

# New Zealand Ju-Jitsu Federation (NZJF)

## Training at COVID-19 Alert Level 2 Delta Policy



### BACKGROUND

The NZJF Policy for 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 and re-introduce training into a safe environment with reduced risk of transmission for members, their families and the larger population.

Like the flu, COVID-19 can be transmitted from person to person. The scientific evidence confirms that COVID-19 is spread by droplets. When an infected person coughs, sneezes or talks, they may generate droplets containing the virus. These droplets are too large to stay in the air for long, so they quickly settle on surrounding surfaces. If other people touch these surfaces, they may get sick.

### PURPOSE

The purpose of this document is to establish working guidelines for the operation of martial arts clubs under Alert Level 2 Delta that reduces the risks of COVID-19 Delta strain transmission

### POLICY

The following recommendations 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.

### ACKNOWLEDGEMENTS

The NZJF would like to thank **Dr. Ranen Reddy, MBChB, MCNZ** of Auckland MMA for his help and guidance in the writing of this Policy

### SAFETY PLAN

Before training starts back each dojo/gym **MUST** have a safety plan in place.

This should be discussed and shared with everyone at the dojo/gym – **BEFORE** training starts back.

The plan should be reviewed and updated regularly.

#### Evidence

[1] <https://worksafe.govt.nz/managing-health-and-safety/novel-coronavirus-covid/covid-19-safety-plan-what-you-need-to-think-about/>

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### SYMPTOMS

Students and Coaches MUST stay home if they are sick. If they have flu-like symptoms, it is advised to self-isolate at home and get tested immediately. Members should do a self-check for symptoms before attending a training session.

The self check symptoms can be found as Appendix 1.

#### Evidence

[1] <https://covid19.govt.nz/covid-19/about-covid-19/covid-19-symptoms/>

[2] <https://covid19.govt.nz/individuals-and-households/health-and-wellbeing/self-isolation-advice-if-youre-unwell/>

### CONTACT TRACING

All clubs MUST display the official [NZ COVID Tracer QR code posters](#) in a prominent place at or near the main entrances to their premises.

A Contact-Tracing Register MUST be in place and taken at every training session.

The Contact-Tracing Registers MUST be available to be accessed quickly for contact tracing purposes and for up to 30 days after the contact was recorded.

A Contact-Tracing Register can be found as Appendix 2.

#### Evidence

[1] <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/contact-tracing-covid-19>

[2] <https://covid19.govt.nz/business-and-money/businesses/get-your-qr-code-poster/>

### PERSONAL HYGIENE

Participants MUST bring their own personal equipment (gloves, towels, water bottles, etc) and wear fresh training uniform to the dojo/gym.

Take only what you need to the dojo/gym – essential items only. We recommend you use a plastic lunchbox or something you can clean easily and re-use for storing personal items.

Avoid using or bringing mobile phones or electronic devices during training, if you must bring one to training, ensure you clean phone with disinfectant wipe before and after training.

Maintain short fingernails and adhere to any dojo hygiene policy your organisation has in place with regards to hair (tied up) and jewelry.

### HANDWASHING

Use SOAP and water handwash OR +60% Alcohol Hand gel or Wipes

**BEFORE TRAINING:** wash hands and forearms down to elbow for 20-30 seconds duration and dry. See Appendix 4.

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**DURING TRAINING:** use alcohol hand gel before and after using towels or water bottle and before training with partner.

Avoid touching your face or your partner's face, sneeze, and cough into your elbow.

**AFTER TRAINING:** wash hands and forearms down to elbow for 20-30 seconds duration and dry.

**GETTING HOME:** to keep your home bubble safe it is recommended that you do the following;

- a) Wash your hands with soap and water or use alcohol gel on arriving home.
- b) Remove training uniform and transfer straight to washing machine and wash hands after.
- c) Wash training clothes and cloth mask on same day/night in hot water setting.
- d) Follow your normal routine, i.e. shower, change into civvies. Wait to hug family/whanau until this step is complete.

Useful posters and information to display in the dojo can be found as Appendix 4.

### Evidence

[1] CfDCa Prevention. Journal. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

[2] Ganna Pogrebna. Alexander Kharlamov. The Impact of Cross-Cultural Differences in Handwashing Patterns on the COVID-19 Outbreak Magnitude Research Gate. March 2020

[3] <https://www.health.govt.nz/system/files/documents/pages/how-to-keep-your-home-bubble-safe-23042020.docx>

### **PERSONAL PROTECTIVE EQUIPMENT**

Masks **MUST** be worn by anyone not participating in the activity on the mat and to and from the training venue.

