



JudoScotland

Return to Sport Document: Phase 3

14 July 2020

Scottish Government Route Map: Phase 3

Introduction

1. Coronavirus is having an unprecedented impact on the sporting sector with Scotland, including JudoScotland, its individual members and member Clubs.
2. The guidance contained within this document aims to help Judo-in-Scotland plan to re-start its delivery of Judo-related physical activity, responsibly, safely and in line with Scottish Government guidelines (Route Map: Phase 3): <https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis/>.

Scottish Government 'Route Map'

3. The Scottish Government published its four-phase 'Route Map' for emerging from the current Coronavirus outbreak on 21 May 2020. This document covered guidance across a range of sectors/everyday activities across Scotland, including "Sport, Culture and Leisure Activities".
4. The table below provides the overview of potential activities within sport, culture and leisure activities moving forward within the four-phase approach.

Scottish Government 'Route Map' (version 25 May 2020)					
	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
	Lockdown restrictions:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:	As with previous phase but with the following changes:
Sport, Culture and Leisure Activities	Daily (unlimited) exercise. Closure of entertainment premises and leisure facilities. Closure of playgrounds. Closure of holiday accommodation.	Consistent with the rules and guidance that are applicable to any activity in this phase: Unrestricted outdoors exercise adhering to distancing measures. Non-contact, outdoor activities in your local areas e.g. golf, hiking, canoeing, outdoor swimming, angling.	Re-opening of playgrounds and sports courts. Resumption of professional sport in line with public health advice.	Museums, galleries, libraries, cinemas open, subject to physical distancing and hygiene measures. Gyms open subject to physical distancing and hygiene measures. Relaxation of restrictions on accommodation providers. Live events permitted with restricted numbers and physical distancing restrictions.	Further relaxation of restrictions on live events in line with public health advice.

5. There is no current timescale associated with any of the above phases.
6. During this period Scotland may move between specific phases outlined within the route map, depending on the rate of transmission of the coronavirus.
7. Guidelines will be updated as Scotland progresses through the different phases of the Scottish Government Covid-19 route map. Current information is available at [Scottish Government: Covid-19 Framework for decision making](#).

Route Map: Phase 3

8. With the announcement by the Scottish Government, on Thursday 9 July, of transitioning into Phase 3 of the published route map, JudoScotland have produced this guidance - in consultation with sportsScotland and the Scottish Government – to outline the next steps of the return to Judo-in-Scotland and the necessary controls, checks and balances to ensure that this is achieved with the health and safety of the individual judoka (participant) and wider society at the centre of any decision-making.
9. The specific guidance is available in the appendices at the end of this document. These measures and procedures will be regularly reviewed and updated as advice from sportsScotland, Public Health Scotland and the Scottish Government progresses in line with the proposed gradual lifting of restrictions.
10. Clubs and Judoka should be aware that the recent further easing of restrictions does not mean that all facilities and venues will open immediately.
11. Owners and operators will require time to consider all the implications of opening facilities/venues and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.

12. Indoor facilities including changing/locker rooms, meeting rooms, storage and activity areas should remain closed to the public. Only outdoor sport and physical activity should be undertaken at this time.
13. Further guidance or amendments will be provided for the subsequent 'route map' phases in due course.
14. Further Information on the Scottish Government's approach to managing covid-19 is available at <http://www.gov.scot/coronavirus-covid-19/>.

Prior to Returning to Judo: Your Health and Safety

15. Prior to returning to any Judo-related activity, judoka must stay at home if they:
 - a. Have been in contact with someone with COVID-19 in the last 14 days;
 - b. Have been overseas or exposed to someone with COVID-19 in the last 14 days;
 - c. Have COVID-19 symptoms or are feeling unwell;
 - d. Have been told to self-isolate as part of the contact tracing measures in place.
16. People who are shielding can now take part in outdoor exercise., providing strict physical distancing is adhered to.
17. People who are symptomatic should self-isolate for 7 days, with other household members ensuring that they self-isolate for 14 days as per National Health Service (NHS) guidance.
18. No one who is self-isolating should attend an outdoor sports activity.
19. Prior to returning to Judo, those that are in a high-risk health category must also check with their General Practitioner (Doctor) as to their suitability to return to training.
20. The above guidance may be changed by the Scottish Government, taking into consideration current scientific or medical advice. We would ask that you consult on a regular basis the prevailing Scottish Government guidance (www.gov.scot/coronavirus-covid-19/).

