



UNITED STATES JUDO FEDERATION

National Office

Mailing Address:
P. O. Box 338
Ontario, OR 97914-0338

Telephone:
(541) 889-8753

Fax:
(541) 889-5836

Internet:
www.usjf.com
no@usjf.com

COVID-19 Pandemic 2020

(May 31, 2020)

Initial document dated March 14, 2020 with 1st update added on April 2, 2020

*Updates added on April 15, 2020 are highlighted in **YELLOW**.*

*Updates added on April 30, 2020 are highlighted in **FLORESCENT GREEN**.*

*Updates added on May 31, 2020 are highlighted in **LIGHT BLUE**.*

Thank you very much to Dr. Ricardo Joseph and Dr. Eric Chen of the USJF Medical Committee for their time and expertise in helping to put together this information along with recommendations for our community. This will be helpful for everyone as we all work through the trying & difficult times ahead.

- Many states are starting to open up, easing some restrictions. Each state has its own specific and significantly varied time tables. It is incumbent upon each dojo/club to use the guidelines provided within this document in conjunction with local and state regulations. Please continue to keep current with your local situation.
- This document provides recommendations from the USJF Medical Committee on the ongoing COVID-19 pandemic.
- We must all behave responsibly to protect own health, but also to protect everyone's health by not contracting, carrying, and transmitting the COVID-19 virus to others.
- These recommendations are based on the current and most up-to-date information and data available at the time of creation. This was accomplished by researching and reviewing guidelines published by various sports medicine organizations, the America College of Emergency Physicians, the Center for Disease Control (CDC).
- We remind you that the COVID-19 pandemic is a rather fluid and sometimes chaotic environment with occasionally conflicting medical information.
- Keep yourself informed with the latest information, developments, and situation by visiting the CDC's COVID-19 page at <https://www.cdc.gov/coronavirus/2019-ncov/>.
- Also visit your state's health department website, and keep up with your local news. Empowerment through knowledge and education is critical.
- It is vitally important for everyone to be mindful that each individual's health situation is unique and may require different strategies. Thus, we strongly recommend that people consult with their primary care physician/doctor/medical professional to ensure that they are taking the appropriate measures that are what is safest and most effective for their personal situation.
- These are general recommendations. It is NOT our intent to circumvent or replace the advice or directives from your primary care physician/doctor/medical professional.
- We encourage compliance with government recommendations, regulations, requirements, and laws.
- Our intent is to help keep all of our members safe while still retaining some flexibility for our high-level elite athletes.

Everyone Must Be Responsible & Diligent:

Everyone involved (including coaches, parents, and spectators) will have to closely monitor their health and truly strive to remain healthy. We all have to realize and accept the fact that if anyone in our group gets sick/infected, with the COVID-19 virus, we will have to assume that we are ALL INFECTED until proven otherwise.

Return To Training Phases 1-5:

The following is a very brief summary of the USOPC's April 28, 2020, Return to Training Considerations Post-COVID-19 document. It is appended to the end of this guidance document. Please be sure to read it in its entirety. Please be current and cognizant of the situation in your locale to ensure proper compliance with current rules and requirements.

Please keep in mind that the handling & treatments for the COVID-19 pandemic is a live, real-time experiment worldwide. It is impossible to impose a definitive timeline on the phased resumption of normal activity as the situation is very dynamic and fluid. Consequently, the return to activity phases depend on the situation and circumstance in your local jurisdiction. Your local public health authority's assessments will determine the mandates/edicts they issue. It is vitally important that you are current and have a good understanding of these mandates/edicts. Please follow them closely to be compliant with public health standards. This will help you to protect the health and safety of your students, yourselves, and your community.

Regarding COVID-19 Testing:

There are now many different COVID-19 testing protocols and kits available. There are huge variations in pricing with little detailed information available regarding the accuracy and validity of these tests. Also, not all tests are available everywhere. This being so, though testing is important, it is difficult to recommend a particular protocol/test for people to take. Therefore, **WE ARE NOT MAKING TESTING A REQUIREMENT.**

Mandatory Temperature Checks:

Temperature checks are MANDATORY for everyone prior to entering the dojo/club/training facility once we reach Phase 3 & 4. The maximum acceptable temperature for entry is 100.4°F/38° C. Someone with a temperature that is higher than this is considered to have a fever.