Although this is not mandated in National Guidance for Sport practice at Alert Level 2 + a face mask may be worn whilst training, but anyone who chooses to do so, should do it safely.

Use a surgical face mask OR a homemade Cloth Mask e.g. headtube, ½ balaclava, neck gaiter.

The following information on the correct use of masks is derived from practices in health care settings.

- Place the mask carefully, ensuring it covers the mouth and nose, and tie it securely to minimize any gaps between the face and the mask.
- Avoid touching the mask while wearing it.

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- Remove the mask using the appropriate technique: do not touch the front of the mask but untie it from behind.
- After removal or whenever a used mask is inadvertently touched, clean hands using an alcohol-based hand rub or soap and water if hands are visibly dirty.
- Replace masks as soon as they become damp with a new clean, dry mask.
- Do not re-use single-use masks. Re-usable masks should be placed in a zip lock bag and washed with training uniforms.
- Discard single-use masks after each use and dispose of them immediately upon removal.

### Evidence

- [1] Trisha Greenhalgh, Manuel B Schmid, Thomas Czypionka, Dirk Bassler, Laurence Gruer professor Face masks for the public during the covid-19 crisis BMJ 2020;369:m1435. 9 April 2020
- [2] Chiang C-Ha, Chiang C-Hu, Chiang C-Hs, Chen Y-C. The practice of wearing surgical masks during the COVID-19 pandemic. Emerg Infect Dis. 2020 Aug
- [3] Feng S, Shen C, Xia N, Song W, Fan M, Cowling BJ. Rational use of face masks in the COVID-19 pandemic. Lancet Resp Med. 2020.
- [4] [https://apps.who.int/iris/bitstream/handle/10665/331215/WHO-2019-nCov-IPCPE\\_use-2020.1-eng.pdf](https://apps.who.int/iris/bitstream/handle/10665/331215/WHO-2019-nCov-IPCPE_use-2020.1-eng.pdf)
- [5] <https://blogs.otago.ac.nz/pubhealthexpert/2020/05/11/the-strong-case-for-mask-requirements-in-public-transportation-and-border-control-settings-in-nzs-current-covid-19-pandemic-context/>
- [6] <https://www.health.govt.nz/system/files/documents/pages/evidence-review-for-the-use-of-facemasks-by-the-public-may6-2020.pdf>

### **CLEANING SURFACES & EQUIPMENT**

All surfaces and equipment must be regularly cleaned and disinfected where practicable BEFORE and AFTER training with particular attention paid to “touch points” areas including:

- training mats
- floors
- walls and/or wall mats
- door handles/toilet handles/light switches
- bag storage areas
- training bags, pads & equipment

Use an appropriate cleaning solution

- Dilute household bleach (target ratio = 1/3 cup bleach : 3.8L water)
- 70+ % Alcohol containing solution [e.g. Clinidet]
- any other recommended cleaning agents

### **DO NOT MIX MULTIPLE CLEANING AGENTS**

A sample dojo cleaning Log can be found as Appendix 3

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### PHYSICAL DISTANCING

If using reusable cloths, these should be disinfected and then dried after use, as bacteria and viruses can still survive on damp cloths. Disposable cloths should be binned after use.

Disposable gloves should be worn when cleaning and placed in the bin when finished.

Physical distancing should be practiced when cleaning facilities.

#### Evidence

[1] CDC guidelines <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

[2] EPA List of 400 disinfectants: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

[3] Chang A, Schnall AH, Law R, et al. Cleaning and Disinfectant Chemical Exposures and Temporal Associations with COVID-19 — National Poison Data System, United States, January 1, 2020–March 31, 2020. MMWR Morb Mortal Wkly Rep 2020;69:496–498

[4] <https://sportnz.org.nz/covid-19/sector-advice/hygiene-and-sanitation-guidance/>

It is recommended that the 2 metre physical distancing requirement MUST be maintained by EVERYONE if not participating in the training activity.

The NZJJF recommends that each club limits the numbers of participants and spectators per session, to enable physical distancing requirements and the ability to exercise safely based on the size of the facility and the maximum requirement of FIFTY (50) people.

#### **TRAINING BUBBLES**

To make contact tracing easier and reduce possible exposure and safety you may want to instigate consistent “training bubbles” which could be;

- between 2 and 4 partners per bubble, up to a maximum group size of 10, that maintain consistent training days in the week with each other.
- If your facility is big enough to have more than one group of 10 training at a time then they MUST be 2 metres apart and NOT have any contact.
- If a member in a training bubble or group is sick, they must inform others in the same bubble and the gym owner.
- Members in that bubble should provisionally avoid training for 1 week or until:
  - affected individual has consulted a doctor & undergone testing [e.g covid-19 test] and/or medical clearance.
  - if affected member has a non-covid-19 virus or bacterial infection, they should avoid training until they are symptom free for 2 days.