Returning to Judo

21. The enclosed guidelines (contained within the appendices) focus exclusively on the aspects pertaining to the return of Judo activity within Scotland.
22. The guidelines do not cover issues relating to transport or the ownership or operation of facilities. There is separate, Scottish Government guidance around travel and the use of public transport where appropriate.
23. There is now no restriction on travel within Scotland by the Scottish Government if individuals are [acting in line with all other guidance](#) which supports the Scottish Government's route map.
24. Similarly there is separate Scottish Government guidance for the owners and operators of sports/leisure facilities. **sportscotland** has produced the [Getting your Facilities Fit for Sport](#) guidance to help owners and operators of sports facilities as they prepare for when sport/activity resumes. The guidance is applicable to all phases of the Scottish Government Covid-19 route map and can be adapted to support other planning-based work being undertaken by sports, clubs and community organisations.
25. Only outdoor sport and physical activity should be undertaken at this time with all indoor exercise facilities remaining closed to the public.
26. Activity or exercise undertaken in sports areas, courts and pitches must fully comply with Scottish Government household, physical distancing and travel guidance with appropriate hygiene and safety measures also in place.
27. No spectating should take place other than where a parent is supervising a child or vulnerable adult. Physical distancing guidance should always be followed.

Risk Assessment

28. Risk assessments must be carried out and documented at all sites.
29. Limits on the number of participants accessing outdoor facilities should be risk assessed to ensure appropriate social distancing can be maintained. This should take into consideration that at phase 3 you can meet with up to four other households (or extended households) at a time outdoors and no more than 15 people in total at a time.
30. Venues/Clubs may re-open all outdoor sports areas, courts and pitches if documented risk assessments are undertaken and all appropriate measures are put in place to ensure the safety of participants, staff and volunteers. Indoor areas remain closed.
31. Outdoor group training or play is not permitted other than where it meets specific [Professional & Performance Sport Resumption Guidance](#).
32. Activity or exercise undertaken in sports areas, courts and pitches must fully comply with Scottish Government household, physical distancing and travel guidance with appropriate hygiene and safety measures also in place. This includes a maximum of five households (or extended households) – a maximum 15 people - meeting in any one day, with 2 metre physical distancing in place at all times for adults aged 18 and over.

Adult Involvement and Ratios

33. All adults involved in coaching with children in an organised environment should have undertaken appropriate JudoScotland Safeguarding training.
34. Judo Clubs should always ensure appropriate ratios of coach to adult judoka (1 coach: 10 judoka – to correspond with recent British Judo Association guidance) and follow all related safeguarding advice.
35. Health, safety and welfare policies should always be risk assessed and implemented.
36. Appropriate insurance policies should be in place for all coach-led activities and checked for validity with the relevant insurance provider before undertaking work with individual judoka/Club members.

Organised Outdoor Sport for Children

37. Organised outdoor sport-specific activity can be undertaken by children and young people from the 13 July, with a phased implementation, subject to JudoScotland agreeing guidance with **sportscotland**.
38. All Judo Clubs providing children's activity must abide by relevant JudoScotland guidance and have a named 'Covid Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the Club before any children's outdoor activity is undertaken.

