / Date: _____

HEALTH QUESTIONNAIRE



HEALTH QUESTIONNAIRE

Name : _____

Club : (Club name) _____

Date and time of training : _____

Teacher: _____

Have you noticed any of the following symptoms in the last 14 days?

	Symptoms	Yes	No
1	Body temperature higher than 37.5 °C		
2	Dry cough		
3	Irritated throat		
4	Sudden onset of shortness of breath		
5	Sudden onset of vomiting and/or diarrhea		
6	Sudden onset of joint and/or muscle pain		
7	Fatigue without known cause		

Are the following statements true for you?

		Yes	No
A	In the past 14 days, have you encountered anyone suspected or reportedly infected with Covid-19?		
B	Is anyone in your household under self-imposed or officially imposed quarantine?		
C	Do you live in the same household with an exposed and frail person (> 70 years of age, immunodeficient, has cardiac or chronic lung disease)?		

I recognize that

- If I have had COVID-19 and have been hospitalized, I must first see a doctor before I can resume activities.
- If in the last 14 days I have had any symptoms suggesting a COVID-19 infection, I must take a Covid-19 test, and it must be negative to resume activities.

Coach's signature _____

Practitioner / parent signature _____

**OUTBREAK PROTOCOL
(SOURCE JUDO CANADA)**

Please note that the two scenarios described below are examples that will need to be adjusted to meet the needs of your club/situation.

Emergency Action Plan - in case of COVID-19 infection

In the event of COVID-19 infection, the following plan must be implemented.

Anyone who has participated in training or has been present on the club premises and who discovers that they (or someone they share a home with) have symptoms related to COVID-19 is required to report these symptoms to the outbreak coordinator, commonly known as "Horacio", within the judo club. The coordinator will then initiate the plan described below.

If this person has severe symptoms, it is advisable to contact emergency medical services (9-1-1) immediately.

Outside of training

Once it is suspected or discovered that a person who participated in training or was present on the club premises (or someone with whom they share a home) is a suspected case of COVID-19, the following plan will be implemented:

1. Notify the club epidemic coordinator of the outbreak (see details below).
2. The individual as well as those residing in the same household will have to be quarantined until it can be determined that they have not contracted the virus or have completely recovered from the infection. They must be confirmed by a physician stating that they no longer need to be in quarantine.
 - Ensure that both the individual and those residing in the same household are aware of what they must do and must not do during the quarantine period.
 - Ensure that the individual, as well as those living in the same household, know the telephone number of the COVID information centre (1-877-644-4545) so that they can contact them, report their case and determine the instructions to follow.
 - These individuals will be expected to follow all recommendations/directives given by health professionals.
3. Identify the trainings in which this person has participated and determine with whom he or she may have come into contact.
4. Notify people who may have been in contact with the suspected case of COVID-19. These people will have to be quarantined until it can be determined that they have not contracted the virus (either after a negative test or after a 14-day quarantine period). They will also be asked to contact the COVID Information Centre (1-877-644-4545) for instructions on how to proceed.
5. Determine if any measures need to be adjusted before continuing the training sessions.
6. Communicate the information to all parties involved.

During training

If a person starts to feel unwell during a training session, the following plan will be implemented:

1. The individual must stop training immediately.
 - Move the person to the isolation area and have him/her wear a mask.
 - Make sure the person is not in respiratory distress, if so, contact emergency medical services for assistance. If necessary, and if equipment is available, oxygen support may be provided in accordance with PHTLS (Prehospital Trauma Life Support and Care) guidelines or emergency medical support recommendations.
 - Provide first aid (if necessary).
2. Contact parents/guardians if the person is a minor. Arrange for the person to be cared for immediately.
3. Notify the club epidemic coordinator of the outbreak (see details below).
4. Evacuate the room/dojo and disinfect.
5. Identify and inform people who may have come into contact with this person that they should also stop the training immediately.
 - They will have to be quarantined until it can be determined that they have not contracted the virus (either after a negative test or after a 14-day quarantine period). They will also be asked to contact the COVID Information Centre (1-877-644-4545) for instructions on how to proceed.
6. Contact the COVID Information Centre (1-877-644-4545) for instructions.
 - The person who has shown symptoms should follow all the recommendations. / instructions given by health professionals.
 - i. The individual will have to be quarantined.
 - ii. Ensure that both the individual and those residing in the same household are aware of what they must do and must not do during the quarantine period.
 - Make sure that the person has transportation to his or her home (no public transportation is allowed).
7. Determine if any measures to be adjusted before continuing the training session.
8. Communicate the information to all parties.

The epidemic coordinator in the club

- One person (administrator/coach/volunteer) will be appointed as the club epidemic coordinator. The role of this person will be to ensure that the judo club remains a safe place to train and does not become a potential outbreak of the epidemic. To achieve this, the epidemic coordinator must ensure that regulations/policies/guidelines are enforced.
- This person will be responsible for ensuring that all steps in the emergency action plan have been followed in the event of a suspected COVID-19 infection in the club (including a person who shares a household with a club member).
- This person will be responsible to inform the owner of the facility in which the club is located that a person infected has been within the facility (if necessary).
- This person will be responsible for communicating any adjustments made to the procedures or training plan.
- This person will be responsible for ensuring that all parties have been contacted.
- This person will be responsible for following up on all identified COVID-19 cases.

Epidemic Coordinator Contact Information:

Name : _____

Phone number : _____

Email : _____

DOJO DISINFECTION AND EQUIPMENT

DISINFECTION OF DOJO AND EQUIPMENT

Composition of club cleaning kits (not exhaustive)

- Disinfecting wipes
- Disinfectant aerosol cans
- Disinfectant sprayers
- Disinfectant canisters
- Paper towels and cleaning cloths
- Cleaning buckets
- Disposable latex gloves

Cleaning frequency

	Phase-1 Outdoor - 2m	Phase-2 Dojo - 2m	Phase-3 Single couple - mask	Phase-4 Without mask
Tatamis	N/A	After each training session		1 time per day
Training equipment (elastic band, balls, ...)	Individual equipment only		Can be shared. Cleaning between each drive	
Judogi and sportswear	After each training session			