

JudoScotland
Scottish Government: COVID Strategic Framework
Five Tier Guidance for Judo-in-Scotland
Guidance Effective: 1 December 2020



Introduction

The guidance contained in the tables below aims to help Judo-in-Scotland continue to plan for its current and future delivery of Judo-related physical activity, responsibly, safely and in line with Scottish Government guidelines. The guidelines focus exclusively on the aspects relating to the return of Judo activity within Scotland.

The guidelines do not cover issues relating to the ownership, or operation of facilities. There is separate, Scottish Government guidance around travel and the use of public transport where appropriate. These guidelines should be read in conjunction with the JudoScotland 'Return to Sport' Reference Document, which is available via the JudoScotland website (www.JudoScotland.com).

These guidelines will be reviewed regularly and updated as advice from Scottish Government, Public Health Scotland and sportscotland progresses in line with the proposed gradual lifting of restrictions.

Guidelines For: Judoka from 5 to 17 Years of Age (Inclusive)

The guidance provided below is based on the Scottish Government "Strategic Framework", which came into effect on Monday 2 November 2020.

This guidance should be read in conjunction with the JudoScotland 'Return-to-Sport' Reference Document (version 1 December 2020), available via the JudoScotland website (www.judoscotland.com), or by contacting JudoScotland via email at: info@judoscotland.com.

Further guidance will be provided for any subsequent amendments by the Scottish Government to its Strategic Framework.

Strategic Framework	Tier 0	Tier 1	Tier 2	Tier 3	Tier 4
Protections	Physical Distancing	Physical Distancing	Physical Distancing	Physical Distancing	Indoor sports facilities closed. No outdoor contact Judo allowed for any age.
	Thorough hand and respiratory hygiene (pre, during & post activity)	Thorough hand and respiratory hygiene (pre, during & post activity)	Thorough hand and respiratory hygiene (pre, during & post activity)	Thorough hand and respiratory hygiene (pre, during & post activity)	
	Session venues prepared for entrance, activity & exit (signage / boundaries, etc.)	Session venues prepared for entrance, activity & exit (signage / boundaries, etc.)	Session venues prepared for entrance, activity & exit (signage / boundaries, etc.)	Session venues prepared for entrance, activity & exit (signage / boundaries, etc.)	
	Session venues & equipment cleaned pre, between & post sessions	Session venues & equipment cleaned pre, between & post sessions	Session venues & equipment cleaned pre, between & post sessions	Session venues & equipment cleaned pre, between & post sessions	
	Screening of session participants (may include wellbeing quest. / temp. chk. /COVID-19 test etc.)	Screening of session participants (may include wellbeing quest. / temp. chk./COVID-19 test etc.)	Screening of session participants (may include wellbeing quest. / temp. chk./COVID-19 test etc.)	Screening of session participants (may include wellbeing quest. / temp. chk. /COVID-19 test etc.)	

Judo Activity	Contact Judo & non-contact Judo & Physical Activity permitted	Contact Judo & non-contact Judo & Physical Activity permitted	Contact Judo & non-contact Judo & Physical Activity permitted	Contact Judo & non-contact Judo & Physical Activity permitted	<p>Indoor Judo & Physical Activity prohibited.</p> <p>Indoor sports facilities closed.</p> <p>No outdoor contact Judo allowed for any age.</p> <p>Outdoor non-contact Judo permitted.</p> <p>Tandoku Renshu (solo judo movement)* and physical activity remotely delivered via online platforms</p> <p>Outdoor Tandoku Renshu (solo judo movement), Uchikomi (with bands) & physical activity sessions.</p>
Travel	<p>Judoka aged 17 years or under can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport, physical activity, training and competition.</p>				<p>Judoka living in a Level 4 area should only travel locally (within their local government area) to take part in organised sport.</p> <p>Judoka living in a Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, running or cycling which starts and finishes at the same place.</p>
Coaching & Session Environments	Contact Judo & non-contact Judo & Physical Activity permitted	Contact Judo & non-contact Judo & Physical Activity permitted	Contact Judo & non-contact Judo & Physical Activity permitted	Contact Judo & non-contact Judo & Physical Activity permitted	<p>Indoor sports facilities closed.</p> <p>No outdoor contact Judo allowed for any age.</p>
<p>Coaches can take multiple indoor sessions per day, however the numbers allowed in each session will depend upon: the protection level in place; the specific facility guidance and the existing coach to player ratios.</p>					
<p>The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and sport specific SGB Guidance.</p>					
<p>An outdoor sporting 'field of play bubble' can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events if all guidance is followed (200 max per day unless with exemption).</p>					

Guidelines For: **Adult Judoka 18 Years of Age (and Over)**

The guidance provided below is based on the Scottish Government "Strategic Framework", which came into effect on Monday 2 November 2020.

This guidance should be read in conjunction with the JudoScotland 'Return-to-Sport' Reference Document (version 1 December 2020), available via the JudoScotland website (www.judoscotland.com), or by contacting JudoScotland via email at: info@judoscotland.com.

