

# Australian Jujitsu Federation Inc.

## COVID-19. What you need to consider prior to returning to training

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Although most people exposed to the virus will experience mild to moderate respiratory illness, some people, in particular the elderly and vulnerable people are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus and how it spreads. Implementing strategies to protect yourself and others from infection is imperative. Listed below are some considerations that you should familiarise yourself prior to returning to training.

### What Should You Consider?

The Australian Roadmap to Recovery outlines a framework to promote the safe return to Martial Art training. Combined with the three steps of the National Cabinet's Roadmap for Sports activities, the following table (table 1) outlines the level of restrictions currently in place across the country.

Table 1: National Cabinet's Roadmap for Sports activities

|                           |  |  |  |  |                          |
|---------------------------|--|--|--|--|--------------------------|
| <b>AIS Activities</b>     | <b>Level A:</b><br>Training in no more than pairs. Physical distancing required. | <b>Level B:</b><br>Indoor/outdoor activity. Training in small groups up to 10. Physical distancing required. |  | <b>Level C:</b><br>Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed.  |                          |
| <b>Roadmap Activities</b> | N/A  | <b>Step 1:</b><br>No indoor activity.<br>Outdoor sport (up to 10 people) consistent with AIS Framework.      | <b>Step 2:</b><br>Indoor/outdoor sport up to 20 people.<br>Physical distancing (density 4m <sup>2</sup> ). | <b>Step 3:</b><br>Venues allowed to operate with up to 100 people with physical distancing.<br>Community sport expansion to be considered consistent with AIS Framework. | <b>Further steps TBC</b> |

**Each states and territories will move through the steps at different times** and it is imperative that you are aware of the current restrictions of your state/territory. Below are the sites that can give you further information for your specific state/territory.

|     |   |
|-----|---|
| QLD | <a href="https://www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions">https://www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions</a>                         |
| NSW | <a href="https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules">https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules</a>   |
| ACT | <a href="https://www.covid19.act.gov.au/resources/canberra-recovery-plan">https://www.covid19.act.gov.au/resources/canberra-recovery-plan</a>   |
| VIC | <a href="https://www.vic.gov.au/coronavirus-covid-19-restrictions-victoria">https://www.vic.gov.au/coronavirus-covid-19-restrictions-victoria</a>   |
| TAS | <a href="https://coronavirus.tas.gov.au/families-community/roadmap-to-recovery">https://coronavirus.tas.gov.au/families-community/roadmap-to-recovery</a>   |
| SA  | <a href="https://www.covid-19.sa.gov.au/recovery">https://www.covid-19.sa.gov.au/recovery</a>   |
| WA  | <a href="https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-wa-roadmap">https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-wa-roadmap</a> |
| NT  | <a href="https://coronavirus.nt.gov.au/roadmap-new-normal">https://coronavirus.nt.gov.au/roadmap-new-normal</a>   |

The Australian Institute of Sport (AIS) Framework for Rebooting sport in a COVID-19 Environment clearly outlines the recommendation for Level A, B, C activities in community and individual sport. Below is a summary for martial arts, however, it is advisable to refer to the AIS Framework for more information

- [https://ais.gov.au/\\_data/assets/pdf\\_file/0008/730376/35845\\_AIS-Framework-for-rebooting-sport\\_FA.pdf](https://ais.gov.au/_data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf).

**Table 2: AIS framework for Ju-jitsu**

| Level A   | Level B  | Level C  |
|---|--|--|
| <ul style="list-style-type: none"> <li>• Running/aerobic/agility training (solo), resistance training (solo), technical training (solo). – e.g. mirror work</li> <li>• Bag work if access to own equipment, without anyone else present.</li> </ul> | <ul style="list-style-type: none"> <li>• Non-contact skills training.</li> <li>• No contact/bouts. Non-contact shadow training. Non-contact technical work with coach.</li> <li>• Resistance training in gym, solo mat-based drills (e.g. weighted bags).</li> <li>• No physical contact or grappling. No kicking of chest guards.</li> <li>• Shadow sparring allowed. Non-contact technical work with coach, including using bag, speedball, pads, paddles, shields. No contact or sparring.</li> </ul> | <ul style="list-style-type: none"> <li>• Full training and competition.</li> </ul> |

The AJF will implement four elements for a safe return to sport; Plan, Prepare, Respond and Recover.

