



# Scottish Ju Jitsu Association

## Guidance Document

### Arrangements for Ju Jitsu During

### Covid-19 2020

Issue	Status	Date	Details
Version 3c	Approved	9.8.2020	Original document based on latest and available guidance – changes highlighted in <b>YELLOW</b>
Version 3d	Approved	31/8/2020	

#### Overview:

This document has been developed by Scottish Ju Jitsu Association for Ju Jitsu activities in Scotland in conjunction with sportscotland and the Scottish Government.

The document shall remain in fluid and shall be updated as further phased guidance is released from the Scottish Government regarding Covid-19 and our route from lockdown.

## Phase 3: SCOTTISH JU JITSU ASSOCIATION GUIDELINES – RETURN TO PHYSICAL ACTIVITY

These guidelines apply to Scotland only, and have been produced in line with the Scottish Government guidance on public spaces, outdoor activity and exercise published on 18 June 2020 (update as relevant), which can be viewed at: [Scottish Government: Exercise & Activity Guidance](#).

### A. INTRODUCTION

1. On the 21<sup>st</sup> May 2020, the Scottish Government published [Scotland's COVID-19 route map through and out of the crisis](#), which sets out the order in which it plans to relax restrictions. Based on our discussions with Scottish Government/[sportscotland](#) and following the easing of lockdown restrictions, Scottish Ju Jitsu Association has developed a set of practical guidelines for clubs and participants to follow so that Ju Jitsu can happen in Scotland during lockdown, where the local environment allows.
2. These guidelines apply to Ju Jitsu and outdoor adaptations so that Ju Jitsu can happen in a way that is in line with Scottish Government advice and helps to prevent the spread of Coronavirus (COVID-19).
3. Ju Jitsu venues/facilities across the country are often different and operate in different local contexts including club, private or local authority run. Assessing whether safe exercise can be provided depends on a range of factors, which apply differently at each venue/location. It is the responsibility of each venue, club and participant to risk assess based on their local environment.
4. Currently all clubs remain closed. However, from the 31 August 2020 indoor sport and leisure facilities are able to open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented. Clubs and participants should be aware that not all facilities will be able to open immediately following guidance changes and there will often be time lags as plans are put in place to re-engage staff, set up operations and ensure safety of participants.
5. These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing and hygiene. Facility operators, clubs and participants should be aware of and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland Guidance](#).
6. People who are shielding are permitted to undertake activities providing physical distancing is adhered to. Further information is available at [Scottish Government: COVID-19 Shielding support & contacts](#).
7. People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

8. To manage a safe return to sport and leisure activities, it is a mandatory requirement that all clubs, facility operators and deliverers put in place comprehensive Test and Protect procedures to help break chains of transmission of Coronavirus (Covid-19) Further information is available within this guideline and at [Scottish Government: Test & Protect](#)
9. **IMPORTANT: Do not leave your home to undertake exercise or outdoor activity if Scottish Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus.**

## B. GENERAL GUIDELINES

1. Travel restrictions outlined by the Scottish Government should always be adhered to. Up to date guidance is available at: [Scottish Government Phase 3: Staying safe and protecting others](#).
2. **Only** outdoor facilities should be opened **until the 31<sup>st</sup> August** where indoor sport and leisure facilities can reopen subject to Scottish Government guidance being followed as outlined at Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#).
3. SportsScotland has also produced [Getting your Facilities Fit for Sport](#) resource to help sport facility operators prepare for reopening. The resource supports Scottish Government guidance by providing further detailed checklists for the reopening of a range of sport specific facilities.
4. Use of changing rooms and showering facilities should be avoided where possible, although **from the 31 August 2020** they may be made available for participants with disabilities or special needs.
5. For detailed facility guidance including a checklist that covers use of changing rooms, showers and toilets visit Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#).
6. Clubs may open toilets for public use if they follow the guidelines outlined on the [Scottish Government website Opening Public Toilets Guidelines](#).
7. Until the **31<sup>st</sup> August 2020** clubhouses should only be opened for operational purposes e.g. to switch on lights, maintenance checks, cleaning and to undertake essential work unless;
  - 7.1 Where personal equipment needs to be retrieved from the club/facility one-off arrangements can be made in exceptional circumstances. In such cases, physical distancing should be maintained, and appropriate hygiene practices put in place.
  - 7.2 All indoor gyms and dojos should remain closed **until the 31<sup>st</sup> August 2020**. Small retail units operated by venues/sports clubs may reopen from 29<sup>th</sup> June 2020 provided all specific Scottish Government guidance for retailers is in place and adhered to. Further information from the Scottish Government is available at [Retail Sector Guidance](#)

