



Judo Canada

4141, avenue Pierre-De Coubertin
Montréal, QC, H1V 3N7
Tél: 514-255-JUDO (5836) / Fax: 877-893-5836



National Training Camp November 2022

Dates: November 7-9, 2022

Location: National Training Center

Address: 4141 Pierre-De-Coubertin, Montreal, QC, H1V 3N7

- Athletes, coaches and chaperones must register via the following link:
<https://judocanada.org/event/fall-camp/>

(athletes who are part of the FULL TIME group of Judo Canada do not need to register)

The deadline for registration is October 24, 2022. No entries will be accepted after this date.

The National Institute of Sport maintains certain health measures to protect high level competitors of all sports. It is very important to be aware of the rules and to respect them. People who do not respect the measures in place will be expelled from the camp.

- Athletes, coaches and attendants, wishing to have access to the training area, must be fully vaccinated (2 doses). The proof of vaccination must be uploaded in the registration form.
- During the visits to the institute, from the reception of the institute to the dojo, wearing a mask will be mandatory. The mask can be removed at the dojo.
- Athletes who are not part of the INS training groups **will not have access to the locker rooms**

People with the following symptoms **cannot come to the Institute:**

Fever
Cough
Sore throat

- Athletes, coaches and chaperones will be required to complete the INS-Q symptom form once a day **(Max 4 hours and min. 30 min before the first practice of the day):**
<https://insqc.org/gds/c19Form.jsp?idFormType=2>





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November 7h	November 8th	November 9th
1:00 pm - 3:00 pm Men U16 (all weight divisions) Men U18 (66 kg and under) Women (all age and weight divisions)	9:00am-10:30am Men U16 (all weight divisions) Men U18 (66 kg and under) Women (all age and weight divisions)	9:00am-10:30am Men U18 (66 kg and over) Men U21 & senior
16h00-18h00 Men U18 (66 kg and over) Men U21 & senior	11:00am-12:30pm Men U18 (66 kg and over) Men U21 & senior	11:00am-12:30pm Men U16 (all weight divisions) Men U18 (66 kg and under) Women (all age and weight divisions)
	3:00 pm - 4:30 pm Men U16 (all weight divisions) Men U18 (66 kg and under) Women (all age and weight divisions)	
	5:30-7:30 pm Men U18 (66 kg and over) Men U21 & senior	

If you have any questions, you can contact : Marie-Hélène Chisholm: mh.chisholm@judocanada.org

Les programmes de Judo Canada sont financés en partie par le gouvernement du Canada.

www.judocanada.org

The programs of Judo Canada are funded in part by the Government of Canada.

www.judonationals.org

