

Preamble

Judo Queensland values the safety and wellbeing of members and our communities as our highest priority. In response to the recent updates on the risk of COVID-19, and to be consistent in approach across Australian Judo we have implemented the following policy. It's open-source and will be updated as required as the situation evolves.

This policy includes a club training section to help mitigate the risks of COVID-19.

We are asking all Judo Queensland members and others training in Queensland who have travelled to [places that the World Health Organisation \(WHO\) have deemed](#) Level 1 (China, Japan, South Korea, Italy, Iran) and Level 2 (currently, Hong Kong, Singapore, Thailand, Indonesia, much of the Middle East (due to Iran spread) and African countries with strong China ties) **to not participate in club training and other events for 14 days**, regardless of whether they are exhibiting any symptoms.

We are also asking that Judo Queensland members and others who attend schools or other organisations and businesses that have 'closed' due to COVID-19 to not participate in Judo Queensland club training and other Judo Queensland events for 14 days, or other period specified by Australian Government health authorities, regardless of whether they are exhibiting any symptoms and unless there is Queensland Health advice to the contrary.

We ask that all Judo Queensland members observe the global judo hygiene code always including:

1. The Judogi shall be clean, generally dry and without unpleasant odour.
2. The nails of the feet and hands shall be cut short.
3. The personal hygiene of participants shall be of a high standard including that hands and feet should be washed and clean prior to training
4. Footwear should be worn to the edge of the mat
5. Club (dojo) mats should be regularly cleaned with disinfectant prior to and after the completion of training sessions

Should any Judo Queensland club and/or Judo Queensland events be impacted, we will do our best to communicate these changes ahead of time. We appreciate your understanding as we seek to avoid any unnecessary risks to our members and their families as well as you and others in our community.

Careful consideration will be made as to whether it is necessary for Judo Queensland to go to large events (eg. other JA National Event Series State Open tournaments, 2020 National Titles etc) which may be attended by people travelling from overseas, especially from Category 1 and 2 countries.

Similarly, we are monitoring the situation before going ahead with our own events and are asking people who have been to a Category 1 country in the 14 days prior to the event not to participate or come to the event.

We will continue to monitor the status of COVID-19 as the situation evolves and will update our policy should the domestic situation change and or new countries be added or removed.

For up-to-date information on the NSW and Australian Government's response to COVID-19 visit the Australian Government Department of Health [website](#).

As a valued member of our Judo community, we appreciate your understanding and believe these measures will help in minimising the impact of associated health risks of COVID-19.

Helpful links: <https://ais.gov.au/health-wellbeing/covid-19>

Corona Virus

1. COVID-19 Pandemic

- COVID-19 is increasingly having an impact on the global community and is a rapidly evolving issue. Government organisations, public health units and the World Health Organisation (WHO) continue to provide accurate, timely and detailed updates relevant to the whole community.
- Judo Queensland values the safety and wellbeing of members and our communities as our highest priority. In response to the recent updates on the risk of COVID-19, and to be consistent in approach across Australian Judo the following policy should be observed by all.

2. Travel

- Participation travel ban for Category 1 countries considered high risk, currently:
 - China
 - Japan
 - South Korea
 - Italy
 - Iran
- Participation travel ban for Category 2 countries considered risky, currently:
 - Hong Kong
 - Singapore
 - Thailand
 - Indonesia
 - much of the Middle East (due to Iran spread)
 - African countries with strong China ties
- We'll keep updating this list.
- Minimise all travel as much as possible if you want to continue to participate in Judo Queensland and Judo Queensland club training and events.
- If you have travelled to the any of the above countries then do not participate before undergoing quarantine for 14 days supervised by health practitioners

3. Quarantine

- As always if you feel sick don't come to training or events! **Please be extra cautious and if in doubt, stay at home.**
- Take it easy and get better.
- If you are worried that you have been in contact with someone who has Coronavirus, please don't come to training or events for 14 days.
- If you have travelled to one of the Category 1 or Category 2 countries above, or one that becomes at risk, please don't come to training or events for 14 days.

4. Club and Judo Queensland Training

- We will not allow participation for members arriving from Category 1 or Category 2 countries within the last 14 days. **Coaches especially, please do not allow members in this situation to enter your Dojo.**
- Please remember to follow all usual Dojo and Judo hygiene protocols
 - The Judogi shall be clean, generally dry and without unpleasant odour.
 - The nails of the feet and hands shall be cut short.
 - The personal hygiene of participants shall be of a high standard including that hands and feet should be washed and clean prior to training.
 - Club (dojo) mats should be regularly cleaned with disinfectant prior to and after the completion of training sessions.

Corona Virus

5. Attending Judo Queensland and JA Events

- We will consider whether it is advisable to go to or to convene national events (e.g. JA National Event Series State Open tournaments, 2020 National Titles, National Schools Championships etc.) which may include people who have travelled to and from the countries above.

6. Judo Queensland Events

- We will monitor the situation and make decisions before organising our own events.
- When asking people to register we will ask them if they have been to a Category 1 country in the last 14 days.

7. Holidays

- It is your call whether to travel for holidays, but please reconsider all holidays to at risk places.

8. At Risk People

- If you have close family/friends or people you live with who are at risk, you should be particularly careful.
- If you are worried about Coronavirus or any Judo NSW and or club activities or events, let us know immediately. Board members contact details will be made available on the website; www.judoqueensland.org.au

9. Club (Dojo) Hygiene

- There is some evidence suggesting the virus may stick around for at least a few hours, if not more, on surfaces. Clubs should provide antiseptic hand wash facilities at all Club dojos. Please use this regularly, especially when arriving at the Club (dojo) to participate in training.
- Clubs should have disinfectant wipes at all Club dojos - please wipe surfaces regularly.
- Club (dojo) mats should be regularly cleaned with disinfectant prior to and after the completion of training sessions.

10. Potentially Useful Sources of information

<https://ais.gov.au/health-wellbeing/covid-19>

<https://www.who.int/health-topics/coronavirus>

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

<https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200301-sitrep-41-covid-19.pdf>

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

<https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx#2-1>

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>