8. Clubs, deliverers, and operators should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.
9. Guidelines will be updated as we progress through the different phases of the Scottish Government route map. Please ensure to check the official Scottish Ju Jitsu Association position at [www.scottishjujitsu.com](http://www.scottishjujitsu.com) and [Scottish Government: Covid-19 Framework for decision making](#) on a regular basis to stay abreast of the latest guidelines.
10. Each Ju Jitsu club should appoint a COVID-19 officer (herein referred to as the COVID officer) to ensure all appropriate management processes are in place so they can effectively oversee and maintain the implementation of measures contained herein. **An e-learning module for COVID officers is available [here](#).**
11. From **24<sup>th</sup> August 2020**, additional sport and leisure activities will be permitted if appropriate guidance and risk assessments are implemented.
  - 11.1. Adult outdoor Ju Jitsu training and competition in an organised setting can resume, ideally with a maximum of 15 people taking part in any one session.
  - 11.2. The SJJJA will introduce to clubs and its members a period of contact training to familiarise participants with guidelines before undertaking competition or grading.
  - 11.3. Outdoor group coaching for organised sports and leisure activities including fitness classes can take place for a maximum of 15 people at any one time.
12. From the **31 August 2020** indoor sport and leisure facilities are able to open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented:
  - 12.1. This includes the provision of indoor non-contact and contact sport training and competition activities for children up to and including 11 years of age and;
  - 12.2. Indoor non-contact sport training and competition for those 12 years of age and over where physical distancing can be maintained.
13. **An indicative date of 14 September 2020** has been identified by Scottish Government for further changes to sport and leisure activity including:
  - 13.1. Limited spectator access to sports stadia.
  - 13.2. Resumption of indoor contact sports and competition for those 12 years of age and older.

### ***Furloughed staff***

14. It is for each venue/club employer to decide when it is the appropriate time to return staff to work from the Coronavirus Government Job Retention ('furlough') scheme.
15. A furloughed employee can take part in volunteer work if they do not provide services to or generate revenue for or on behalf of or linked to your club/organisation.
16. Changes to the furlough scheme took effect from 1 August 2020. Further information is available at UK Govt: Job Retention Scheme Changes.

## C. PROCEDURES FOR FACILITY OPERATORS & CLUBS

1. Indoor sport and leisure facilities can reopen from the **31 August 2020** subject to Scottish Government guidance being followed as outlined at **Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities.](#)**
2. SportsScotland has also produced [Getting your Facilities Fit for Sport](#) resource to help sport facility operators prepare for reopening. The resource supports Scottish Government guidance by providing further detailed checklists for the reopening of a range of sport specific facilities.
3. Each club committee or sports facility operator should appoint a COVID-19 officer (herein referred to as the COVID officer) should ensure all appropriate management processes are in place so they can effectively oversee and maintain the implementation of measures contained herein. **An e-learning module for COVID officers is available [here.](#)**
4. Clubs may now open bar & restaurant service including toilets for public use if they follow the guidelines outlined on the Scottish Government website: [Opening Public Toilets Guidelines](#). All other indoor facilities remain closed.
5. Risk assessments should be carried out and documented for all activities and facilities. Consider safety first, particularly minimising the risk of infection/transmission and following Scottish Government guidance regarding health, hygiene, travel, and physical distancing. A risk assessment template is available from [www.scottishjitsu.com](http://www.scottishjitsu.com) and at [Getting your facilities fit for sport - Resources](#)
6. Any measures venues put in place to enable activity to resume must be flexible and able to adapt quickly if tighter movement/physical distancing is reintroduced in the future or when restrictions are further relaxed.