Within these elements which have been adopted from the AIS Return to Sport Toolkit it is likely all schools and gyms will be required to develop their own COVID-19 management plans as a condition of re-opening.

Appendix A of the COVID-19 Safety Plan outlines the return to sports arrangements. The plan requires details to be considered prior to re-commencing training and includes:

- **Approvals required**
  - aligned with state/territory government approval and local government/venue owner approval,
  - club committee approval and insurance arrangements
- **Training processes**
  - emphasising the AIS Framework principle of “Get in, train, get out”
  - the length and schedule of training sessions,
  - the nature of the training permitted,
  - defined training areas (maintaining 4 sqm),
  - sanitising requirements,
  - personal hygiene,
  - sharing of equipment, and
  - the training attendance register
- **Personal health**
  - graded return to sport to avoid injury,
  - non-attendance procedure for unwell participants\*,
  - hand hygiene principles,
  - personal hygiene (e.g. laundering of training Gi's)
- **Hygiene**
  - safe hygiene protocols, and
  - guidelines for sanitisation and cleaning.

- **Communications**
  - a detailed communication plan outlining how the club will brief participants\*,
  - encouragement of the COVIDSafe app,
  - promotion of good hygiene.
- **Facilities**
  - access to toilets,
  - hygiene and cleaning protocols,
  - provision of appropriate health and safety equipment,
  - details of health screening measures,
  - restrictions to facility access as per Department of Health guidelines
    - <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>, and
  - details of what participants can attend the facility ... **N.B. participants\*** include players, coaches, volunteers, and parents.
- **AJF RECOMMENDS COMPLETING** – the ‘Play by the Rules’ awareness mini-course, and the certificated course from ‘Aust Govt. Dept of Health’
  - Play by the Rules - **COVID-19 Awareness mini-course**
    - <https://www.playbytherules.net.au/online-courses/mini-courses/covid-19-awareness-mini-course>
  - Dept of Health - **COVID-19 Infection Control Training** – On the link page **REGISTER** then select the single module listed after the modules for Aged Care and for Indigenous Health
    - <https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>

## What and When Should You Implement?

Your organisation should appoint a COVID-19 Safety Coordinator to oversee the delivery of the plan and act as a central point of contact. The COVID-19 Safety Coordinator will be your key resource and central point of contact for all matters COVID-19 for your organisation.

Below is a list of the responsibilities for your **COVID-19 Safety Coordinator**:

- Complete the relevant Return to Sport Checklist(s)
- Oversee the development and implementation of the COVID-19 Safety Plan.
- Periodically review the effectiveness of the COVID-19 Safety Plan
- Advise the committee/board of your organisation on the effectiveness of COVID-19 Safety Plan
- Act as the contact point for your organisation’s members and participants

For more information, please go to

- [https://www.sportaus.gov.au/return-to-sport#covid-19\\_safety\\_coordinator](https://www.sportaus.gov.au/return-to-sport#covid-19_safety_coordinator)

Within the AIS Return to Sport Toolkit it is likely all schools and gyms will be required to develop their own COVID-19 management plans as a condition of re-opening. To prepare for this we direct you to the following links:

Go to the SportAus Return to Sport page and download and work through the COVID-19 SAFETY PLAN as it applies to your particular situation.

- [https://www.sportaus.gov.au/return-to-sport#covid-19\\_safety\\_plan](https://www.sportaus.gov.au/return-to-sport#covid-19_safety_plan)

## Where Can You Get More Information?

National Principles for the Resumption of Sport and Recreation Activities (National Principles). The Australian Institute of Sport (AIS) framework for rebooting sport in a covid-19 environment executive summary (includes Appendix A).