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### PHYSICAL DISTANCE

Maintain two metre distance between training bubbles, it may help to tape out training squares on mats/floors to assist distancing. Training groups of 10 MUST be separated by 2 metres.

**Note:** The NZJF Dojo and Environment Safety Standards states - As a "rule of thumb", the size of the practice surface required for each participant is estimated at a minimum of 2 square metres per person

### LIMIT NUMBERS

Limit "spectator" attendance to a bare minimum (essential people only unless adequate space is available to maintain physical distancing).

Control arrival and departure to maintain required physical distancing — extend the time interval between sessions (e.g. use different exit and entry doors if available).

Avoid interacting at communal points such as entries and car parks. Phasing of sessions should be used to allow time for people to pass through these areas safely.

### Evidence

[1] <https://covid19.govt.nz/covid-19/how-were-uniting/physical-distancing/>

[2] <https://sportnz.cwp.govt.nz/assets/Uploads/Play-Active-Recreation-Sport-Alert-Level-Two.pdf>

### MODIFIED TRAINING

All training activities should still be well within participants' confidence and skill level to reduce the likelihood of needing emergency services.

Training sessions should not be longer than 2 hours.

The NZJF recommends that training intensity and frequency is modified at Alert Level 2 to manage risks and to augment safety. There is no evidence that covid-19 spreads by sweat.

### INTENSITY

- Light - moderate training sessions consisting of drills, kata or uchikomi movements ~ up to 60% of max intensity,
- Not recommended beyond 80 % of peak intensity [ due to post-training immune drop and increased aerosol generation effect].
- NO 100% intensity FREE SPARRING/RANDORI to reduce risk of injury and droplet spread

### FREQUENCY

- Aim for 3 times a week
- Maximum of 5 times a week

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- Avoid frequency of 6 times a week or more.

### Evidence

- [1] Halabchi F, Ahmadinejad Z, Selk-Ghaffari M. COVID-19 Epidemic: Exercise or Not to Exercise; That is the Question!, Asian J Sports Med. 2020 ; 11(1):e102630
- [2] Toresdahl, B. G., & Asif, I. M. (2020). Coronavirus Disease 2019 (COVID-19): Considerations for the Competitive Athlete. Sports Health. Journal of Sports health. April 2020
- [3] Ide BN, Souza-Junior TP, McAnulty SR, de Faria MAC, Costa KA, Nunes LAS. Immunological Responses to a Brazilian Jiu-Jitsu High-Intensity Interval Training Session. J Hum Kinet. 2019 Nov 30
- [4] <https://covid19.govt.nz/assets/resources/tables/COVID-19-alert-levels-summary.pdf>
- [5] James H Hull, Mike Loosemore, Martin SchwelInus. Respiratory health in athletes: facing the COVID-19 challenge Lancet Respir Med 2020. April 8, 2020 [https://doi.org/10.1016/S2213-2600\(20\)30175-2](https://doi.org/10.1016/S2213-2600(20)30175-2)
- [6] Gilat R, Cole BJ, COVID-19, Medicine, and Sports, Arthroscopy, Sports Medicine, and Rehabilitation (2020).

### TECHNIQUE SPECIFIC MODIFICATIONS

The NZJF recommends that to reduce the risk of droplet spread AVOID techniques focussed around the head and neck. These include:

- All neck, head and face lock techniques and their defences.
- All strangulations and choke techniques (shimewaza) and their defenses.
- Head clinch manoeuvres and transitions.
- Biting or headbutts.

The suggested training options are;

### **GI BASED GRAPPLING SYSTEMS** (Ju Jitsu, Judo, Hapkido, Aikido etc.)

- Lower body submission techniques:
  - such as leg locks, heel hooks, foot locks, compression locks and knee bars
- Upper body submission techniques:
  - such as arm locks, shoulder locks, wrist locks and finger locks
- Throws & take-downs, guard passes & transitions
- Low intensity grip fighting/kumi kata
- Self-defense techniques
- Light randori or flow rolling
- Light Solo or Partner kata practice.
- Conditioning Training and Breakfalling/Ukemi Training.

### **NO-GI BASED GRAPPLING SYSTEMS** (No-Gi Grappling and Wrestling)

- Shadow drill (stance, motion, set-ups, penetration, penetration evasion/defence).
- Low intensity hand fighting.
- Low intensity tilt technique (leg lace).
- as per GI BASED GRAPPLING SYSTEM segment above.