### ***Health, Safety & Hygiene***

7. Ensure usual access to first aid and emergency equipment is maintained.
8. Ensure the first aid equipment has been updated appropriately for the COVID19 pandemic and first aiders have undertaken appropriate additional training.
9. In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The 'Covid Officer' should consider processes for managing this as part of their risk assessment. This could include but not be limited to;
  - Provision of suitable PPE
  - Training of coaches/supervising adults
  - Presence of one parent/guardian being required at the activity for children/vulnerable adults.
10. Make hand sanitizers or wipes available for use at entrance/exit to venue/facility where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.
11. Clear guidance and plans are needed for cleaning of facilities and equipment and waste disposal. Clean all common touchpoint surfaces (gates, door handles & push pads/plates, door frames, doors, handrails etc.) regularly, wearing disposable gloves

12. A checklist of considerations and actions is available here: [Getting your Facilities Fit for Sport](#)

### ***Test and protect***

13. **Test and Protect**, is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.
14. Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.

### ***Maintaining customer records***

15. It is a **mandatory** requirement that sport facility operators collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient.
16. Sports facility operators should store information for 21 days and share it when requested to do so by public health officers.
17. A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#).
18. Registration with the Information Commissioner's Office
  - 18.1. In order to gather and store customer information securely, sports facility operators may need to be registered with the Information Commissioner's Office (ICO). This will be the case if you are using an electronic system to gather and store data.
  - 18.2. If you are unsure whether you need to register, please contact the ICO via their helpline on 0303 123 1113, or visit [www.ico.org.uk](http://www.ico.org.uk).

### ***Changing rooms, showers, and toilets***

19. Use of changing rooms and showering facilities should be avoided where possible, although from the 31 August 2020 they may be made available for participants with disabilities or special needs or where required after an activity such as swimming.
20. For detailed facility guidance including a checklist that covers use of changing rooms, showers and toilets visit [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#).

### ***Locker Rooms***

21. From the 31 August 2020 access to indoor locker rooms and storage areas is permitted for the dropping off and collection of sports equipment or clothing. The sports facility operator should ensure mitigating actions are put in place to minimise the risk of virus transmission including physical distancing, hygiene, and cleaning measures.

### ***Meeting Rooms***

22. Working from home and working flexibly, where possible, remain the default. [Scottish Government's Route map](#) states that the date that non-essential offices and call centres can re-

open is still under review. Although we appreciate gym and leisure facilities are able to reopen on 31 August, we would encourage providers to consider whether internal meetings and training must be completed in person. Or whether these can be completed online or via telephone.

23. If it is essential that meetings and training takes place in person, [Scottish Government guidance for general workplaces](#) must be followed and a risk assessment should be completed.
24. Detailed guidance is also available at;

**Health Protection Scotland: General guidance for non-healthcare settings**

**UK Government / HPE: Cleaning in a non-healthcare setting**

**Health Protection Scotland: Hand hygiene techniques**

**St. John's Ambulance: Covid-19 advice for first aiders**

### ***Facility Access / Physical Distancing***

25. At all times, venues and clubs should ensure participants adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others including before, during and after the activity or when taking breaks.
26. Ensure measures are in place to minimise encounters between participants, including in car parks and at entrances. Where access to outdoor facilities is not possible, access through an indoor facility can be provided if suitable risk assessments and safety measures are in place. This should include restricting access to one person at a time, ideally with a one-way system in operation and no contact with hard surfaces such as door handles. Persons moving through the area should not stop or congregate at any time.
27. Clubs/facilities should manage the number of participants accessing the activity or facility to ensure the safety of users. No indoor activity can take place until further notice.
28. Where safe and appropriate, doors and gates should be left open during activity hours.
29. Consider different entry and exit routes to the facility where possible and ensure this is clearly marked.
30. Consider marking 2m distances at appropriate points, such as the entry gates to the facility.
31. A checklist of considerations and actions is available here: [Getting your Facilities Fit for Sport](#)

