

Simply Judo Covid-19 Protocols

Safe Return to Indoor Play

Our Aims

Working within NI Executive Guidelines, British Judo Association recommendations with the health & safety of everyone involved in Simply Judo (members, coaches and all family members of both) at the forefront, our aims are to:

- Provide some enjoyable judo related exercise classes for the members
- Provide an opportunity for the members to meet up and socialise with their friends
- Help to improve the physical, social and emotional wellbeing of our membership



Locations

As we are sure you will be able to appreciate, things are changing almost on a daily basis. At the moment, we are running classes in the Enler Centre in Dundonald, Moneyrea Community Centre and Maghaberry Community Centre

Cregagh Community Centre had an outbreak of legionella and are currently do not have a date for reopening. We have made alternative arrangements to use the church hall at Cregagh Methodist Church on the Cregagh Road, starting Thursday 8th October.

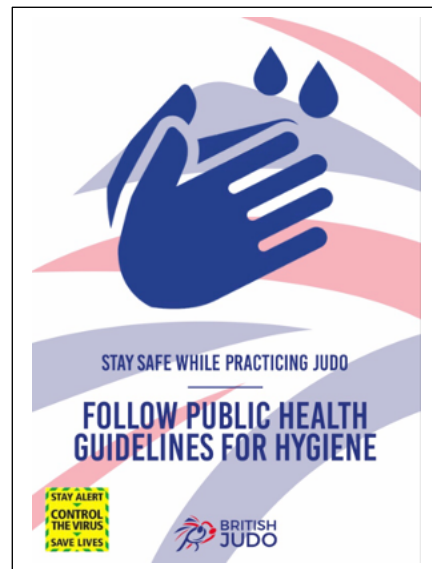
We await further information regarding access to Crumlin Leisure Centre and Killinchy Primary School.

‘Put the child first, the champion will follow’



Changes

During this transitional period, with limited numbers permitted per class to abide by the social distancing regulations, we may be required to change the times and groups of classes slightly which may affect members during this transition. These changes are also required to facilitate the cleaning and sanitising between classes to keep everybody safe and reduce risk. Any changes to class times will be communicated via email and Facebook. Due to the fluidity of the current situation, we appreciate your support, patience and understanding.



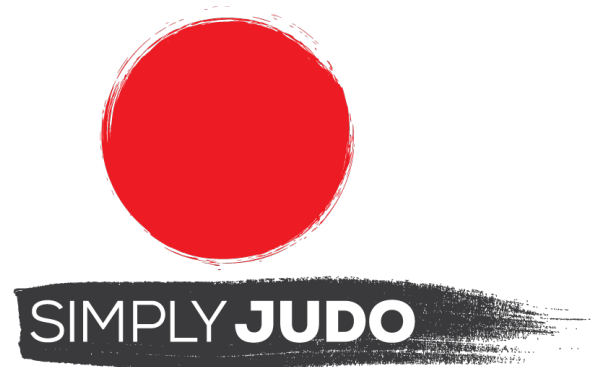
Membership

Those who are currently subscribed to GoCardless will be guaranteed their place indoors. Those not currently subscribed should contact us to sign up to receive a place (space permitting).

NI Judo Federation Licence



During this transitional period, the club have purchased additional insurance. This means that if your NIJF has expired/is expiring soon, you do not need to renew it just yet. We will inform you when it is required.



'Put the child first, the champion will follow'



Online sign up will be **COMPULSORY** each week at www.simplyjudo.com/book

Members must sign up (registration and declarations including Covid-19) no later the day before each session to allow us to plan. **SAME DAY SIGN UP WILL NOT BE AVAILABLE.** As per current BJA guidelines and mat space we will have available, the maximum number of members permitted in each session will be limited by the space in each facility. If demand exceeds availability, we will look to add additional classes where possible.

When signing your child up for a session, you will be declaring that they are **not displaying** any of the Covid-19 symptoms, nor have they been in contact with anyone who has displayed any of the symptoms. These include a high temperature, shortness of breath/breathing difficulties, loss of taste or smell and persistent coughing.

During the sessions, unless the child requires parental assistance, parents will be asked to remain outside the venue, this will enable us to maintain social distancing requirements as outlined by the NI Executive. We will have a conversation with parents of those children who may require assistance (typically 5 & 6 year olds).

Please also note that there will be limited access to toilets; we therefore ask that members go before they leave their house or when they arrive at the location.



'Put the child first, the champion will follow'



Before the sessions

- Members should arrive on time having recently used the toilet and cleaned their hands properly with warm water and soap. We will have hand sanitiser and each member will be given some before and after each session.
- Each participant's temperature will be taken before each session, they will unfortunately not be allowed to take part if their temperature is above 37.8 degrees (this includes any parents assisting with younger children). Remember to check yours/or your child's temperature directly before leaving for training to avoid potential spread at the venue and the disappointment of refusal to training.
- Members should wear their judo suit & belt for each session, face masks are optional
- Members should not be transported by anyone outside of the family household or social bubble
- Any participants who require inhalers must bring them along to each session and keep them beside their personal mat space

