

NZJJF Guidelines for returning to training at COVID-19 Alert Level 2 Delta.

Overview

The NZJJF Guideline for returning to training at COVID-19 Alert Level 2 Delta is intended to provide clubs with the information needed to determine whether they are able, and willing to re-open under Alert Level 2 Delta.

The ability and degree of operation of facilities will vary depending on individual circumstances including resources available (coaches, venue access, configuration and times available, membership numbers and ages, etc) so the ability of clubs to operate SAFELY and successfully under the activity constraints will vary.

There is NO compulsion for clubs to re-open — each club must make this decision individually. The key factors are that clubs **MUST** be able to comply with the requirements of the activities allowed as advised, with the main focus being on providing a safe environment and the ability to contact-trace if needed.

It is important that clubs do not rush into re-starting activities. It is essential to get all the protocols in place before activity resumes and ensure that everyone in your club or organisation is on the same page.

Dojo Requirements in brief

- Participants **MUST** stay home if they are sick. If they have flu-like symptoms, advise them to self-isolate at home and get tested immediately.
- Facilities **MUST** have a written plan for safe operation in place (see NZJJF Safety Management Plan).
- Facilities **MUST** have a NZ COVID Trace QR Code displayed in a prominent place at or near the main entrances to their premises
- Contact-tracing register **MUST** be in place and available to be accessed quickly for contact tracing purposes and for up to 30 days after the contact was recorded.
- Training **MUST** be restricted to a maximum of 50 people.
- Masks **MUST** be worn by anyone not participating in the activity on the mat and to and from the training venue.
- Good personal hygiene practices **MUST** continue – wash and dry your hands before and after training, cough into elbow and don't touch your face.

- Participants **MUST** bring their own personal equipment (towels, water bottles, etc).
- Surfaces and equipment **MUST** be regularly cleaned and disinfected where practicable i.e. before and after training, with particular attention paid to “touch points” areas (e.g. door handles, toilet handles, taps etc.).
- Activities **MUST** be well within participants’ confidence and skill level to reduce the likelihood of needing emergency services.
- Participants **MUST** maintain physical distancing (>2m) when not participating in the sport or activity. It may be safer to not allow changing at the dojo.
- Control arrival and departure to maintain required physical distancing — extend the time interval between sessions (eg; use different exit and entry doors if available).
- Training uniforms must be **WASHED** between each training session.

Following COVID-19 Procedures – who’s responsible?

The short answer is everyone. All participants must take reasonable care for their own and their fellow participants health and safety. Everyone has a role to play.

Communicate to your members what, where, and when they can attend sessions, and the conditions under which they can participate and the steps they must follow.

Physical distancing of 2 metres should be maintained wherever possible, especially from people that you don’t know (eg new members / parents) It is recognised that contact during physical activity will occur but this should be minimised as much as possible, especially on the mat.

Travel should be done safely to reduce the possibility of transmission and spread of the virus.

NZJJF Policy

To help clarity with regards to being able to return to **CONTACT SPORT** training at Alert Level 2 delta the New Zealand Ju Jitsu Federation has written this policy.

The recommendations within it are robust and dynamic. They have been compiled based on the latest medical and scientific literature [published and pre-published print] including pilot studies, systematic reviews, meta-analyses and expert opinion articles.

A comprehensive review of the latest New Zealand Ministry of Health data and New Zealand Government covid-19 guidelines has also been conducted, with elements incorporated into this document to augment safety.

The aim of this document is to re-introduce training at Alert Level 2 delta in the New Zealand Martial Arts community into a safe environment with reduced risk of transmission for members, their families and the larger population.

The full NZJJF Guideline for training at COVID-19 Alert Level 2 Delta can be found on the NZJJF Website along with a safety management plan for amendment and use by clubs.

Further References

<https://sportnz.org.nz/covid-19/alert-level-information/>

[Worksafe NZ COVID-19 Safety Plan Advice](#)

[Worksafe NZ COVID-19 Safety Plan](#)

[COVID-19 Alert Level 2](#)