

**JudoScotland**  
**Scottish Government: COVID Strategic Framework**  
**Five Tier Guidance for Judo-in-Scotland**  
**Guidance Effective: 26 April 2021**



**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](http://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" document](#) (version: April 2021).

This guidance should be read in conjunction with the JudoScotland 'Return-to-Sport' Reference Document (version 26 April 2021), available via the JudoScotland website ([www.judoscotland.com](http://www.judoscotland.com)), or by contacting JudoScotland via email at: [info@judoscotland.com](mailto:info@judoscotland.com).

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

Strategic Framework	Level 0	Level 1	Level 2	Level 3	Level 4
<b>Protections</b>	Physical Distancing	Physical Distancing	Physical Distancing	Physical Distancing	<p><b>Indoor sports facilities closed.</b></p> <p><b>U12s: Outdoor contact &amp; non-contact Judo &amp; Physical Activity permitted</b></p> <p><b>12 -17 years: Outdoor non-contact Judo &amp; Physical Activity permitted.</b></p> <p><b>12 -17 years: All contact Judo &amp; Physical Activity prohibited.</b></p> <p>Screening of session participants (should include indemnity form completion &amp; potentially temp. chk. /COVID-19 test etc.)</p> <p>Thorough hand and respiratory hygiene (pre, during &amp; post activity)</p>
	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 (should include indemnity form completion & potentially temp. chk. /COVID-19 test etc.)	Screening of session participants (should include indemnity form completion & potentially temp. chk. /COVID-19 test etc.)	Screening of session participants (should include indemnity form completion & potentially temp. chk. /COVID-19 test etc.)	Screening of session participants (should include indemnity form completion & potentially temp. chk. /COVID-19 test etc.)	

Judo Activity	Contact Judo & non-contact Judo & Physical Activity (indoor & outdoor) permitted.	Contact Judo & non-contact Judo & Physical Activity (indoor & outdoor) permitted.	Contact Judo & non-contact Judo & Physical Activity (indoor & outdoor) permitted.	Contact Judo & non-contact Judo & Physical Activity (indoor & outdoor) permitted.	<p><b>Indoor Judo &amp; Physical Activity prohibited.</b></p> <p><b>Indoor sports facilities closed.</b></p> <p><b>U12s: Outdoor contact &amp; non-contact Judo &amp; Physical Activity permitted</b></p> <p><b>12 -17 years: Outdoor non-contact Judo &amp; Physical Activity permitted.</b></p> <p><b>12 -17 years: All contact Judo &amp; Physical Activity prohibited.</b></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) &amp; physically distanced group activity is permitted as non-contact judo activity.</p>
Travel	Judoka aged <b>17 years or under</b> can travel to and from Level 0, 1, 2 and 3 areas to take part in organised sport, physical activity, training and competition. They can also travel to and from a 4 area if, for example, their club is just outside their own local authority area, but travel no further than necessary to take part in judo activity. If travelling from a Level 4 area to attend a sport/activity in a Level 3 area or below, Level 4 guidance will apply to the whole activity e.g. 12 to 17-year-old outdoor activity should be restricted to non-contact and include a maximum of 15 participants.				
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><b>Indoor sports facilities closed.</b></p> <p><b>U12s: Outdoor contact &amp; non-contact Judo &amp; Physical Activity permitted</b></p> <p><b>12 -17 years: Outdoor non-contact Judo &amp; Physical Activity permitted.</b></p> <p><b>12 -17 years: All contact Judo &amp; Physical Activity prohibited.</b></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.					
The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government <a href="#">guidance on the opening of sport and leisure facilities</a> and sport specific <a href="#">SGB Guidance</a> .					

	<p>Subject to confirmation by Scottish Government</p>	<p>Maximum Bubble Size: 30</p>	<p>U12s: Up to 30 people (including coaches) can take part in outdoor contact &amp; non-contact group judo activity. Coaches should ensure to maintain correct coach:judoka ratios (min. 1:20).</p> <p>12 – 17 years: Up to 15 people (including coaches) can take part in outdoor contact &amp; non-contact group judo activity.</p>
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## 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 16 April 2021), available via the JudoScotland website ([www.judoscotland.com](http://www.judoscotland.com)), or by contacting JudoScotland via email at: [info@judoscotland.com](mailto:info@judoscotland.com).