Further guidance will be provided for any subsequent amendments by the Scottish Government to its Strategic Framework.

Strategic Framework	Tier 0	Tier 1	Tier 2	Tier 3	Tier 4
Protections	Physical Distancing	Physical Distancing	Physical Distancing	Physical Distancing	Indoor sports facilities closed. No outdoor contact Judo allowed for <u>any</u> age.
	Thorough hand and respiratory hygiene (pre, during & post activity)	Thorough hand and respiratory hygiene (pre, during & post activity)	Thorough hand and respiratory hygiene (pre, during & post activity)	Thorough hand and respiratory hygiene (pre, during & post activity)	
	Session venues prepared for entrance, activity & exit (signage / boundaries, etc.)	Session venues prepared for entrance, activity & exit (signage / boundaries, etc.)	Session venues prepared for entrance, activity & exit (signage / boundaries, etc.)	Session venues prepared for entrance, activity & exit (signage / boundaries, etc.)	
	Session venues & equipment cleaned pre, between & post sessions	Session venues & equipment cleaned pre, between & post sessions	Session venues & equipment cleaned pre, between & post sessions	Session venues & equipment cleaned pre, between & post sessions	
	Screening of session participants (may include wellbeing quest. / temp chk. / COVID-19 test etc.)	Screening of session participants (may include wellbeing quest. / temp chk. / COVID-19 test etc.)	Screening of session participants (may include wellbeing quest. / temp chk. / COVID-19 test etc.)	Screening of session participants (may include wellbeing quest. / temp chk. / COVID-19 test etc.)	
Judo Activity	Contact Judo & non-contact Judo & Physical Activity permitted	Non-contact Judo & Physical Activity permitted indoors and outdoors Indoor contact Judo & Physical Activity prohibited Outdoor contact Judo & Physical Activity permitted	Non-contact Judo & Physical Activity permitted indoors and outdoors Indoor contact Judo & Physical Activity prohibited Outdoor contact Judo & Physical Activity permitted	Indoor <u>individual exercise only</u> No indoor contact Judo or non-contact group activity Outdoor contact Judo prohibited. Outdoor non-contact Judo & Physical Activity permitted.	Indoor sports facilities closed. No outdoor contact Judo allowed for <u>any</u> age. Outdoor non-contact Judo & Physical Activity permitted.
		Tandoku Renshu (solo judo movement) and physical activity remotely delivered via online platforms	Tandoku Renshu (solo judo movement) and physical activity remotely delivered via online platforms	Tandoku Renshu (solo judo movement) and physical activity remotely delivered via online platforms	Tandoku Renshu (solo judo movement) and physical activity remotely delivered via online platforms
		Outdoor Tandoku Renshu (solo judo movement), Uchikomi and physical activity sessions.	Outdoor Tandoku Renshu (solo judo movement), Uchikomi and physical activity sessions.	Outdoor Tandoku Renshu (solo judo movement), Uchikomi (with bands) and physical activity sessions.	Outdoor Tandoku Renshu (solo judo movement), Uchikomi (with bands) and physical activity sessions.

		Indoor Tandoku Renshu (solo judo movement), Uchikomi (with bands) and physical activity sessions.	Indoor Tandoku Renshu (solo judo movement), Uchikomi (with bands) and physical activity sessions.		
Travel	Judoka aged 18 years or over can travel to and from Level 0, 1 and 2 areas (but not Level 3 or 4) to take part in organised sport, physical activity, training and competition as outlined in the JudoScotland Strategic Framework Guidelines.			Judoka living in a Level 3 area should only travel locally (within their own local government area) to take part in organised sport or physical activity as outlined in the JudoScotland Strategic Framework Guidelines.	Judoka living in a Level 4 area should only travel locally (within their own local government area) to take part in organised sport or physical activity as outlined in the JudoScotland Strategic Framework Guidelines.
				Judoka living in a Level 3 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, cycling or running that starts and finishes at the same place.	Judoka living in a Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, cycling or running that starts and finishes at the same place.
Coaching & Session Environments	Contact & non-contact sport & Physical Activity permitted	Non-contact Judo & Physical Activity permitted indoors and outdoors. Indoor Contact Judo & Physical Activity prohibited Outdoor contact Judo & Physical Activity permitted.	Non-contact Judo & Physical Activity permitted indoors and outdoors. Indoor Contact Judo & Physical Activity prohibited Outdoor contact Judo & Physical Activity permitted.	Indoor <u>individual exercise only</u> (i.e. gym or 1:1 coaching). No Indoor contact Judo or non-contact group activity. Outdoor contact Judo prohibited. Outdoor non-contact Judo & Physical Activity permitted.	Indoor sports facilities closed. No outdoor contact judo allowed for <u>any</u> age. Outdoor non-contact Judo & Physical Activity permitted.
	Coaches can take multiple indoor sessions per day, however the numbers allowed in each session will depend upon: the protection level in place; the specific facility guidance and the existing coach to player ratios.				
	The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and sport specific SGB Guidance .				
An outdoor sporting 'field of play bubble' can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events if all guidance is followed (200 max per day unless with exemption).					