### ***Face Coverings***

32. SJJJA Staff and Coaches should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility e.g. reception, locker rooms and storage areas. This is a mandatory requirement.
33. Face coverings may not be required when using hospitality services such as café's, bars and restaurants. For further information refer to [Scottish Government Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).

### ***Equipment***

34. Participants should, where possible, use their own personal equipment and ensure appropriate hygiene rules are adhered to.
35. Where shared equipment is used appropriate hygiene measures must be put in place to ensure equipment is thoroughly cleaned before, during and after use.

36. Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent. Bins may be provided, but should be regularly checked, cleaned, emptied, sanitised and waste properly disposed of while using personal protective equipment.
37. Where possible, ensure all fixed equipment is checked prior to use to avoid participants having to adjust or touch it. This should be reflected in the risk assessment.
38. Remove unnecessary equipment from the venue/facility e.g. benches/scoreboards.
39. No personal equipment should be left at the facility by the participant once activity has ended.

### ***Bookings & Payment***

39. Where possible operate electronic bookings/payments for sessions. Avoid cash handling and where possible use online or contactless payment options.
40. Implement a short buffer period (e.g. 10 minutes) between booking slots to allow time for participants to leave before the next participant arrives. Consider staggering the start time of bookings so that participants do not all arrive/leave at the same time.
41. Where possible and in line with Data Protection regulations, keep a register of users including temperature checks to assist with track and trace methods.

### ***Communication***

42. Communicate with members/customers clearly and regularly, publish an action plan making them aware in advance of the measures you are putting in place at your venue, e.g. and when the club is open and any guidelines they are asked to follow.
43. Ensure signage on guidelines for participating safely and promoting hygiene measures is clearly displayed (and ensure these remain up to date as restrictions change)
44. It is more important than ever to consider inclusive guidance for people who need support to be active and clubs/venue operators should consider this as part of their work to encourage people to return.

### ***Organised Sporting Activity for Children and Adults***

45. Organised indoor and outdoor sporting activity/competition for children and adults may be undertaken as outlined below and where appropriate SGB guidance has been approved by sportscotland.
46. All sport facility operators providing organised competitions must abide by relevant SGB guidance and have a named 'Covid Officer' who will be responsible for completing documented risk assessments and ensuring all appropriate mitigations are put in place.
47. **DEFINITIONS - for the purposes of this guidance;**
  - 47.1 Contact sport or activity is defined as "a sport or activity in which the participants necessarily come into bodily contact with one another".
  - 47.2 Non-contact sport or activity is defined as "a sport or activity in which the participants are physically separated by playing rules such as to make it difficult for them to make

physical contact during the course of an activity. Examples include Tennis, Cricket, Bowls and Curling.

47.3 Non-contact sports where participants would normally encroach within 2m should put in place measures to limit this risk. For instance, training only or competition with altered rules to maintain physical distancing.

47.4 Sports competition refers to where participants or teams compete against different opponents as part of an organised league or competition.

### ***Children and Young People***

48. Outdoor contact and non-contact sport and competition can be undertaken by children and young people.

49. **From the 31 August 2020** this will be extended to include all forms of indoor sports training, activity and competition for children up to and including the age of 11 years.

### ***Adults***

50. Outdoor non-contact sporting activity and competition may be undertaken.

51. **From the 24 August 2020** outdoor contact sport training, activity and competition in an organised setting may resume with a maximum of 30 people taking part in any one session. This may, in exceptional circumstances, be increased to include for example officials, coaches and support staff (medical etc) if agreed with sportscotland.