- AIS [Framework for Rebooting Sport in a COVID-19 Environment \(AIS Framework\)](#) look at Judo and Wrestling

**Roadmap to a COVID safe Australia** – A three-step pathway for easing restrictions ... States and territories will move at different times based on local conditions

- <https://www.pm.gov.au/sites/default/files/files/covid-safe-australia-roadmap.pdf>

### **SportAus Return to Sport - COVID-19 SAFETY PLAN**

- [https://www.sportaus.gov.au/return-to-sport# covid-19\\_safety\\_plan](https://www.sportaus.gov.au/return-to-sport# covid-19_safety_plan)

#### **Download the document Template**

- [https://www.sportaus.gov.au/\\_data/assets/word\\_doc/0004/732946/COVID-19-Safety-Plan.docx](https://www.sportaus.gov.au/_data/assets/word_doc/0004/732946/COVID-19-Safety-Plan.docx)

### **3 step Framework for a Covid-Safe Australia - Sport & Recreation**

- Maintain 1.5m distancing and good hygiene • stay home if unwell • frequently clean and disinfect communal areas • Covid-Safe plan for workplaces and premises
  - <https://www.pm.gov.au/sites/default/files/files/three-step-framework-covidsafe-australia.pdf>

### **Safe Work Australia - How to clean and disinfect your workplace**

- <https://www.safeworkaustralia.gov.au/sites/default/files/2020-04/how-to-clean-disinfect-your-workplace-covid19.pdf>

### **World Health Organisation, (WHO) 2020, Coronavirus**

- [https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)

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**STATE AND TERRITORY SPECIFIC** *[please be aware the following requirements may change, and you should ensure you are following the latest available State or Territory linked information]*

#### **QLD**

Industry plans for sport, recreation, and fitness organisations

The sport, recreation, and fitness industry has developed industry plans on behalf of their various industry segments. Industry plans developed by peak bodies allow for a cohesive and collaborative approach, so activity is able to return in a safe and controlled manner.

Industry COVID Safe Plans played an integral role in some sport, recreation and fitness activities resuming under Stage 2 easing of restrictions. Under Stage 3, where an Industry COVID Safe Plan exists, organisations must comply in order for standard activity to be conducted.

All organisations within the industry can access these plans (regardless of membership to an industry body).

There is no requirement to seek approval on sport specific return to play documentation from the Department of Housing and Public Works or Queensland Health prior to recommencing activity.

Any organisation undertaking activity in accordance with an industry plan must print, sign, and display a *Statement of compliance* (PDF, 322 KB).

- [https://www.covid19.qld.gov.au/\\_data/assets/pdf\\_file/0030/129927/Statement-of-compliance.pdf](https://www.covid19.qld.gov.au/_data/assets/pdf_file/0030/129927/Statement-of-compliance.pdf)

Moving to Stage 3, the Industry COVID Safe Plans remain largely unchanged, however Stage 3 Principles have been adopted and included in the plans.

### **Indoor Sport Groups**

- [https://www.covid19.qld.gov.au/\\_data/assets/pdf\\_file/0015/130227/industry-covid-safe-indoor-sports-groups.pdf](https://www.covid19.qld.gov.au/_data/assets/pdf_file/0015/130227/industry-covid-safe-indoor-sports-groups.pdf)
  - [https://www.covid19.qld.gov.au/\\_data/assets/pdf\\_file/0016/130228/industry-covid-safe-indoor-sports-groups-matrix.pdf](https://www.covid19.qld.gov.au/_data/assets/pdf_file/0016/130228/industry-covid-safe-indoor-sports-groups-matrix.pdf)
  - [https://www.covid19.qld.gov.au/\\_data/assets/pdf\\_file/0012/131070/Stage-3-Industry-Plan-Fact-Sheet-Indoor-Sport.pdf](https://www.covid19.qld.gov.au/_data/assets/pdf_file/0012/131070/Stage-3-Industry-Plan-Fact-Sheet-Indoor-Sport.pdf)

