

Regulations for the Restart of Judo Events

EJU Covid-19 Task Force

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The health and safety of participants, officials, staffs and guests is top priority of EJU when it comes to holding events during the Covid-19 era. Therefore, the following rules have been developed, to be followed by all persons involved in the event. The fundamental principle throughout all events is to **Protect** and **Be Protected** by wearing a mask and respecting the rules of this protocol. All participants have the mutual responsibility to protect one-another.

In addition to the rules below, a thorough risk assessment is done in advance by EJU together with LOC, ensuring that facilities and local specifics allow holding the event safely. The two main requirements for holding an event are:

- Local Health Authorities grant permission to hold the event
- The rules below have to be followed in any case; stricter rules can be imposed by Health Authorities (will be indicated in the outlines).

These rules as well as the situation of the events is constantly observed and in case of substantial concerns regarding safety, events can be cancelled.

A) General

- Follow general recommendations by World Health Organisation (WHO):
 - Regularly and thoroughly clean your hands
 - Maintain at least 1.5-meter distance between yourself and others
 - Avoid touching eyes, nose, and mouth
 - Make sure you cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.
 - Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover
- Precisely follow all the rules and directives of local authorities!!! And be prepared for sudden last-minute changes!
- Create a “Covid-19 Prevention Team” headed by a local physician. This team makes sure all preventive rules are followed.

B) Spectators

- LOC can allow spectators if permitted by local Health regulations. Of course, spectators must be strictly separated from participants.
- Be extremely strict concerning the number of spectators, following instructions of the local authorities. Be sure to count the spectators while entering and leaving and maintain a list of all spectators with basic details for contact tracing.
- Supply hand-disinfection at every entrance and at every section of the tribune. Do not forget to refill the dispensers. Better still, have some volunteers to apply the disinfection gel.
- The wearing of mouth masks for spectators in zones where social distancing cannot be guaranteed is highly recommended, even obligated when local authorities demand it.
- Spectators must sit down on clearly marked seats. This way spectators can be spread throughout the whole hall.
- Create in the tribunes a way in and a way out. Avoid queues anywhere (entrance, food stands, shops...). Catering must be done according to the principles of social distancing. Payments should be done cashless as much as possible.

C) Participants and officials

- All participants (= all members of the participating delegations: athletes, coaches, physios, etc) must present at the registration a medical certificate (original, no scan or photocopy) confirming a negative molecular-biological SARS-CoV-2 test. The certificate must be issued by a Public Health Authority from the person's home country in English and the test must not be older than 72 hours at the time of registration. Any false declaration or production of a falsified document will lead to disciplinary and possible legal consequences.

From local staff the following persons must have a negative PCR test not older than 72 hours:

- All volunteers and officials working in Judogi control
- Tournament Doctors and medical teams (paramedics, etc)

Alternatively, the Organiser can arrange on spot upon arrival of the teams so-called Antigen testing, performed by a certified institution, ensuring the proper testing and guaranteeing for the result.

Important: The antigen test can only replace the PCR-test for entering the competition, but not for entering the country of the event, if a PCR-test is required.

- The number of team officials should be as low as possible.
For **European Championships and IJF WRL events** the following quotas apply **per Federation**:
 - Up to 6 athletes: 2 coaches
 - 7 to 12 athletes: 3 coaches
 - 13 or more athletes: 4 coaches
 - 1 Doctor & 1 PhysioFor **European Cups** the following quota applies **per group/club**:
 - Up to 8 athletes: 2 coaches
 - 9 or more athletes: 3 coaches
 - plus 1 Doctor & 2 Physios per Federation
- All participants, whether they are competitors or staff, international or local, must **always wear a mask**. Exceptions: athletes on tatami during contest, where it is prohibited and athletes in the warm-up, where it is the choice of athletes. All participants must bring their own masks (organisers will provide some spare masks for emergency cases).
- All participants must keep 1.5 m distance at all times, except for competitors during their contests and during warming up with ONE PARTNER.
- Transport for competitors and officials (from airport to hotel and from hotel to competition venue) must be done in busses and cars which are large enough to seat everybody and with mouth mask compulsory. All delegations and officials bring their own mouth masks. Local organisers have some masks in reserve.
- **Accreditation**: A maximum of two persons per delegation can attend the registration to the competition. Masks must be worn all time and the number of persons inside the room must be determined based on local regulations. 1,5 m distance must be ensured between all persons in the room and outside (waiting area). Disinfect all materials which are not used individually, after each delegation.
- **Draw**: If the room is big enough, equipped with good ventilation and allowing 1,5 m distance between all attendees, the draw can be held as physical meeting. Otherwise draw must be held as virtual meeting.
- **Referee Meeting**: If the room is big enough, equipped with good ventilation and allowing 1,5 m distance between all attendees, the meeting can be held as physical meeting. Otherwise the referee meeting will be held in the sport hall, one hour before start of competition.
- Warming up zone, dressing rooms and toilets must be cleaned with water and soap regularly. In the toilets water, soap and paper towels must be available.

