

INTERNATIONAL JUDO FEDERATION



# Protocol for resuming IJF events during the Covid-19 pandemic

August 17, 2020



## TABLE OF CONTENTS

Chapter 1 - Preamble .....	p. 3
Chapter 2 - General Measures .....	p. 4
Chapter 3 - Compulsory Protective Actions.....	p. 6
Chapter 4 - Location Specific Measures .....	p. 7
Chapter 5 - Staff Specific Measures .....	p. 13
Appendix 1 - Declaration of Honour .....	p. 15
Appendix 2 - Contact Tracing Questionnaire .....	p. 16
Appendix 3 - Emergency Protocol for Positive Covid-19 PCR Tests.....	p. 17
Appendix 4 - Liability Release Waiver - COVID-19.....	p. 20

# CHAPTER 1 - PREAMBLE

The following protocol applies while there is still no widespread vaccination in the world and local infection rates allow, under strict protective measures, for events to be held.

As soon as vaccination is available, besides the general hygienic requirements, it will become the safest and main applicable protective measure for each participant, either athlete, coach, local staff, broadcasting staff, etc.

The fundamental principle throughout all IJF events during the Covid-19 era is to Protect and Be Protected by wearing a mask and respecting the recommendations of this protocol. All participants have the mutual responsibility to protect one-another.

Interpretation of the following expressions throughout the entire document:

**Social distancing** - at least 1.5 m distance between persons, wherever/whenever it is possible.

**Mask** – 3 layered surgical mask or equivalent without a valve. Valves on the masks filter only the inhaled air (from the environment to the lungs) but they don't filter the exhaled air (from the lungs to the environment).

<https://multimedia.3m.com/mws/media/1791500O/comparison-ffp2-kn95-n95-filtering-facepiece-respirator-classes-tb.pdf>

**Sanitizer** – any liquid or gel that has sanitizing properties approved by the local government, preferably provided in contactless dispensers.

**Staff** – if not specified otherwise, include all work force present during the event e.g. local organising committee (LOC) staff, IJF staff, volunteers, broadcasters, security, etc.

**Cleaning** – cleaning using disinfecting agents at all points by a professional company.

**No gloves** – It is not advised to use gloves. Wearing gloves provides a false sense of security and people tend to forget washing, sanitizing their hands. Bare hands are more frequently sanitized and there is less touching of the face with them as well.

<https://www.fr24news.com/a/2020/05/gloves-provide-a-false-sense-of-security-during-covid-19-u-of-g-expert.html>

## 2. CHAPTER 2 – GENERAL MEASURES

### 2.1 Scope

The measures below apply to ALL people involved in the Event, from their arrival to their departure. Each person concerned by the Event must use common sense in their behaviour and respect the instructions related to the Covid-19 pandemic, in particular by respecting barrier gestures and social distancing.

In addition to the present protocol and the required tests mentioned herein, the organizer must provide a brochure on all applicable measures in their country, at the same time as the competition outline. These provisions with local character will be added to the present protocol as a completion.

### 2.2 Covid-19 specific conditions of participation

All participants, whether they are competitors or staff, international or local, MUST:

- present, on arrival, at least two (2) Covid-19 negative individual medical certificate (the last PCR test made max. 5 days before arrival) and an individual declaration of honour on the absence of symptoms for at least 14 days (See Appendix 1). Provision to be amended as per local requirements at the time;
- wear a mask at all times. Exceptions: athletes on tatami during contest, where it is prohibited and athletes in the warm-up, where it is the choice of athletes;
- 1.5 m distance at all times, except for competitors during their contests and during warming up with ONE PARTNER;
- submit themselves to contactless temperature measurement by the organizer on arrival at the point of entry in the country, at accommodation premises, throughout the competition venue and at any official venue of the Event, to be accepted by all accredited population.

**If a person does not comply with the conditions for participation, they will not be eligible to participate in the Event.**

### 2.3 Materials

- The organizers must provide all the regulatory material necessary for the smooth running of the Event during and out of competition in all official venues of the Event (masks, sanitizer gel, contactless thermometers, etc.).
- A list of the necessary equipment will be provided by the IJF Medical Commission.

### 2.4 Venue

All rooms concerned by the event must be frequently ventilated. The ventilation system shall preferably be installed with HEPA or MERV 13 or 14 grade filters or any similar air purifying system.

## **2.5 Covid-19 specific Staff**

- An IJF COVID-19 manager will be appointed by the IJF for each event.
- A COVID-19 manager from the local organising committee (LOC) will be proposed and validated by the IJF.
- Each delegation must appoint a COVID-19 contact person who will be present during the event and will be in charge of any Covid-19 related issues for their delegation.