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### RISK STRATIFY MEMBERS

#### MMA and STRIKING SYSTEMS

- Stand-up training
  - kicking, striking, pad work, bag work, shadow boxing
- Light sparring.
- as per GI BASED GRAPPLING SYSTEM segment above.

#### WEAPONS SYSTEMS

AVOID FREE SPARRING due to risk of injury, AVOID techniques focused around the head and neck and any locking techniques using a weapon to reduce risk of injury. NO LIVE BLADES to reduce risk of injury.

The suggested training options are;

- Solo kata or drills.
- Partnered kata or kumitachi drills
- Use of padded weapons or padded armour if striking limbs.

Members with family or partners having a health condition in the “highest risk group” AND who live with them; may want avoid training until step down to level 1.

**HIGHEST RISK** – Participants who are highest risk should avoid training.

- immune-related health conditions [such as lupus]
- on immune modulating medications [such as daily prednisone, azathioprine, sulfasalazine or methotrexate]
- elderly : age > 60 years
- currently receiving cancer treatment

**HIGHER RISK** – Participants who are higher risk should pay importance to Strict Hygiene Rules, and physical distancing measures. Ideally no other High risk members should be in the same TRAINING BUBBLE or consider a smaller training bubble with only 2 members.

- cigarette smokers
- asthmatics
- diabetics with HbA1c level > 48
- high blood pressure [ systolic > 160]
- pregnant

#### Evidence

[1] A.M. Angelidi, M.J. Belanger and C.S. Mantzoros, COVID-19 and diabetes mellitus: what we know, how our patients should be treated now, and what should happen next, Metabolism (2020)



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## KEY SOURCES OF INFORMATION

A list of useful websites, contact numbers and email addresses for COVID-19.

Unite against COVID-19 website: <https://covid19.govt.nz/>

Sport NZ website: <https://sportnz.org.nz/covid-19/>

Healthline 0800 358 5453

Government helpline 0800 779 997

Need to talk? Call or text 1737 or visit [www.allright.org.nz/campaigns/getting-together](http://www.allright.org.nz/campaigns/getting-together)

For financial support call 0800 559 009 or visit

<https://www.workandincome.govt.nz/covid-19/index.html>

## Appendices

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The following resources provide useful tools for training during Alert Level 2 Delta. It is suggested that they are modified and used by each club.

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## Appendix One

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### ***SYMPTOM SELF-CHECK ASSESSMENT***

<b>SYSTEM</b>	<b>COMMON SYMPTOMS</b>	<b>RARE SYMPTOMS</b>
Metabolic	Fever [Temp > 37.8 deg Celsius] Extreme sudden lack of energy	Lack of appetite
Airway + ENT	Cough Sore throat Shortness of breath	Chest pain Runny nose Red eye [with or without pain]
Cardiac	Feeling faint / about to collapse	Chest pain
Neurological	Headache Dizziness	Twitching / seizure like activity Altered level of consciousness Confusion
Gastro-intestinal	Lack of smell or taste Nausea	Abdominal pain Diarrhoea Vomiting

[Where common symptoms have a prevalence rate of > 10 % in covid-19 and rare symptoms have a prevalence rate of < 10 %. See "DETAILED ANALYSIS" for specific prevalence rates]

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**Appendix Two**



**Contact tracing log**

This information is being collected to assist in the management of the COVID-19 pandemic.

It will be given to the Ministry of Health and/or the District Health Board on request in the event that it is required for contact tracing purposes.

We will not use it for any other purpose and will destroy this record after four weeks. It will be kept on this premise in a safe and secure location.

Under the Privacy Act 1993 you have a right to access and correct any information we hold about you.

Date	Time in	Time Out
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Full Name	Address	Email	Phone	Training Bubble	Training Bubble	Training Bubble	Training Bubble

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## Appendix Three

### Gym/Dojo Cleaning log

This information is being collected to assist in the management of the COVID-19 pandemic. It will be given to the Ministry of Health and/or the District Health Board on request in the event that it is required for contact tracing purposes.

<b>Date</b>	<b>Time in</b>	<b>Time Out</b>
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<b>Cleaning Agent</b>	70% Alcohol Solution Spray and Disposable Wipes
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SURFACES & EQUIPMENT	BEFORE	AFTER
Dojo Mats	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Benches	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Door Handles	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Lockers	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Floors	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Toilets	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Light Switches	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Speed Ball	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Punch Bags	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Training Dummies	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Weapons Racks & Weapons	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Spectator Seating	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Bins Emptied		<input checked="" type="checkbox"/>

<b>Cleaners Signature</b>		
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Please place completed cleaning logs with the contact tracing log for the according session.