52. **From the 31 August 2020** adult indoor non-contact sports training, leisure activity and competition may resume subject to appropriate physical distancing measures being put in place to limit the risk of participants encroaching within 2m.

53. No adult indoor contact sport should be undertaken at this time.

### ***Coaching & Instructing***

39. From the 3rd August 2020 restrictions were lifted on the number of households (or extended households) that can be coached per day.

40. **From the 24th August 2020** coaches can take organised outdoor group training sessions with a maximum of 30 people involved at any one time. Guidance for coaches, leaders, personal trainers and instructors is available at [Getting coaches ready for sport](#)

41. When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face. Coaches should wear face shields supplied by the Scottish Ju Jitsu Association and maintain social distance, not less than 2metres apart.

42. Coaches, personal trainers, and instructors should risk assess and plan appropriately for the session in advance, be aware of responsibilities and be clear on expectations with participants. They should also build in a review period to reflect on effectiveness and safety of the session. Coaches are advised to retain risk assessment documents until further notice.

43. Coaches and Instructors working with children:

45.1 Children aged 11 years and younger are not required to physically distance, as set out in Scottish Government guidance.

- 45.2 Children aged 12-17 a 'field of play bubble' can be created during organised sports activity that allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity. Normal physical distancing guidelines will however apply before and after the activity takes place.
- 45.3 Coaches can now work with up to 14 children if the relevant risk assessments and other protocols highlighted in this guidance are followed.
- 45.4 Where there is likely to be close contact with children in Ju Jitsu, mitigation should be put in place to minimise risk. Therefore, SJJJA consider that 14 children per session sufficient and each session lasts only 1 hour with breaks every 20 mins. Coaches should consider group work while observing age, height, and ability levels.
- 45.5 The focus on these sessions should be on technique, balance, poise, movement, co-ordination, strength, speed, and mobility with as few participants as possible interacting with each other while permitting the efficient and effective transmission of Ju Jitsu.
- 45.6 Holiday camps or extended sports activity which would not normally come under the jurisdiction of an SJJJA should refer to the appropriate local authority, umbrella body or care commission guidance. These bodies may wish to use relevant SGB guidance but if not applicable, Scottish Government household, physical distancing and group size limits should be applied.
- 45.7 Additionally, coaches/instructors should familiarize themselves with the additional considerations **Children 1<sup>st</sup>: [Child Wellbeing and protection Considerations](#)**

### ***Spectators***

46. Spectating should be discouraged. Where attendance of a parent or guardian (non-participant) is required, it should be limited to one per participant where possible, with physical distancing strictly observed while watching the sessions.

### ***Competitions, Gradings and other events***

47. Organised non-contact sports competition for adults and organised contact competition for children can now take place where the following guidance is followed:
- 47.1 All clubs providing such competitions must abide by SJJJA guidance and have a named 'Covid Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the sports organisation/venue operator before any outdoor competition or event is undertaken.
- 47.2 Physical distancing in line with Scottish Government guidelines must be in place before and after a competition takes place with participants and support staff asked to immediately vacate the field of play after they have completed the competition.
- 47.3 During competition it is recognised that physical distancing may not always be possible however physical contact between adult participants should always be avoided and competition risk assessments should consider mitigating actions to limit the risk of participants encroaching within 2m of each other.

- 47.4 Coaches, officials and others involved in the running of the competition should physically distance at all times.
- 47.5 Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
- 47.6 For adults 5 households (or extended households) (maximum of 15 people) can combine to essentially create a 'competition bubble' as long as physical distancing measures are maintained. Competition organisers should ensure no two 'bubbles' come into contact with each other at any time throughout the day. This may be achieved with staggered starts etc.
- 47.7 While children 17 and under or under are exempt from household and physical distancing rules during sporting activity, competition organisers should still seek to reduce risk by minimising the numbers of children taking part in competition where possible.