All Covid-19 specific staff must know the regulations in force and the specific measures of the country hosting the Event. They must ensure that their population is well aware of the regulations and are following them.

## **2.6 Covid-19 Testing**

The LOC must organize and finance a COVID-19 control service with at least one (1) PCR test per participant, to be performed immediately upon arrival, preferably in a testing station set up at the airport premises.

Test results must be ensured by the LOC no later than 24 hours. Until test results are obtained, all participants must remain in their hotel rooms, where also meals will be ensured until the receipt of the test results.

**Before the opening of the competition hall to delegations and organizers, the IJF COVID-19 manager and the manager of the local organising committee will have to verify that the implementation of all required health measures is complete.**

# 3. CHAPTER 3 – COMPULSORY PROTECTIVE ACTIONS

## 3.1 General measures

- No gloves should be used, except in particular cases (e.g. blood injuries).
- Wash/sanitize your hands regularly and especially if you have had contact with a person or an object.
- Competitors should wash and disinfect their hands and feet regularly, especially before the warm-up and the contest.
- No handshake - use elbows to greet or greet each other with a bow.
- Wear a mask (change it at least twice a day).
- In the event of intense physical exertion, it is allowed for the mask to be removed.
- Maintain social distancing as much as possible.
- Disinfect your mobile phone.
- Use your own pen, do not lend it.
- Be the only one to use the same paper documents, mobile phone, bottle of water, etc.
- If a person has symptoms of COVID-19, notify it IMMEDIATELY to the IJF, LOC or team COVID-19 manager.

## 3.2. Personal hygiene measures

### At the beginning of the day:

- take a shower with soap;
- wash, sanitize your hands;
- put on a fresh mask;
- sanitize the pens, plastic material, etc.;
- locate the nearest restroom and/or hand washing facility.

### During the day:

- wash, sanitize your hands regularly;
- change your mask at least 2 times a day;
- sanitize your material regularly;
- sanitize your hand before putting on a fresh mask;
- collect used masks and litter in garbage can inlaid with garbage bag.

### At the end of the day:

- wash, sanitize your hands;
- sanitize your material and workplace (if applicable);
- collect and put litter in a garbage can inlaid with garbage bag.

# 4. CHAPTER 4 – LOCATION SPECIFIC MEASURES

## 4.1. Airport – Welcome Desk

- Travelers must be familiar with the arrival airport's Covid-19 protocol, LOC Staff to inform arriving passengers of all specific measures in place.
- LOC Staff to make sure that the delegations do not mix with other populations upon arrival. If any waiting time for transportation or testing, LOC Staff to make sure Event participants are separated and waiting with social distancing in place. Preferably, make them wait outside the airport in open air, if the weather conditions allow it.
- Make sure that all people in charge of transport and reception (drivers, hostesses) respect the barrier gestures, apply hygiene measures and the placement in vehicles respects all health protection measures.
- Each member of the delegation must manage their own luggage inside and outside the transport vehicle.

## 4.2. Hotel

- The hotel's instructions must be followed by everyone. To strictly follow directions given by hotel, LCO and IJF Staff.
- Each member of the delegation must individually manage their luggage from leaving the vehicle to their hotel room, both at arrival and departure.
- Keep the mask on at all times when in public spaces of the hotel facility, except for meals if taken in public spaces of the hotel facility.
- Avoid as much as possible all public spaces in the hotel facility whenever not necessary.

## 4.3. Accreditation

- A maximum of two persons per delegation are allowed to attend the registration to the competition.
- To schedule a running order for delegations to avoid overcrowding.
- LOC to determine how many stations and how many people can be at the same time in the room.
- Ensure 1.5 m distance between LOC and delegations.
- Disinfect any and all materials which are not used individually, after each delegation.

## 4.4. Weigh-in and judogi pre-control

- The weigh-in and judogi control rooms must be located in sufficiently large places that offer sufficient space for social distancing for the athletes and the staff in charge of these controls.
- Regarding the weigh-in, whether official or unofficial, the scales must be disinfected with a suitable product before the weigh-in of each athlete.
- Competitors should disinfect their hands and feet before the weigh-in.
- Athletes must stand on the scales barefoot.
- Sufficient time should be available, and a running order should be defined to avoid overcrowding.