Physical Distancing: Organised Outdoor Sport for Children

39. Children aged 11 years and younger are not required to physically distance, as set out in Scottish Government guidance. This extends to organised Judo Club activity and the field of play.
40. For older children aged 12-17 a 'field of play bubble' can be created during organised Judo Club activity that allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity. Normal physical distancing guidelines will however apply before and after the activity takes place.
41. Coaches and other adults supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the Judo Club 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment.
42. Specific consideration should be given to supervision of children under the age of 5 years as it is not appropriate for young children to maintain the models of physical distancing that are suitable for older children, either practically or in terms of child development. You may, for instance, ask a parent to be present.
43. Where an employee is providing an activity, relevant work-placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self-employed people section at [Scottish Govt: Covid-19](#).
44. Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
45. Health, safety & hygiene measures for children's activity should be in line with guidance provided within this document.
46. In the event of first aid treatment being required it is recognised that a suitably qualified coach/supervising adult may require to attend to a child. The Judo Club 'Covid Officer' should consider processes for managing this as part of the risk assessment. This could include but not be limited to;
 - a. Provision of suitable PPE;
 - b. Training of coaches/supervising adults;
 - c. Presence of one parent/guardian being required at the activity;
 - d. Participant numbers and duration of organised activity.
47. Where there is likely to be close contact between children in an organised sporting activity mitigation should be put in place to minimise risk and keep participants safe.
48. Judo Clubs should always ensure appropriate ratios of coach to child (1 coach: 10 judoka – to correspond with recent British Judo Association guidance) and follow all related safeguarding advice. Judo Clubs should consider limiting the duration of any activity to a maximum of 40 minutes at Phase 3.
49. The focus should be on delivering the organised activity with as few participants as possible interacting with each other and for the minimum amount of time, whilst still allowing the activity to be run effectively.
50. The focus of activity at this stage should be non-competitive, essentially a return to training. No competition, matches or other activity between Clubs should be arranged.
51. Appropriate insurance policies should be in place for all coach-led activities and checked for validity with the relevant insurance provider before undertaking work with individual judoka/Club members.

Communication

52. We know that since phase one (1), many member Clubs have been communicating with and delivering online, remote content to their members across the breadth of Scotland.
53. It is important to understand the guidance around online engagement and learning and how all Clubs can best protect children.
54. Information about online coaching and the use of social media during the coronavirus pandemic is available from Children 1st (<https://www.children1st.org.uk/help-for-families/safeguarding-in-sport/>), with further supporting information available via the JudoScotland website: <https://www.judoscotland.com/about/safeguarding>.

Safeguarding and Wellbeing

55. In line with 'best practice' safeguarding and wellbeing, judoka under 18 years of age should be accompanied by a parent/carer at all times throughout any coached session, where it takes place in an outdoor and public space.
56. Preferably only one parent/carer from the family should accompany a judoka aged under 18 years of age.
57. In terms of individuals in a higher risk category (i.e. para judoka), they should follow any medical guidance they have been given regarding health and welfare. Additionally, judoka in this category requiring personal support should bring a carer with them to training provided this person is part of their normal family group.

Coaching

58. If you are a coach you can work outdoors, providing all activity is consistent with current [Scottish Government guidance](#) on health, physical distancing and hygiene.
59. Face-to-face Judo coaching sessions are permitted if it is outdoors and is with members of up to five (5) households (no more than 15 participants in total – including the coach) and following Scottish Government guidelines (i.e. once per day):
 - a. Children aged 11 years and younger: are not required to physically distance, as set out in Scottish Government guidance.
 - b. Children aged 12-17: a 'field of play bubble' (see point 40 above) allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity.
 - c. Adults: Activity or exercise must fully comply with Scottish Government physical distancing, with 2 meter physical distancing in place at all times for adults aged 18 and over.
60. You will also need to ensure that you can adapt to any future changes in guidance at short notice.
61. At all times, coaches and judoka should adhere to the Scottish Government's physical distancing guidelines of staying at least two (2) metres away from others. Scottish Government guidelines are available at <https://www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others>.
62. Coaches should plan appropriately for the session in advance and:
 - a. Be aware of their responsibilities;
 - b. Be clear on expectations with participants and;
 - c. Build in a review period to reflect on the effectiveness and safety of the session.
63. Guidance for coaches, leaders, personal trainers, and instructors is available at [Getting your coaches ready for sport](#).
64. Clubs and venue operators must ensure that relevant workplace guidance is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.
65. Coaches and instructors working with children should familiarise themselves with the additional considerations developed by Children 1st: [Child Wellbeing and Protection Considerations](#) .