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## Appendix Four

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### Gym/Dojo Resources

Posters can be printed in any size, in black and white or in colour — just adjust your printer settings.

#### COVID-19 POSTER:

[https://www.health.govt.nz/system/files/documents/pages/protect\\_yourself\\_against\\_coronavirus-poster-english-3march2020.pdf](https://www.health.govt.nz/system/files/documents/pages/protect_yourself_against_coronavirus-poster-english-3march2020.pdf)

#### PROTECT YOURSELF AND OTHERS:

[https://covid19.govt.nz/assets/resources/posters/COVID19\\_poster\\_protect\\_english\\_A3.pdf](https://covid19.govt.nz/assets/resources/posters/COVID19_poster_protect_english_A3.pdf)

#### WASHING HANDS:

[https://covid19.govt.nz/assets/resources/posters/COVID19\\_poster\\_wash-hands\\_A4.pdf](https://covid19.govt.nz/assets/resources/posters/COVID19_poster_wash-hands_A4.pdf)

[https://www.cdc.gov/handwashing/pdf/keep-calm-wash-your-hands\\_11x17.pdf](https://www.cdc.gov/handwashing/pdf/keep-calm-wash-your-hands_11x17.pdf)

#### CLEAN AND DISINFECT

[https://covid19.govt.nz/assets/resources/posters/COVID-19\\_Key-Message\\_Clean-and-Disinfect\\_A4.pdf](https://covid19.govt.nz/assets/resources/posters/COVID-19_Key-Message_Clean-and-Disinfect_A4.pdf)

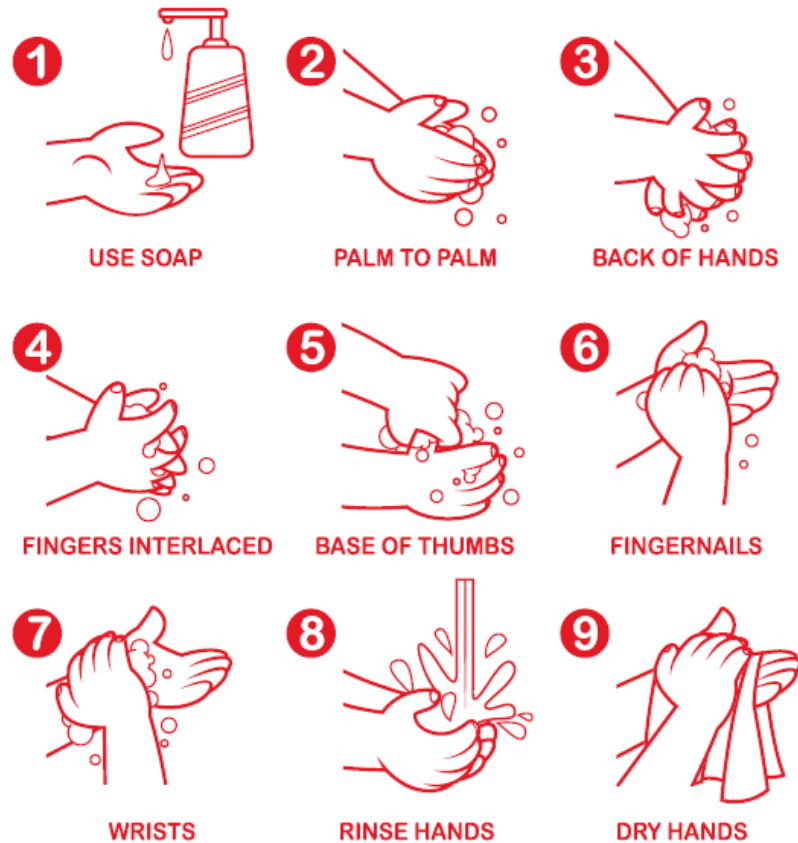
#### PHYSICAL DISTANCING

[https://covid19.govt.nz/assets/resources/posters/COVID-19\\_Key-Message\\_2m-Distance\\_A4.pdf](https://covid19.govt.nz/assets/resources/posters/COVID-19_Key-Message_2m-Distance_A4.pdf)

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**Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.**



## PROPER HANDWASHING TIPS

- Wash hands thoroughly with soap + warm water.
- Wash for 20-30 seconds or sing "Happy Birthday" two times through.
- Soap and warm water are the best way to clean your hands, but if they aren't available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.

## HOW TO USE HAND SANITIZERS

- Apply the sanitizer to the **palm of one hand** (follow label directions on how much to use).
- Rub hands together.
- Rub the sanitizer over **all the surfaces of your hands + fingers** until your hands are dry.