Phase 1: Public health authorities require shelter in place, public training facilities are closed
Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.

Phase 2: Public health authorities lift shelter in place requirements, but continue to prohibit group activities and public training facilities remain closed
Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.

Phase 3: Public health authorities allow small group activities (< 10 people), but public training facilities remain closed
Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.

Phase 4: Public health authorities allow public training facilities to open, no limitations on group size.
Dojos/clubs may OPEN. Direct contact allowed to resume during this phase.

Phase 5: A vaccine or cure for COVID-19 is developed
Same as Phase 4. Continue infection prevention methods.

Stay At Home/Shelter In Place:

The federal government is recommending that the general public stay at home. Many state and municipal governments are recommending/mandating that the general public stay at home and shelter in place. We encourage you to support these recommendations and mandates. Avoid exposure to COVID-19 and stay home as much as possible. Be mindful of "social distancing" and put distance between yourself and other people, six (6) feet or more whenever possible to avoid contact with respirator droplets when an infected person talks, sneezes, or coughs. Try to avoid contact with people who are sick and people who have been exposed to COVID-19. Studies have suggested that COVID-19 may be spread by people when they appear to be asymptomatic.

Athletes Who Are 60+ Years Old or Have Underlying Health Conditions:

Anyone over the age of 60, people with underlying health conditions, or are immune system compromised should stay off the tatami and away from the dojo. These individuals are at a higher risk for serious potentially life-threatening illness from COVID-19.

Recreational Athletes:

There is no compelling reason that outweighs the potential dangers posed by COVID-19 for any recreational athlete to be on the tatami right now. We strongly advise that all "grassroots" clubs/dojos cease all activities IMMEDIATELY. Though the amount of time that the prohibition should remain in effect is debatable, **we suggest that six (6) weeks is a reasonable amount of time to start with.**

We are extending this prohibition through May 15, 2020 May 31, 2020 June 30, 2020.

Elite Athletes (Seniors & IJF Juniors):

Elite athletes may need to be handled differently depending upon their respective short-term competitive goals. All major national and international tournaments that were scheduled for this month or April have been postponed for at least 1-2 months. The IJF and PJC have suspended all activities through April 30, 2020. In the meantime elite players will likely still have to maintain some sort of limited or restrained work out schedule in order to remain competitive. For this small group we recommend that they strictly limit the number of partners involved in close contact with one another. Best practice would be one (1) training partner per person without intermingling. Minimize contact time and liberally substitute conditioning and timing drills for heavy newaza and randori. Using alternative training methods such as exercise machines/devices, resistance bands or tire inner tubes for uchikomi, and etc.

Personal Hygiene & New Habits:

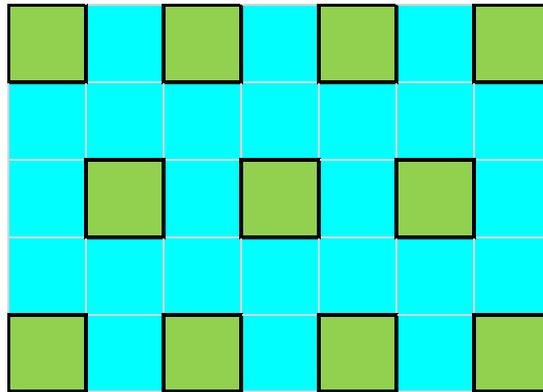
Now is a great opportunity to develop some great personal hygiene habits. Of critical importance is hygiene both before and after any training session.

1. All judogi's should be completely clean and laundered before any training session.
2. Belts can easily be vectors for transmitting disease too. There is no need to wear your brand new IJF Approved Mizuno or Adidas black belt to practice at this time. Wear an old white one and throw in the washer with your judogi after every workout for the next month or so.
3. Athletes should shower, lather up, and scrub vigorously before and after training sessions that involve close personal contact with a training partner.
4. Obviously, there should be **NO SHARING** of towels, water bottles, liquids, food, snacks, supplements, and etc.
5. Weights, machines, and other training aids should be wiped down using an appropriate cleaning solution between users.
6. Use hand sanitizer every time one enters or exits the dojo.
7. Clean feet with antibacterial/antiviral wipes every time one steps on to the mat.

Maintaining Social Distancing & Spacing:

A good way to maintain some social distancing and spacing is to give your athletes their own 6' x 6' space to work in...