Health and Hygiene

66. When participating in training or coaching – and where possible - avoid touching surfaces and sharing equipment and touching your mouth and face.
67. Please ensure that first aid equipment has been updated appropriately for the COVID pandemic and first aiders have appropriate training.
68. Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
69. Clear guidance and plans are needed for cleaning of equipment and waste disposal. Personal equipment should not be shared, and measures must be put in place to reduce the risk of contamination. Detailed guidance is available at:

- a. www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/
- b. www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/

Delivering Judo

70. Where you intend to practice Judo in an outdoor and public space on your own, or to coach a judoka from another household, the following should apply:

Prior Communication

71. Communication with participants is important and should be planned for.
72. Coaches should ensure they have an approach to activity that is feasible to deliver safely.
73. Participants should know what to do before/during/after attending their coached session.

Environment

74. Only outdoor exercise is permitted during phase three (3) of the Scottish Government route map.
75. Face-to-face Judo coaching sessions are permitted if it is outdoors and is with members of up to five (5) households (no more than 15 participants in total – including the coach) and following Scottish Government guidelines (i.e. once per day):
 - a. Children aged 11 years and younger: are not required to physically distance, as set out in Scottish Government guidance.
 - b. Children aged 12-17: a 'field of play bubble' (see point 40 above) allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity.
 - c. Adults: Activity or exercise must fully comply with Scottish Government physical distancing and hygiene and safety measures.
76. Judoka should plan and risk assess the session/outdoor space with their coach online or by phone prior to the session.
77. Judoka should only train at local outdoor spaces and avoid unnecessary travel and shared travel involving judoka from different households.
78. Judoka should arrive and leave the designated outdoor space as close as possible to when they are due to participate.

Hygiene

79. At all times, clubs should ensure participants adhere to the current Scottish Government's physical distancing guidelines including before, during and after the activity or when taking breaks.
80. Judoka should take with them to the session hand sanitizer and/or antiseptic wipes. Hand sanitizer should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.
81. Judoka should only use their own equipment and not share food, towels, or drinks.
82. No personal equipment should be left at a facility by a participant once the activity has ended.
83. Where shared equipment (i.e. tatami) is necessary for an activity appropriate hygiene measures must be put in place to ensure the equipment is thoroughly cleaned before, during and after use.
84. All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it.
85. Judoka should clean their hands and equipment frequently.
86. If Judoka need to sneeze or cough, they should do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue, or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.
87. Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.
88. Bins may be provided but should be regularly checked, cleaned/sanitized, emptied and disposed of using appropriate personal protective equipment.
89. Judoka should avoid spitting unless into a tissue which they should take home and dispose of.
90. Judoka should avoid touching their face.

Post Judo Delivery

91. Judoka should leave promptly once training has finished.
92. Judoka should wash their hands as soon as possible once training has finished.

93. Judoka should ensure that their Judo gi (suit) and personal equipment is cleaned thoroughly after use.

Medical

94. If a Judoka become unwell after training, they should:

- a. First contact your Doctor/NHS 24;
- b. Update any contact tracing App in use at that time, and then;
- c. Inform your Club coach/JudoScotland Safeguarding and Wellbeing Executive.

Competitive Judo

95. Within phase three (3) of the Scottish Government 'Route map' (version 25 May 2020), there will be no provision of domestic competition for judoka.

Performance Athlete: Definition (Phase 3)

96. The definition of a performance athlete for the purposes of resumption of performance sport from the COVID-19 situation is given in appendix 1 of the sportscotland resumption of performance sport guidance.

97. For the purpose of Phase 3 JudoScotland will further define a "performance athlete" as those who are currently supported by the sportscotland institute of sport and who are undertaking training designed and delivered by the JudoScotland performance programme. This definition may be expanded in Phase 3 or Phase 4.

98. Any athlete considered a "performance athlete" based on the above definition will be required to "opt-in" to the training being delivered by the JudoScotland performance programme and will be required to agree to, and adhere to, all processes put in place in order to participate in the performance activity.

99. Further information is available at:

- a. <https://sportscotland.org.uk/media/5754/phase-1-resumption-of-performance-sport-step-1a-guidance-final.pdf>
- b. <https://sportscotland.org.uk/media/5755/phase-1-resumption-of-performance-sport-guidance-step-1a-appendix-1-final.pdf>

Generic Supporting Information

100. Coronavirus in Scotland:

<http://www.gov.scot/coronavirus-covid-19/>.

