



# JUDO

Suid-Afrika  
South Africa  
Afrique du Sud  
PBO Number 930017654

*Affiliation: International Judo Federation, African Judo Union, SASCOC  
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## **RULES: RESUMING SOLO JUDO TRAINING**

### **PROCEDURES FOR SCREENING PARTICIPANTS**

Participants will be screened at each session, which includes temperature measuring, symptom check and Covid-19 history. Template attached.

- By respecting hygienic measures, such as washing and sanitizing the hands regularly, using disposable paper handkerchiefs and applying social distancing is a must to protect each other and stop the spreading of the virus;
- Anyone planning to participate at any level in the training sessions must fill out and sign a sanitary questionnaire testifying that they are in a good health condition;
- Minors must present parental consent. Collecting the questionnaires is the responsibility of the clubs organising the training sessions.

### **Who do we allow to come to practice and who not?**

It is imperative for anyone who wishes to participate in activities at a Dojo to ensure that he or she is in excellent health. It will be wise for coaches to limit their classes to numbers that will allow proper distancing on the mat. The IJF document includes guidelines on hygiene and sanitary processes as well as a Sanitary Questionnaire that can be used by coaches.

**NOTE: Only practising Judokas (5), Coach (1) and Administrator (1) will be allowed in the Dojo.**

**No parents, people accompanying Judokas or any visitors will be allowed in the Dojo/ area of practice (drop off and remain in vehicle).**

**No gatherings outside the Dojo will be allowed during the practice session**

***The Head Coach to ensure that the above rules are adhered to at all times***

## LEVEL 2

Currently we are at level 2 which does not provide much leeway in terms of practicing the sport Judo in a Dojo and therefore we will propose solo training only in level 2.

The table below was compiled using the information from the IJF as well as from what was published in the media combined with our own knowledge of training in the country. *This is merely a guideline and we must adhere to the rules as laid down by the Government.*

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RSA – LEVEL 3 Solo Training Allowed	RSA – LEVEL 2 DOJO Training Allowed
<p><b>Proposed:</b></p> <ul style="list-style-type: none"> <li>• Running/aerobic/agility training (solo);</li> <li>• Resistance training using own equipment (solo);</li> <li>• Technical training (solo) — e.g. mirror work;</li> <li>• Kata practice (solo movements).</li> </ul> <p><b>IJF:</b></p> <p><b>Sanitary Conditions</b></p> <ul style="list-style-type: none"> <li>• Sanitary security distance</li> <li>• Limited number of athletes</li> <li>• COVID-19 contact restrictions</li> <li>• Mask-wearing</li> <li>• No bathrooms or showers allowed for use at the venue</li> <li>• Use of toilets (1 person at a time) is allowed.</li> </ul> <p><b>General Pedagogical Recommendations</b></p> <ul style="list-style-type: none"> <li>• Tendoku-renshu (individual work)</li> <li>• Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually)</li> <li>• Learning of Ukemi (fall)</li> <li>• Postures, movement, coordination, mobility, core-stability, taiso(*), etc.</li> <li>• No equipment is used</li> </ul>	<p><b>Proposed:</b></p> <ul style="list-style-type: none"> <li>• No contact or bouts (Randori: Tachi- and Ne-Waza);</li> <li>• Non-contact shadow training;</li> <li>• Limited Kata training in pairs (No contact);</li> <li>• Non-contact technical work with coach.</li> </ul> <p><b>IJF:</b></p> <p><b>Sanitary Conditions</b></p> <ul style="list-style-type: none"> <li>• Sanitary security distance</li> <li>• Limited number of athletes</li> <li>• COVID-19 contact restrictions</li> <li>• Mask-wearing</li> <li>• No bathrooms or showers allowed for use at the venue</li> <li>• Use of toilets ( 1 person at a time) is allowed</li> </ul> <p><b>General Pedagogical Recommendations</b></p> <ul style="list-style-type: none"> <li>• Tendoku-renshu (individual work)</li> <li>• Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually)</li> <li>• Learning of Ukemi (fall)</li> <li>• Postures, movement, coordination, mobility, core-stability, taiso(*), etc.</li> </ul> <p>*-Exercises</p>



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## SCREENING CHECKLIST FOR ADMINISTRATORS, COACHES AND JUDOKAS ONLY!!!