## **NSW**

### **Sports, recreation, and gyms**

Develop a COVID-19 Safety Plan for a gym, health or dance studio, martial arts facility, pool, sauna or spa, indoor sports, or community sports facility. **Template**

- <https://www.nsw.gov.au/sites/default/files/2020-07/covid-19-safety-plan-gyms.pdf>
- <https://www.nsw.gov.au/covid-19/industry-guidelines/sports-recreation-and-gyms>

### **Register as a COVID Safe business**

If you have completed and downloaded your COVID-19 Safety Plan, you can **Register your business as COVID Safe**.

- <https://www.nsw.gov.au/register-your-business-as-covid-safe>

## **ACT**

From midday on 19 June the ACT will enter Stage 2.2 of recommencement for community sporting activity, increasing the allowable number of people in a group to 100 and supporting the reintroduction of full contact in training.

Like the previous stages, this stage continues to focus on social participation, training, and activities within a group setting, albeit much larger, and with continuing emphasis on physical distancing away from the field or court, personal and respiratory hygiene. Sharing of equipment and use of communal facilities is permitted with appropriate cleaning measures in place.

Indoor sport and venues which recommenced under Phase 2 can increase their capacity to 100 people within any enclosed space providing the one person per 4sqm rule can be maintained. Pools are also provided scope to increase their activities, with 100 people in any pool and up to four swimmers per lane.

Stage 3 is identified to commence from 10 July. This will support the recommencement of full contact competition activities and the likely easing of a number of other measures that support “normal” competition delivery.

- [https://www.sport.act.gov.au/\\_data/assets/pdf\\_file/0003/1547319/Return-to-sport\\_Framework\\_0.1.pdf](https://www.sport.act.gov.au/_data/assets/pdf_file/0003/1547319/Return-to-sport_Framework_0.1.pdf)
- <https://www.covid19.act.gov.au/what-you-can-do/faqs-changes-to-restrictions/gyms-bootcamps-personal-training>
- <https://www.sport.act.gov.au/home>

## VIC

The Victorian Government’s new Return to Play guidance sets out how and when your sport and recreation activity can return and provides assistance to help make that process viable, safe and successful.

The Victorian Government has announced the next stage of restrictions from 11:59pm on Wednesday 1 July 2020. These apply to the whole state except for **Melbourne’s restricted postcodes**

From mid-July – subject to the advice of Victoria’s Chief Health Officer and the continued management of the spread of coronavirus (COVID-19), adults can resume full-contact training from 13 July and full-contact competition from 20 July.

- <https://sport.vic.gov.au/our-work/return-to-play/return-to-play-for-community-sport-and-active-recreation>
- [https://sport.vic.gov.au/\\_data/assets/word\\_doc/0020/150653/List-of-adult-competition-sports-for-22-June.doc](https://sport.vic.gov.au/_data/assets/word_doc/0020/150653/List-of-adult-competition-sports-for-22-June.doc)
- <https://sport.vic.gov.au/our-work/return-to-play/resumption-of-sport-and-recreation-activities>

## TAS

The government is taking steps to ease COVID-19 restrictions in a balanced way that supports both the health and safety of all Tasmanians. The Australian Institute of Sport Framework for Rebooting Sport (AIS Framework) is the guiding document for resuming sport and recreation in Tasmania and specifies activities for community and individual sports according to the level of restrictions currently in place.

- [https://www.ais.gov.au/health-wellbeing/covid-19#ais\\_framework\\_for\\_rebooting\\_sport](https://www.ais.gov.au/health-wellbeing/covid-19#ais_framework_for_rebooting_sport)

A return to full sporting activity (indoors and outdoors) in alignment with Level C of the AIS framework comes into place as of midday Friday 26 June 2020.