1. Envision your mat space as a grid with 6' x 6' squares (modified checker/chess board)
2. Use removable tape on your mat surface to define the 6' x 6' grid
3. Tear the tape and remove them in between the light or odd squares
4. Skip over a row (leave empty) and go to the next row
5. Tear the tape and remove them in between the dark or even squares
6. Repeat steps 3-5 until you are complete
7. This should leave you with 6' x 6' squares that are surrounded by 6' of free space for your athletes to work in



Dojo Cleaning:

For dojos, best practice would be to:

- 1. Disinfect mats before and after training with a diluted bleach solution.** Mixing these proportions of bleach and water can make the bleach cleaning solution:
5 tablespoons or 1/3rd cup of bleach per gallon of water
OR 4 teaspoons of bleach per quart of water
- 2. Disinfect high touch areas such as doorknobs, handrails, benches and lockers.**
- 3. If possible, place hand sanitizer at entrances and exits.**

The bleach solution is very effective and the most economical, but here is a link to a list of commercially available disinfectants that should have antiviral activity against COVID-19 and other pathogens:

https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf

The key for any of this to work is that you **must allow the solution to dry for at least 5 minutes for the full antiviral/antimicrobial effect.**

BLEACH CAUTIONS:

1. As the bleach solution does contain bleach, it may affect the color/finish of whatever comes into contact with the bleach solution. It may also bleach-out or cause colors to fade, burn materials. Adversely affected items may include and not be limited to things like: clothing, painted objects, furniture, furnishings, cloth materials, leather, colored items, cloth, materials, metals, plastics, rubber, carpets, rugs, wood, paper, and etc.
- 2. Do NOT MIX the bleach or bleach water with any other chemicals or cleaning products. Mixing bleach with products containing acid or ammonia will result in the creation and release of HIGHLY TOXIC CHLORINE GAS and other dangerous by-products. Exposure to chlorine gas can cause serious permanent long-term injury and can be lethal.**
3. It would be prudent to use appropriate protective clothing & devices such as safety eyewear & gloves to protect your eyes and avoid any/prolonged contact with your skin.
4. Be sure that there is adequate ventilation when using bleach or the bleach solution.
5. Please be sure to take appropriate precautions to avoid any accidents, spills, and other foreseeable problems and dangers.

USJF Sanctioned Events:

We are cancelling all previously USJF approved sanctions for events scheduled to occur on or before May 15, 2020. We will not accept sanction applications for any event to be scheduled to occur on or before May 15, 2020. We encourage event planners, organizers, and sponsors to wait until the current pandemic has subsided and the government restrictions and recommendations are lifted.

~~This prohibition is extended to May 31, 2020. On May 31, we will assess the state of the pandemic on May 31 and consider when it may be possible for us to recommence sanctioning events.~~

This prohibition is extended to June 30, 2020. On June 30, we will assess the state of the pandemic and consider when it may be possible for us to recommence sanctioning events.

USJF National Office Update:

In compliance with government recommendations and mandates, the USJF National Office will continue to operate with the staff generally working remotely from home as much as possible. We are observing social distancing by having only one (1) person in the office at any time. Much of our communication comes through the USPS mail. We will pick up and process our USPS mail as normal. As much as possible, work will be distributed and handled remotely. Though we will continue to answer the telephone, we strongly encourage you to communicate with us via email during these times. The National Office will continue operations in the current manner until “stay at home” mandates/restrictions are completely lifted.

Next Update On ~~April 17, 2020~~ ~~May 1, 2020~~ ~~May 31, 2020~~ June 30, 2020:

At this time, we plan to issue an update on ~~April 17, 2020~~ ~~May 1, 2020~~ ~~May 31, 2020~~ June 30, 2020. Should conditions change/worsen to an extent that further restrictions on elite athletes or any other actions are advisable, we will issue updated pertinent guidance at that time.

Additional comments from Dr. Joseph:

Again, this is a very unique and dynamic situation and these recommendations may need to be modified as new information and national guidelines become available. Please do not hesitate to contact either Dr. Chen or myself if you have any additional questions or concerns. Our contact information is listed below.

Best Regards,

Rick Joseph, MD
Chairman, National Medical Committee
(C): 734-717-0943
ricardojoseph41@gmail.com

Eric Chen, MD
Member, National Medical Committee
(C): 408-887-6544
ericch1@uw.edu