**NB: The following questions will be asked to all individuals entering the building/venue**

<b>SURNAME</b>		
<b>NAME</b>		
<b>ID NUMBER / AGE</b>		
<b>CELL NUMBER</b>		
<b>Did the individual wash his/her hands or sanitize them?</b>	YES	NO
<b>Is the individual wearing a mask?</b>	YES	NO
<b>Has the temperature been taken?</b>	YES	NO
<b>Temperature reading</b>	°C	
<b>Reason for visit</b>		
<b>Was the individual in contact with a Covid-19 positive case during the last 14 days?</b>		
<b>Was the individual tested positive for Covid-19 during the last 14 days?</b>		
<b>Any symptoms of the following :</b>		
<b>Headache</b>	YES	NO
<b>Coughing</b>	YES	NO
<b>Body aches</b>	YES	NO
<b>Loss of smell/taste</b>	YES	NO
<b>Short of breath</b>	YES	NO
<b>Nausea</b>	YES	NO
<b>Diarrhoea</b>	YES	NO
<b>Any other symptoms (please complete in full)</b>		



## PROCEDURE FOR RECORDING ATTENDEES

1. Class register must be printed beforehand
2. Class registers to be handled by one designated person – appointed by the Judo Instructor
3. No sharing of paper work or pens amongst attendees
4. Temperature should be taken upon arrival (when entering the dojo).
5. Temperature readings should be recorded on the class register.

**NOTE:** If temperature reading is higher than the accepted range, should result in the student being refused entry into the dojo.  
*(38° and above retest after 5 minutes, if temperature is still too high, judoka to leave premises or go to isolation room)*

**Record keeping is essential – a database should be created and back-ups should be made of all class registers and temperature recordings.**

6. Checklists should be completed prior to arrival at training
7. Checklists must be handed in upon arrival prior to entry into the dojo.

**NOTE:** NO checklist, no entry!

**Only practising Judoka - 5, Coach-1 and Administrator-1 will be allowed in the Dojo**

**No parents, people accompanying Judokas or any visitors will be allowed in the Dojo/ area of practice**

**No gatherings outside the Dojo will be allowed during the practice session**

***The Head Coach to ensure that the above rules are adhered to at all times***

## PROCEDURE: SOCIAL DISTANCING & CLOSURE OF CHANGE ROOMS

1. Clearly displayed notices at the entrance of dojo (outside), inside the dojo and at change room/bathrooms facilities that indicate hygiene and social distancing regulations and recommendations
2. Demarcated practice Zones should be allocated in the dojo according to social distancing regulations and clearly demarcated
3. Upon their entry to the dojo, students must be allocated a zone, which is their training space for the duration of the session
4. A safe zone (Isolation Room) should be identified prior to training where students can safely be isolated if they feel ill during the course of training. (If minor - parent or guardian can be contacted to collect Judoka).
5. All students should have their own water bottles, filled up prior to arrival, at training.

6. Younger students should arrive at training already dressed in their judo suits.
7. Adults should dress in their judo trousers – it should only be necessary to put their judo tops and belts on at arrival
8. Things such as finger taping, strapping up, etc, should be done prior to the start of training and not in the training venue. This can easily be done outside in a car if not done at home. NO sharing of strapping is permitted.
9. Judo mats must be sanitised prior to and following training, and record should be kept of when this was done – time and date
10. NO MASK – NO ENTRY – NO TRAINING
11. Coaches should be well prepared with a training programme that provide students with a holistic experience.
12. It is particularly important that the session are age and developmentally appropriate and remains sport-specific.
13. Coaches should avoid making the return to judo a return to general fitness training that students can participate in elsewhere. It is essential that training remains uniquely JUDO-FOCUSSED and Educational.
14. **Change rooms / bathroom facilities will be closed at all times.**
15. **Toilets will remain open during training sessions.**

**NOTE : If a student needs to make use of the toilet, a designated person, appointed by the Coaching Instructor, must control the amount of people within the area.**

**Importance of washing hands must be pointed out**

**Hands to be sanitized when leaving the bathroom**

## **SOCIAL DISTANCES**

1. Distances of 2m between every Judoka on the mat to be maintained.
2. Zones should be allocated in the dojo according to social distancing regulations and clearly demarcated (2m between Judokas).
3. Judo South Africa discourages the gathering of large numbers at the same time. Groups of 4 to 5 Judoka 1 Coach and 1 Administrator will be allowed at the same time in the Dojo or designated training area.