- [https://worksafe.tas.gov.au/\\_data/assets/pdf\\_file/0008/570266/COVID-Safe-Workplace-Guidelines-Sport-and-Recreation.pdf](https://worksafe.tas.gov.au/_data/assets/pdf_file/0008/570266/COVID-Safe-Workplace-Guidelines-Sport-and-Recreation.pdf)
- <https://coronavirus.tas.gov.au/families-community/sport-and-recreation>

## SA

The Public Activities COVID-19 Direction places conditions on businesses that conduct a number of Defined public activities.

Businesses involved in a Defined public activity must have a COVID-Safe Plan in place in order to trade.

- <https://www.covid-19.sa.gov.au/emergency-declarations/public-activities>

- [https://www.covid-19.sa.gov.au/\\_data/assets/pdf\\_file/0006/206844/200703-COVID-Management-Plans-FAQs.pdf](https://www.covid-19.sa.gov.au/_data/assets/pdf_file/0006/206844/200703-COVID-Management-Plans-FAQs.pdf)
- [https://www.covid-19.sa.gov.au/\\_data/assets/pdf\\_file/0008/205739/COVID-Safe-Plan-REVISED-28-May.pdf](https://www.covid-19.sa.gov.au/_data/assets/pdf_file/0008/205739/COVID-Safe-Plan-REVISED-28-May.pdf)
- <https://www.orrs.sa.gov.au/home/create-a-covid-safe-plan>

## WA

### Community Sport and Active Recreation COVID-19 Phase 4 Factsheet

- <https://www.dlgsc.wa.gov.au/department/news/news-article/2020/06/26/community-sport-and-active-recreation-covid-19-phase-4-factsheet>

Business that were required to close under the Directions and are reopening for the first time in Phase 4 must complete a COVID Safety Plan.

- <https://www.wa.gov.au/government/document-collections/covid-19-coronavirus-sport-and-recreation#covid-safety-plan-and-guidelines-phase-4>

The COVID Safety Guidelines will help you complete your plan. The plan should be available for inspection upon request by an authorised officer. If your organisation has multiple premises, you must prepare a COVID Safety Plan for each one.

WA businesses that reopened in earlier phases will be expected to ensure their COVID Safety Plans are updated and continue to be implemented, using the COVID Safety Guidelines

- [https://www.wa.gov.au/sites/default/files/2020-06/COVID-19-Safety-Plan-Phase-4-Sport-and-Recreation\\_0.pdf](https://www.wa.gov.au/sites/default/files/2020-06/COVID-19-Safety-Plan-Phase-4-Sport-and-Recreation_0.pdf)
- [https://www.wa.gov.au/sites/default/files/2020-06/COVID-Safety-Guidelines-Phase-4-Sport-and-Recreation\\_0.pdf](https://www.wa.gov.au/sites/default/files/2020-06/COVID-Safety-Guidelines-Phase-4-Sport-and-Recreation_0.pdf)

## NT

The NT Government has created steps to help you restart your business while managing your safety responsibilities around coronavirus (COVID-19).

You must have a COVID-19 Safety Plan to show how you will meet your requirements around the key principles of physical distancing and hygiene practices.

5 June 2020 Stage 3 – allows for organised competitions for all sports

From midday Friday 5 June 2020, Stage 3 allows for all sport and active recreation organisations to:

- Resume training, competition and support of all sports, including those that have contact or collision, such as rugby league, judo, football, basketball, soccer and netball etc, provided they have submitted a COVID-19 checklist for sport and active recreation organisations.
- Enable sport competitions that bring together spectators to resume.
- Allow spectators to attend an arena, stadium or sporting facility including community and sporting competitions in an approved seating configuration (to be determined as part of your COVID-19 checklist for sport and active recreation organisations). However, if spectators are above 500 people the event requires a separately approved COVID-19 Safety Plan.
  - <https://dtsc.nt.gov.au/covid-19-information-for-stakeholders/sport-and-active-recreation-sector>