101. Children 1st – Safeguarding in Sport:

[\(https://www.children1st.org.uk/help-for-families/safeguarding-in-sport/\)](https://www.children1st.org.uk/help-for-families/safeguarding-in-sport/)

102. JudoScotland: Safeguarding and Wellbeing:

<https://www.judoscotland.com/about/safeguarding>.

103. Coronavirus (COVID-19) Phase 1: staying at home and away from others (physical distancing):

<https://www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others>.

104. Health Protection Scotland, Covid-19 – Guidance for non-healthcare settings:

www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/

105. Health Protection Scotland – Hand hygiene:

www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/

106. Professional & Performance Sport Resumption Guidance:

<http://www.sportscotland.org.uk/covid-19/latest-outdoor-sport-and-physical-activity-guidance/>

107. Guidance for coaches, leaders, personal trainers, and instructors:

<http://www.sportscotland.org.uk/covid-19/getting-your-coaches-ready-for-sport/>

Support Contacts

108. For further support concerning this guidance, or for information around implementing any aspect of a return-to-Judo, please contact:

Sam Ingram Regional Development Officer (East) e: samuelingram@judoscotland.com t: 07738 846529	Luke Struthers Regional Development Officer (West) e: lukestruthers@judoscotland.com t: 07738 846527
Colin Aitken Safeguarding & Wellbeing Executive e: colinaitken@judoscotland.com t: 07495836223	Tony Penfold Head of Business Delivery e: tonypenfold@judoscotland.com t: 07949 888074

Appendix 1: Return to Judo-Sport

The guidance contained in the table below aims to help Judo-in-Scotland plan to re-start its delivery of Judo-related physical activity, responsibly, safely and in line with Scottish Government guidelines (Route Map; Phase 3).

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

Further guidance will be provided for the subsequent 'route map' phases in due course.

Table Key:

	This cannot / should not take place during this phase.
	This can / is / should take place during this phase as long as all Scottish Government guidelines are being met.
TBC	Unlikely / not planned for this activity would take place during this phase (based on Scottish Government information).
TBC	Likely / planned that this activity could take place (based on current Scottish Government information).

Considerations	Activities	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
Protections	Physical distancing guidance [Ref 1]					TBC
	Thorough hand and respiratory hygiene (pre, during & post activity) [Ref 2]					TBC
	Session venue(s) prepared for entrance, activity & exit (signage / boundaries etc.) [Ref 3]					TBC
	Session venues & equipment cleaned pre & post session(s)					TBC
Coaching & Session Environments	Screening of session participants (may include: wellbeing questionnaire; temperature check; Covid-19 test etc.)					TBC
	Individual households training at home or outdoors (remotely)					TBC
	Small sessions of no more than five (5) households (maximum of 15 people) training outdoors					TBC
	Larger outdoor sessions (maximum of 15 people) (adhering to current Scottish Government guidelines)					TBC
Judo Activity	Indoor session(s) where physical distancing is possible					TBC
	Indoor session(s) where participants undertake contact Judo					TBC
	Tandoku Renshu (solo judo movement) and physical activity remotely delivered via online platforms					TBC
	Outdoor judo movement and physical activity sessions (adhering to all Scottish Government guidelines)					TBC
	Indoor Tandoku Renshu (solo judo movement) and physical activity sessions, adhering to all Scottish Government guidelines					TBC
	Uchikomi/Nagekomi/Kata (technical practice), adhering to all Scottish Government guidelines					TBC
Travel to sessions	Randori (sparring sessions), adhering to all Scottish Government guideline					TBC
	Shiai (competition), adhering to all Scottish Government guidelines					TBC
	Travel to sessions					TBC
	Individuals (and households) can travel short distance to session venue of no more than 5 miles.					TBC
	Individuals (and households) can travel "beyond local area" to session venue					TBC
	National / International Travel					TBC
Shared journeys made by members of different households					TBC	

References:

- <https://www.gov.scot/publications/coronavirus-covid-19-phase-1-staying-at-home-and-away-from-others/pages/overview/>
- <https://www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/>
- <https://sportscotland.org.uk/media/5723/getting-your-facilities-fit-for-sport.pdf>

Further Information on the Scottish Government's approach to managing covid-19 is available at: <https://www.gov.scot/coronavirus-covid-19/>

Appendix 2: Return to Performance Judo-Sport

The guidance contained in the table below aims to inform Performance Judo-in-Scotland to plan to re-start its delivery of Performance Judo Sport-related physical activity, responsibly, safely and in line with Scottish Government guidelines (Route Map; Phase 3).