## D. PROCEDURES FOR PARTICIPANTS

**IMPORTANT: Do not leave your home to undertake exercise or outdoor activity if Scottish Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus.**

The following guidance has been established in line with Scottish Government guidelines to ensure a safe environment for participants and on-site staff which Scottish Ju Jitsu Association asks participants to follow. All guidance is subject to change; therefore, we would ask participants to regularly check Scottish Ju Jitsu Association website [www.scottishjijitsu.com](http://www.scottishjijitsu.com) and your venue/club for regular updates.

### ***Before Participating***

1. These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing, and hygiene. Participants should be aware of and adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland Guidance](#).
2. Stay up to date. Be aware that guidance can change, and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.
3. People who are shielding may undertake activities but need to adhere to specific physical distancing. Further information is available at [Scottish Government: COVID-19 Shielding support & contacts](#).
4. People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

5. Guidelines will be updated as we progress through the different phases of the Scottish Government route map. Please ensure to check the official Scottish Ju Jitsu Association position at [www.scottishjijitsu.com](http://www.scottishjijitsu.com) on a regular basis to stay abreast of the latest guidelines.
6. Wash your hands with soap and water for at least 20 seconds before leaving home to go to the facility/venue (or use an alcohol gel if washing hands is not possible). Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques](#)

### ***Test & Protect***

7. Test and Protect, is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.
8. The gathering of contact information from anyone attending sport/leisure activities or facilities in a secure and safe manner, will assist NHS Scotland's Test and Protect service to identify any clusters of cases, contact those who may have been exposed to the virus, and request them to take appropriate steps to prevent potential onward spread.

### ***Maintaining customer records***

9. In order to support Test and Protect sports facility operators are required to collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient.
10. It is important that sport facility operators and customers cooperate, as it will be crucial to national efforts to suppress the virus.
11. Sports facility operators will store information for 21 days and share it with public health officers when requested.
12. A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#).
13. Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of guidelines on the Scottish Ju Jitsu Association website [www.scottishjijitsu.com](http://www.scottishjijitsu.com) and at [Scottish Government: Coronavirus in Scotland](#).

### ***Bookings and Payment***

14. Where the venue/facility allows, ensure you have booked in advance and make payment online. Where possible try to avoid paying by cash, use contactless or online banking payments.
15. Participation can only take place outdoors with all indoor facilities remaining closed.
16. Scottish Ju Jitsu Association (SJJA) members will be directed to make any payments directly into the SJJA bank account and details are available to all members via the SJJA office – 93 Douglas Street, Dundee, DD1 5AZ (01382) 201601 [www.scottishjijitsu.com](http://www.scottishjijitsu.com)

### ***Personal Equipment***

17. Where possible take your own equipment with you and do not share equipment, such as Gi, Zoris, towels, Bokkens, Bos, pads/bags, Hand wraps, Rashguards etc.

18. Only take the minimum amount of equipment that you need to participate.
19. Clean and wipe down your equipment, including water bottles before and after use.
20. Bring a full water bottle, and do not share food or drink with others.
21. Ensure you take all personal belongings and equipment with you at the end of the session and do not leave anything at the venue/facility.

### ***Travelling to and from the venue***

22. Where possible avoid using public transport (face coverings on Public Transport are mandatory (with limited exceptions) and adhere to Scottish Government physical distancing and travel guidelines: [Staying Safe and Protecting Others: Travel](#))
23. Arrive as close as possible to when you need to be at the venue/facility.
24. Avoid touching gates, fences, benches, etc. if you can.
25. Allow others to leave before you enter the venue/facility. If you need to wait, then do so away from the facility and clear of the gates.
26. Ensure you leave the facility before the end of your allotted time so that it is empty for the next participant.
27. Arrive changed and ready to participate. Shower at home as the facility changing rooms will be closed.
28. Do not congregate with others and adhere to physical distancing rules. No extra-curricular or social activity should take place.