- Dressing rooms must be large enough, social distancing must be possible. This means that everybody must be able to distance himself at least 1,5m.
- If the local organisers decide to supply drinking water to all participants, it cannot be done with large dispensers.
- The waiting zone for the judokas after the judogi control must be large enough to ensure a social distance of 1,5m with the judokas of the previous and the following fight. Baskets with the belongings of the athlete will be carried by the coach or athlete (no volunteers for this task). After returning the basket, it must be disinfected.
- The warming up area must be large enough to ensure a maximum of social distancing. This can be achieved by creating a warming up area as large as possible, by using competition mats in the morning warming-up, by spreading the schedule so not all athletes start the same time or by reserving a specific zone of the warming-up area for each weight category.
- If a member of a delegation does not feel well and gets/shows symptoms, the person must be isolated and the “Covid-19 Prevention Team” must be informed immediately. Further steps, like testing, etc. must be organised by this team in collaboration with the local Health Authorities according to local regulations.
- At the entrance, the body temperature of all competitors is measured. If $> 37.5^{\circ}\text{C}$ the physician of the “Covid-19 Prevention Team” must assess the situation.
- Medal ceremony without contact, no handshakes or kisses, ritsu-rei (standing bow) might be a nice touch.
- Make sure the entire venue is well ventilated.
- **Weigh-in:** by using different locations and by giving time-slots to each weight category crowds can be avoided. After standing on the scale the judoka must disinfect the scale himself using disinfectant wipes provided by the organiser. Judoka’s and officials must wear mouth masks.
- **Random weigh-in** will only be held for events included in the IJF World Ranking. For all other events no random weigh-in will be held.
- Concerning refereeing: the referee keeps distance as much as possible and never touches the judoka. The referee can warn the coach for excessive shouting, even during mate.
- “COVID-19 questionnaire” is filled in by every member of each delegation and must be presented at the accreditation. If one of the questions is answered by “yes” the “Covid-19 Prevention Team” is notified.



- The complete doping control station including the waiting room is big enough to ensure social distancing.
- Catering (participants, officials, VIP, ...) according to the social distance rules of the local authorities, with individually served or wrapped meals, not in buffet style.

Annex 1 - COVID-19 questionnaire

National Federation: _____

Club (optional): _____

Name: _____

Date of Birth: _____

- Have you noticed any of the following symptoms within the last 14 days?
 - Body temperature of over 37,5° C: YES NO
 - Dry cough: YES NO
 - Sore throat: YES NO
 - Shortness of breath: YES NO
 - Vomiting and/or diarrhoea: YES NO
 - Sudden onset of articular and/or muscle pain: YES NO
 - Fatigue without known cause: YES NO
 - Problems in taste and/or smell: YES NO

- Were you in the last 14 days in close contact with someone with declared Covid19 infection?
 YES NO

- I understand that participation is only possible in case all questions above are answered with "NO".

- I have answered all questions truthfully and understand that any violation against these guidelines will be subject to disciplinary action, even legal consequences might be faced.

- I DECLARE that I shall at all times abide by any instructions given to me by the Local Organizing Committee or any EJU official or other Public Health official in connection with the prevention of disease. I understand that restrictions may be changed due to necessity or to observe local laws on public health, and in case any such change of restrictions should affect my participation, I waive all rights for damages or other compensation.

Signature