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

Strategic Framework	Level 0	Level 1	Level 2	Level 3	Level 4
<b>Protections</b>	Physical Distancing	Physical Distancing	Physical Distancing	Physical Distancing	<p><b>Indoor sports facilities closed.</b></p> <p><b>No outdoor contact Judo &amp; Physical Activity allowed.</b></p> <p><b>Outdoor non-contact group Judo &amp; Physical Activity permitted.</b></p> <p>Physical Distancing</p> <p>Screening of session participants (should include indemnity form completion &amp; potentially temp. chk. /COVID-19 test etc.)</p> <p>Thorough hand and respiratory hygiene (pre, during &amp; post activity).</p>
	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 (should include indemnity form completion & potentially temp. chk. /COVID-19 test etc.)	Screening of session participants (should include indemnity form completion & potentially temp. chk. /COVID-19 test etc.)	Screening of session participants (should include indemnity form completion & potentially temp. chk. /COVID-19 test etc.)	Screening of session participants (should include indemnity form completion & potentially temp. chk. /COVID-19 test etc.)	
<b>Judo Activity</b>	<b>Contact Judo &amp; non-contact Judo &amp; Physical Activity permitted</b>	<p><b>Non-contact Judo &amp; Physical Activity permitted indoors and outdoors</b></p> <p><b>Indoor contact Judo &amp; Physical Activity prohibited</b></p> <p><b>Outdoor contact Judo &amp; Physical Activity permitted</b></p>	<p><b>Non-contact Judo &amp; Physical Activity permitted indoors and outdoors</b></p> <p><b>Indoor contact Judo &amp; Physical Activity prohibited</b></p> <p><b>Outdoor contact Judo &amp; Physical Activity permitted</b></p>	<p><b>Indoor <u>individual exercise only</u> (i.e. gym or 1:1 coaching).</b></p> <p><b>No indoor contact Judo or non-contact group activity</b></p> <p><b>Outdoor non-contact Judo &amp; Physical Activity permitted.</b></p> <p><b>Outdoor contact Judo prohibited.</b></p>	<p><b>Indoor sports facilities closed.</b></p> <p><b>Indoor Judo &amp; Physical Activity prohibited.</b></p> <p><b>No outdoor contact Judo &amp; Physical Activity allowed for any age.</b></p> <p><b>Outdoor non-contact group Judo &amp; Physical Activity permitted.</b></p>
		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	Outdoor Tandoku Renshu (solo judo movement), Uchikomi and	Outdoor Tandoku Renshu (solo judo movement), Uchikomi and	Outdoor Tandoku Renshu (solo judo movement), Uchikomi and

		physical activity sessions.	physical activity sessions.	bands) and physical activity sessions.	bands) & physically distanced group activity is permitted as non-contact judo activity.
		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.		
<b>Travel</b>	Judoka aged <b>18 years or over</b> can travel to and from Level 0, 1 and 2 areas ( <b>but not Level 3 or 4</b> ) to take part in organised sport, physical activity, training and competition as outlined in the JudoScotland 'Return to Sport' Reference Document. Adults living in a Level 3 area should only travel locally or to another Level 3 area to take part in organised judo activity as outlined above, and if living in a Level 4 area should only travel locally.				
<b>Coaching &amp; Session Environments</b>	<b>Contact &amp; non-contact sport &amp; Physical Activity permitted</b>	<b>Non-contact Judo &amp; Physical Activity permitted indoors and outdoors.</b>  <b>Indoor Contact Judo &amp; Physical Activity prohibited</b>  <b>Outdoor contact Judo &amp; Physical Activity permitted.</b>	<b>Non-contact Judo &amp; Physical Activity permitted indoors and outdoors.</b>  <b>Indoor Contact Judo &amp; Physical Activity prohibited</b>  <b>Outdoor contact Judo &amp; Physical Activity permitted.</b>	<b>Indoor <u>individual exercise only</u> (i.e. gym or 1:1 coaching).</b>  <b>No Indoor contact Judo or non-contact group activity.</b>  <b>Outdoor non-contact Judo &amp; Physical Activity permitted.</b>  <b>Outdoor contact Judo prohibited.</b>	<b>Indoor Judo &amp; Physical Activity prohibited.</b>  <b>Indoor sports facilities closed.</b>  <b>No outdoor contact Judo &amp; Physical activity allowed.</b>  <b>Outdoor non-contact group Judo &amp; Physical Activity permitted.</b>
	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 <a href="#">guidance on the opening of sport and leisure facilities</a> and sport specific <a href="#">SGB Guidance</a> .				
	<b>Subject to confirmation by Scottish Government</b>				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).