### **AT THE FACILITY**

29. Your temperature may be taken and recorded, as well as your personal details in respect of the track and trace necessity. The club will retain this information for 21 days. See more at No 8 above.

### **During Participation**

30. Participants must follow the guidance from the Scottish Ju Jitsu Association, club or operator staff or officials and abide by the rules of the sport.

### ***Participation limits & physical distancing***

31. Children aged 11 years and younger are not required to physically distance at any time, as set out in Scottish Government guidance.
32. For those 12 years of age and over taking part in sport or leisure activity, normal Scottish Government physical distancing and household number guidelines should be followed unless otherwise advised by SJJA, Club or facility operator, as certain activities have exemptions.
33. Coaches, officials, parents and guardians should continue to observe physical distancing when involved in children's activity as a coach, official or spectator. Please refer to specific club or facility guidelines.

34. Where access through an indoor space is provided it should be for one person at a time, ideally with a one-way system in operation. Participants should ensure not to make contact with hard surfaces such as door handles and move through the area without stopping or congregating at any time.
35. Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#).
36. Always stay at least 2 metres away from other participants, including during participation, when taking breaks and before and after participation. Coaches, instructors, officials, parents and guardians must continue to observe physical distancing as part of children's activity.
37. Do not make physical contact with other participants (such as shaking hands or high five).
38. Please ensure to follow guidance from your sport's governing body, club or venue operator on maximum numbers able to take part in the activity. For Ju Jitsu the SJJJA are recommending a maximum of 14 participants can take part in exercise activity together.

### **EQUIPMENT & FACILITIES**

39. Use your own clearly marked equipment.
40. Avoid using your hands to pick up equipment that isn't yours i.e. use your foot to hit/kick balls to your opponent or another person.
41. Avoid using other equipment such as benches, crash mats, punch bags, strike pads etc.
42. Be aware that onsite toilet facilities and other indoor spaces are not open.

### **HEALTH & HYGIENE**

43. If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.

#### **Face coverings**

44. Participants and visitors to indoor sports facilities should wear face coverings before and after activity or when in non-playing areas of the facility (e.g. reception, locker rooms and storage areas).
45. Face coverings do not need to be worn when undertaking physical activity, exercise or showering/changing.
46. Face coverings do not need to be worn in a sports facility hospitality environment i.e. café, restaurant or bar.
47. If you are not wearing face coverings and need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds

### **CLINICALLY VULNERABLE PEOPLE**

48. People who are shielding can now undertake outdoor exercise activities, however the SJJJA do not recommend Ju Jitsu activities to these individuals until it is safe to do so. Further information is available at: [Scottish Government: Staying safe outdoors](#).

49. People who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend outdoor sports facility/activity.

### ***SPECTATORS***

50. Spectating is discouraged. Where attendance of a parent or guardian (non-participant) is required, it should be limited to one per participant where possible, with physical distancing strictly observed while watching the sessions.

### ***COMPETITIONS, GRADINGS and other EVENTS***

51. Ju Jitsu competitions, gradings etc., which do not follow approved SJJJ guidance should not take place at this time.

52. Please refer to the latest sport and physical activity guidance for specific detail [Sportscotland Guidance - Covid -19 latest advice on sport and physical activity](#)

### ***ADVICE AND GUIDANCE:***

- [www.scottishjujitsu.com](http://www.scottishjujitsu.com)
- [Scottish Government: Covid-19 Framework for decision making](#)
- [Scottish Government: Coronavirus in Scotland](#)
- [Scottish Government: Staying safe outdoors](#)
- [Health Protection Scotland: Hand hygiene techniques](#)

#### **SportScotland:**

- [Getting your facilities fit for sport](#)
- [Getting your coaches ready for sport](#)
- [Coronavirus \(COVID-19\) information and resources](#)