

Plan-On-A-Page Return to Training 18 October 2021 – Budokan Judo Club

Please take the time to read the following very carefully and to explain this to your child/children before they attend training sessions.

Budokan takes compliance with Government regulations very seriously.

1. Each class is limited to 20 including coaches and the 4 sqm rule per person will apply. We are not using a booking-in system. Participation will be on a first come basis.
2. If numbers exceed 20, 2 classes will be run simultaneously with a divider down the middle of the mat area. A maximum of 20 people including coaches on each half mat area applies. So 100 sqm of mat is allocated for 20 participants (5 sqm per person).
3. Once 20 is reached per side, no additional people will be allowed on the mat. Assistant coaches may need to be limited in number.
4. As the 4 sqm rule also applies off the mat, there will be **ONLY** 15 seats available. Sit only in allocated seats observing the 1.5m physical distancing requirement. Members of the same household don't need to space.
5. Athletes must arrive in Judogi & move to their allocated area on the mat ASAP.
6. There is a strong preference for use of the QR code for entry over the Attendance Book option – club reporting on any attendances via the QR code system is far easier. Parents please try to use the QR code for your children even if you don't enter the hall. If the QR code can't be not used, then you **MUST** complete the attendance book.
7. Prior to entering the dojo, members and spectators aged 16 and older **MUST** present **vaccination evidence**. This could include evidence from the Australian Immunisation Register that the person has had 2 doses of a COVID-19 vaccine, or has a medical contraindication certificate indicating that the person is prevented from receiving a COVID-19 vaccine. Use phone wallet, screenshot, medicare link, or hardcopy certificate. This requirement is **NOT NEGOTIABLE**.
8. All people entering the dojo **MUST**:
 - a. be temperature checked and (if over 12yo) checked to ensure they have a mask
 - b. sanitise hands with the sanitisers available
9. Prior to entering the dojo all people aged over 12yo **MUST** wear a facemask (covering nose and mouth), including when training as directed by the coach. **PLEASE BRING YOUR OWN FACEMASK**. Exemptions apply to persons aged 12 years or under and persons with a physical or mental health illness or condition, or disability, that makes wearing a fitted face covering unsuitable.
10. Masks **MUST** be worn off the mat and as directed by the coach on the mat, e.g, if there is a break in physical activity of more than 10 minutes per Judo NSW CEO guide.
11. Coaches **MUST** wear a mask
12. Do **NOT** enter the dojo if you have **ANY** cold/flu symptoms, are awaiting a test result or have been in close contact with anyone with COVID or anyone awaiting a test result.
13. Parents of Junior class participants **MUST** pick up their child at the door at **7.20pm**.
14. Seniors to enter the Dojo **ONLY** after the Juniors leave
15. Athletes **MUST** have a full drink bottle – cannot leave the mat to refill; someone off the mat can do this for you; better still buy a bigger bottle or bring 2 bottles
16. Athletes **MUST** re-sanitise if coming back from the toilet – try not to leave the mat at all once the class has commenced.
17. Spectators leaving the dojo **MUST** wipe down seats. Athletes leaving the mat **MUST** wipe down mats, crash mats, and other equipment used, as directed by coaches.
18. Note: Wednesday Dino Classes **WILL NOT** run for the rest of the year, and the Saturday afternoon Junior/Senior Competition-level class **WILL NOT** run at this time, given that families have been in lockdown for some time and might need more “getting out and about” time. New starters will also be managed for each class on a case-by-case basis.