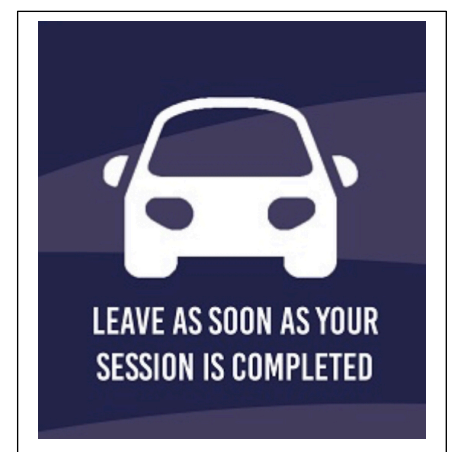


During the sessions

- Members will have their own mat area to work on throughout the class, they will not be permitted onto anyone else's mat area
- They should leave their shoes & water bottle beside their own mat area
- All judo mats will be cleaned before & after each session by the coaches

After the session

- Children should be picked up at the end of the session from the agreed meeting point; due to the work that will be carried out between classes to clean & sanitise the areas, it is essential that all children are collected on time
- Hand sanitiser will be offered to all children as they leave.
- We ask that everyone adheres to the NI Executive social distancing guidelines at all times



Please inform us if you or your child is unable to make a session that they have been signed up for. Please also inform us if you or your child develops any of the symptoms of Covid-19 for 'track & trace' purposes.

Please be aware, suspension of club activities may occur should symptoms or confirmed cases arise.

'Put the child first, the champion will follow'



Positive tests / Contact with individuals testing positive / Negative tests / Forced Pauses

The standards of any team, club or organisation are based on how situations are managed and the behaviour they are willing to accept. To protect the health and wellbeing of our members and families, we have written the following document based on guidance from the PHA and the NHS.

Given the return to school/university/work of many club members, over the coming weeks and months we are preparing for the possibility one or more of our members will either test positive or be asked to self-isolate/remain away from school/college/work as a result of contact with an individual that has tested positive.

Firstly, stigma should not and will not be attached to anyone who tests positive or is asked to self-isolate, such an instance will be an unfortunate product of the time we are currently passing through. Other than the coaching team and Covid-19 Officers, the personal information and identity will remain confidential, but may be required to be shared with the Public Health Authority (PHA).

If a club member tests positive, they will be contacted by the PHA, and for track & trace reasons, will be asked for the details of those they may have been in contact with over a time period dictated by the PHA. Should attendance at a Judo class fall within this time period, they should give the following contact details for their judo class:

Covid-19 Officers:
Mark Montgomery 07908738006
Scott Mayne 07812898665
Brian Cassidy: 07547650558
Peggy Magee: 07929905310
Alan Kerr: 07793061478
Emma Mayne: 07970161558

Covid-19 symptoms

If you/your child have any Covid-19 symptoms as detailed in our return to Indoor Play Protocols:

1. Inform the club
2. We recommend a Covid-19 test
3. If you choose not to have a test, do not attend Judo for 14 days

'Put the child first, the champion will follow'



Positive Test

If you are tested positive you must:

1. Inform the club
2. Not return to Judo for the duration directed to you by the PHA (normally 14 days)
3. Contact us before returning

Contact Tracing

If a club member has had close contact with someone who has tested positive, is asked to isolate through a track & trace system, or is at home from school/college/work due to a class/workplace closure which is Covid-19 related, this is extended to the Judo Club and you must:

1. Inform the Club
2. Refrain from attending Judo for 14 days, unless instructed otherwise from the PHA or track & trace.
3. Contact us before returning

Negative Test

If a club member has decided to take a Covid-19 test which returns a negative result, this means the test did not find coronavirus.

As advised by the NHS, you do not need to self-isolate (and may attend Judo) if your test is negative, **as long as:**

1. Everyone you live with who has symptoms tests negative.
2. Everyone in your support bubble who has symptoms tests negative.
3. You were not told to self-isolate for 14 days by School/PHA/NHS/Track and Trace.
4. You feel well – if you feel unwell, stay at home until you're feeling better.
5. If you have vomiting or diarrhoea, stay at home for 48 hours after they've stopped.

Potential Forced Pause of Judo Classes

Should a club member test positive for Covid-19:

1. The class the individual attends will be paused so we can seek clarification and direction from the PHA.
2. The PHA will normally request the contact details of those in attendance for track and trace purposes.
3. Those in attendance will be contacted by the PHA
4. It is estimated this will result in a forced pause of approximately 14 Days, this time frame will be dictated by the PHA.
5. We will contact you when that class resumes.

'Put the child first, the champion will follow'



KNOW THE SIGNS

- HIGH TEMPERATURE
- SHORTNESS OF BREATH/
BREATHING DIFFICULTIES
- LOSS OF TASTE OR SMELL
- COUGHING

FOR 8 OUT OF 10 PEOPLE, REST AND OVER THE COUNTER MEDICATION CAN HELP YOU FEEL BETTER

CORONAVIRUS COVID-19

KNOW THE SIGNS

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

BRITISH JUDO

STAY SAFE WHILE PRACTICING JUDO

FOLLOW PUBLIC HEALTH GUIDELINES FOR HYGIENE

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

BRITISH JUDO

SOCIAL DISTANCING

PLEASE ADHERE TO THE GOVERNMENT'S SOCIAL DISTANCING GUIDELINES

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

BRITISH JUDO

'Put the child first, the champion will follow'