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

Further guidance will be provided for the subsequent 'route map' phases in due course.

Table Key:

Currently	This cannot / should not take place during this phase
Currently	This can / is / should take place during this phase as long as all Government guidelines are being met
Provisional	Likely / planned that this activity could take place (based on current Scottish Government information)
Provisional	Unlikely / not planned for this activity would take place during this phase (based on Scottish Government information)
Provisional	Possible that this activity could take place for specifically identified groups (Tokyo 2020 Judoka etc.) during this phase

Considerations	Activities	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
Protections	Physical Distancing					TBC
	Thorough hand and respiratory hygiene					TBC
	Training venues prepared (signage / boundaries etc.)					TBC
	Training venues & equipment cleaned pre & post session					TBC
	Screening / Testing of session participants (wellbeing questionnaire / temp check / COVID-19 test etc.)					TBC
Group make-up (size and type)	Individual Households training at home or outdoors with social distancing					TBC
	Small groups of no more than five (5) households (maximum 15 people) in Phase 3 training outdoors with social distancing					TBC
	Outdoor groups of defined performance athletes where physical distancing is possible					TBC
	Indoor groups where physical distancing is possible					TBC
	Indoor groups where small training group "clusters" conduct contact judo					TBC
Performance Pathway Activity	Indoor groups where larger training groups conduct contact judo					TBC
	Movement & physical exercise remotely delivered via online platforms (delivered by club and/or national coaches)					TBC
	Outdoor group physical preparation (adhering to social distancing)					TBC
	Outdoor group judo movement (adhering to social distancing)					TBC
	Indoor group physical preparation (adhering to social distancing)					TBC
	Indoor group judo movement (adhering to social distancing)					TBC
	Performance training group "clusters" undertaking contact judo					TBC
	Talent Development sessions					TBC
	Open National sparring sessions					TBC
	National / International training camps & competition					TBC
Equipment	Sole use only (judokas own equipment brought to session)					TBC
	Sole use with cleaning/sanitizing between changeover of equipment					TBC
	Shared between training group "clusters"					TBC
NTC / Alternative Performance Facility – Areas utilised	Outdoor Space					TBC
	Gym					TBC
	Dojo					TBC
	Toilets & Showers					TBC
	Office & other communal space					TBC
Travel to sessions	No travel to sessions					TBC
	Individuals (and households) can travel "locally" to session space / venue					TBC
	Individuals (and households) can travel "beyond local area" to session space / venue					TBC
	National / International Travel					TBC
	Shared journeys made by members of different households					TBC

General Notes:

1. Participant (judoka, coach, other) health and wellbeing must always be prioritized.
2. All activities to be risk assessed to mitigate both risk of transmission of COVID-19 and of injury/other illness.
3. Scottish Government guidelines must be adhered to at all times.

References:

4. <https://www.gov.scot/publications/coronavirus-covid-19-phase-1-staying-at-home-and-away-from-others/pages/overview/>
5. <https://www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/>
6. <https://sportscotland.org.uk/media/5723/getting-your-facilities-fit-for-sport.pdf>

Further Information on the Scottish Government's approach to managing covid-19 is available at: <https://www.gov.scot/coronavirus-covid-19/>

Glossary of Terms and Exemplar Hyperlinks

Japanese Terminology	English Translation	Hyperlink Exemplar
Dojo	Training venue	Not applicable
Judo Gi	Judo suit	Not applicable
Judoka	A Judo player	Not applicable
Kata	Forms (choreographed routines of techniques)	https://youtu.be/tjVlgXP0adQ
Nagekomi	Repetitive throwing practice (technical training)	https://youtu.be/QUKkd08DT9M
Randori	Free practice (sparring)	https://youtu.be/Zbs_aGNZVnl
Shiai	Contest	Not applicable
Tandoku Renshu	Solo practice	https://www.youtube.com/watch?v=jycPuwR5kSo
Tatami	Judo Mat	
Uchikomi	Repeated practice (technical training)	https://youtu.be/Zbs_aGNZVnl