



Return to the Dojo

Before starting your training



1 Do I currently have any of these:
Symptoms of acute respiratory disease (including cough, sore throat or shortness of breath) OR fever over 38 degrees.

YES>Don't start training, follow NHS guidelines on possible COVID-19.
NO> Go to next question

2 Do I currently have COVID-19 or had it in the last 2 months.

YES>Don't start training, ask your doctor when you can start.
NO> Go to next question

3 Do I have a history of cardiac problems or other pre-existing health issues

YES>Don't start training, ask your doctor when you can start.
NO> OK, you can go back to training

Premise	General Practice	Activity	Notes
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Phase 1

Home practice
Possible equipment:
-Belt/uchikomi bands
-dojo dummy/partner
-mats (if possible)

Use of online resources such as:
-club videos
-Live video session
-NGB resources
-YouTube/Superstar Judo
Conditioning – Club programme
Yoga / Calisthenics

Tandoku Renshu
Sotai Renshu
Possible equipment:
-Belt/uchikomi bands
-dojo dummy/partner
-mats (if possible)



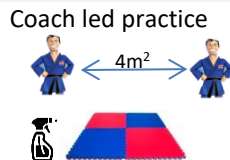
COVID-19



If anyone shows signs of COVID-19 then all group members must self isolate for 14 days

Phase 2

Dojo practice
Mat sanitised prior to practice
Social Distance @4m²
-Face masks to be worn
-Sanitise Hands/Feet



Tandoku Renshu
Possible equipment:
-Belt/uchikomi bands
-dojo dummy/partner
Bodyweight Conditioning
Movement activities



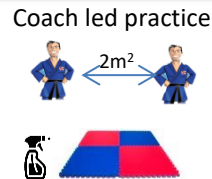
COVID-19



As above, any COVID-19 symptoms all must self isolate

Phase 3

Dojo practice
Mat sanitised prior to practice
Social Distance @2m²
-Face masks to be worn
-Sanitise Hands/Feet



Tandoku Renshu
Limited Sotai Renshu
Kata
No Randori
Bodyweight Conditioning
Movement activities



COVID-19



As above, any COVID-19 symptoms all must self isolate

Phase 4

Dojo practice
Mat sanitised prior to practice
Relax Social Distance
-Face masks to be worn
-Sanitise Hands/Feet



Tandoku Renshu
Sotai Renshu
Kata
Light Randori
Bodyweight Conditioning
Movement activities



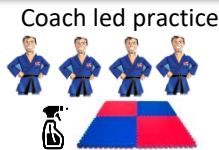
COVID-19



As above, any COVID-19 symptoms all must self isolate

Phase 5

Dojo practice
Mat sanitised prior to practice
No Social Distance
-Sanitise Hands/Feet



Return to normal activity
Pre COVID-19



COVID-19



As above, any COVID-19 symptoms all must self isolate

Return to the Dojo Guidance

Self-assessment



Do I currently have any of these:
Symptoms of acute respiratory disease (including cough, sore throat or shortness of breath)
OR fever over 38 degrees.

Hygiene



Players must ensure they sanitise their hands & feet prior to & post session. Provide their own sanitiser/mask, water bottle must be labeled.

Registers



Registers must be taken and kept to ensure a strict record of who has attended each class in case of infection tracking.

Player safety



Players safety must be adhered to at all times. Session content is suitable for all players.

Spectators



During all phases that have social distancing unfortunately we cannot accommodate spectators.