## **PROCEDURE: VENTILATION AT TRAINING FACILITY**

1. Windows should be opened during the training session to allow sufficient ventilation.
2. Main door to remain open during each training session.
3. If not enough ventilation, fans to be installed to ensure adequate ventilation.

## **PROCEDURE: PARTICIPANT TESTING POSITIVE**

1. Results to be forwarded to the Coaching Instructor, who must forward to the District Chairperson, who will forward to the Judo South Africa High Performance Director and General Secretary for record purposes. The Judo South Africa President to be kept updated at all times
2. The NICD process to be followed as published by the Government. Judo South Africa chooses to use the paper based notification process, as the electronic way is not always available in certain areas.
  - Complete the NMC Case Notification form
  - Send the NMC Case Notification for to [NMCsurveillanceReport@nicd.ac.za](mailto:NMCsurveillanceReport@nicd.ac.za) or fax to 086 639 1638 OR NMV hotline 072 621 3805 (whatsapp, SMS) -
  - Send a copy to the NMC focal person at Sub-District/district (details in the NMC booklet)

Attachments – will be distributed to all Clubs and Districts:

- Brochure
  - NMC Case Notification Form
  - NMC SOP Notification Processes
  - NMC Regulations
  - NMC Case Definitions – Category 1
3. Student to be re-tested when recovered and results to be forwarded to the Coaching Instructor, who must forward the relevant documentation or proof to the District Chairperson, who will forward to the Judo South Africa High Performance Director and General Secretary for record purposes. The Judo South Africa President to be kept updated at all times. Then only the student will be allowed back in the training venue.

## **COMPLIANCE**

1. Coaches of each judo club will be responsible to ensure that compliance is met.
2. Attendance registers to be forwarded to the District Chairperson on a weekly basis, a copy to be kept with the information forms for record purposes
3. Information forms to be kept on file for record purposes and be available on request
4. District Chairperson of each District will be appointed to ensure that Club coaches are in compliance with regulations
5. District Chairperson to forward the attendance registers to the High Performance Director of Judo South Africa on a weekly basis for record purposes, which should be available on request by the Executive
6. High Performance Director of JSA will be responsible to ensure that all regulations are being adhered to
7. The High Performance Director of Judo South Africa to keep the attendance registers on file, which should be available on request by the Executive

8. The High Performance Director of Judo South Africa will be accountable to the Executive in updating them on a fortnightly basis.
9. Only clubs who are affiliated and registered with JSA and train in their affiliated District areas, may be issued with Compliance Certificates. All affiliation and registration monies must be paid up and up to date for 2020.
10. All reports must reach the Accountable Officer of JSA and The General Secretary before Midday every Monday.

## **CONTACT PERSONS**

Districts will be responsible to forward the following details to The High Performance Director at [judodirk@lantic.net](mailto:judodirk@lantic.net) and General Secretary at [gensec@judosouthafrica.co.za](mailto:gensec@judosouthafrica.co.za) – **form attached**

- Name and surname of accountable officer
- Cell number
- Clubs who will open
- Address, Venue, Days and times of Trainings
- Name and surname Coach
- Email address
- Cell number
- Report that clubs who open are Compliant to the Covid-19 rules.

## **Spreadsheet**

After receiving this information Judo South Africa will forward letter that that Club can open.



DIRK CRAFFORD  
HIGH PERFORMANCE DIRECTOR & ACCOUNTABLE OFFICER  
JUDO SOUTH AFRICA





JUDO SOUTH AFRICA

**RESUMING OF JUDO TRAINING**

DISTRICT				
<b>ACCOUNTABLE OFFICER</b>				
NAME & SURNAME		CELL NUMBER		EMAIL ADDRESS

COACH : NAME & SURNAME	CELL NUMBER	EMAIL ADDRESS	VENUE PHYSICAL ADDRESS	TRAINING DAYS	TRAINING TIMES	(FOR OFFICIAL USE ONLY) CERTIFICATE ISSUED DATE

NOTE : Please forward this form to : High Performance Director at [judodirk@lantic.net](mailto:judodirk@lantic.net) and General Secretary at [gensec@judosouthafrica.co.za](mailto:gensec@judosouthafrica.co.za)