

EJU Sport & Medical Rules

for Training Camps & OTC during the Covid-19 pandemic

Version January 5th, 2021

Rules of participation

- The numbers of athletes participating in the EJU OTC/TC is limited to athletes who have potential chances for Olympic promotion.
- The exact quota of competitors will depend on the organizational possibilities of the EJU OTC/TC host.
- Due to the pandemic situation, players from EJU member NF-s will have priority.

Rules for the organization of OTC & TC

Generally, OTC, TC conditions as in contracts for 2019 / 2020 will apply. Further regulations for protection of participants during covid-19 pandemic must be implemented by organisers as below.

- Organisation has to be done according to the “bubble-principal”: we stay as close as possible to the IJF-protocol.
- Before entering the bubble: **one** negative PCR-tests within 3 days before the camp. **Complete self-isolation after the sample was taken and full safety measures for travelling** (no contacts, wearing mask all time, etc).
- Immediately upon arrival another PCR-test has to be performed, after which the participant has to remain in his hotel room until the test result is obtained. Meals and water have to be ensured in this hotel room.
- Every participant has to present on arrival a completed declaration of honour on the absence of symptoms for at least 14 days.
- Only after **these two** negative PCR-tests the participant can enter the bubble, **one test before arrival and one on spot**.
- The bubble consists of the hotel and all training locations, transport. If someone leaves the bubble, he cannot re-enter the bubble.
- Re-testing on spot will be done using approved **antigen rapid tests** (or PCR, if antigen tests are not available - results to be delivered the same day), to be performed by medical staff every 48 hrs.
- All testing has to be performed on everybody entering the bubble: judokas, coaches, local organising team, ...
- Mouth masks have to be worn at all times, except when actively training.
- All participants have to submit themselves to contactless temperature measurements, which have to be done at least once a day upon arrival at the training hall.

- Hand disinfection must be provided before entering the training hall and all other camp locations.
- All venues have to be ventilated frequently.
- The tatami must be cleaned every 45-60 minutes.
- Every delegation has to appoint a Delegation Covid-Manager, who is the contact person in all covid-matters and has to be reachable at all times.
- The local Covid-manager has an important and extensive job. He is responsible for the organisation of all PCR-tests and re-testing, with smooth contacts with the laboratory and processing of all test results. He is also responsible for the organisation of quarantine if necessary. A plan must be made for the worst-case scenario: positive cases or symptomatic patients, with even isolation of the entire training camp and treatment of ill participants.
- The size of the bubble must be limited either by limiting the weight categories or the number of delegations. Exact quota of athletes per bubble depends on local specifics, like size of dojo and dining room. For the dojo at least 10m² per athlete must be available. More than one bubble can be organised at the same location, if the different bubbles (including coaches and other delegation members) stay strictly separated at all times.
- The above measures are the strict minimum, if the local authorities impose stricter measures they must be followed at all times.