- The alignment of the athletes for the weigh-in must be respected, marks on the floor must be positioned for social distancing (at least 1.5 m between persons).
- Regarding the judogi pre-control, sufficient time should be available, and a running order must be defined to avoid overcrowding.
- The line-up for judogi control must be respected, markings on the floor must be positioned for social distancing (at least 1.5 m between persons).
- To avoid possible transmission via the fabric of the judogi, the athlete must show the persons in charge of judogi control that his/her judogi meets IJF standards and that all markings comply with the rules. All physical contact should be avoided.
- If the persons in charge of the control have to touch the judogi, they must disinfect their hands after each contact.
- Sokuteiki must be sanitised regularly.

#### **4.5. Draw**

- Should be carried out virtually, available live online, on an interactive platform.
- If held with spectators:
  - Room must be big enough to respect social distancing, chairs must be placed at 1.5 m between each other;
  - Only one coach per gender and per delegation will be accepted (maximum one male and one female coach per delegation);
  - Only the concerned LOC staff are authorized to attend the draw;
  - No journalists will be invited;
  - Only the IJF may authorize people to attend the draw.

#### **4.6. Transportation and arrival at the competition hall**

##### **Leave the hotel for the competition hall:**

- Wait outside the hotel if possible;
- Do not regroup with other delegations and avoid contact with other people staying in the hotel;
- Manage your luggage individually;
- Wear clothes that you will use for travel only and change as soon as you arrive to the warm-up area.

##### **Arrival at competition hall:**

- Manage your luggage individually;
- Maintain social distance from other delegations, members of the organization staff and the public (if any).



## **4.7. The minimum sanitary conditions required in the competition venue**

- Contactless hand sanitizer dispensers should be provided at each entry point and at all points frequented by athletes / delegation members, staff, specifically:
  - Entrance;
  - Corridors, hallways;
  - Changing rooms;
  - Toilets;
  - Mixed zone;
  - Press room;
  - Warm-up area;
  - Judogi control/Call room;
  - Entrance and exit FOP;
  - Technical table;
  - VIP tribunes;
  - VIP Lounge;
  - All Lounges .
- All sanitizer dispensers must be checked and re-filled regularly.
- Garbage cans inlaid with garbage bags.
- Provide new masks for staff every 8 hours.
- Each sanitary installation must be cleaned every 30 minutes with disinfectant material - door handles, taps, powder rooms, floors, etc.
- Each sanitary facility must be equipped with soap dispensers, disposable paper towels and toilet paper at all times - NO textile hand towels allowed.
- The floor should remain dry at all times.

## **4.8. Changing rooms**

- These spaces will be open or closed depending on the country's specific regulations. If closed, athletes may leave the hotel in judogi with a tracksuit over.

## **4.9. Warm-up area**

- The warm-up mat must be large enough to accommodate the population concerned.
- The space must be large enough for boxes or screens to be set up which will replace changing rooms.
- It is reserved ONLY for athletes competing on the day of the competition.
- Each athlete may come with only ONE (1) warm-up partner.
- Only one coach per gender and per delegation will be accepted (maximum one male and one female coach per delegation).

- Only one medical representative per delegation will be accepted.
- As far as possible, the organizers must provide a training space available for athletes not competing on the same day. A running order for the delegations will be defined with hourly reservation. A person from the organization will be in charge of respecting these schedules.
- No spectators allowed.
- Catering at this place is not permitted, except for bottled drinks.

#### **4.10. Random weigh-in**

- Only the athlete and a member of the organization's staff are allowed to be in the random weigh-in room.
- The scales must be disinfected with a suitable product before the weigh-in of each athlete.
- Athletes must stand on the scales barefoot.

#### **4.11. Judogi control area**

- Respect for social distancing (1.5 m) must be observed, in particular when checking the judogi and entering the competition area.
- When checking the judogis, the athletes and the coach will have to demonstrate to the staff in charge of this sector that the regulations are well respected. (IJF label, backnumber, advertising, sleeve length, jacket overlap....).
- Minimum physical contact between the staff and the athletes.

#### **4.12. Competition venue**

- A general hygiene routine must be followed respecting the IJF (EOG Annex A5a) and the specific COVID-19 hygienic measures.
- Tatami (competition and warm-up) must be:
  - thoroughly cleaned and disinfected before and after assembly;
  - must be kept intact after cleaning until used again the following day;
  - FOP: cleaned and disinfected after every round;
  - warm-up: cleaned and disinfected every 15 min.
- All the persons present in the competition venue must wear a mask, except in particular cases.
- Social distancing must be respected with regard to the placement of Staff (sports, refereeing, education commissions, IJF and LOC staff, supervisors, referees, medical service, broadcasting, etc.).
- Referees must also wear a mask when officiating.
- Medical staff must wear a mask at all times.
- Competitors and coaches will access the competition area as usual while social distancing.
- The coach will be in charge of carrying the box with the personal belongings of the competitor.

- The competitor will remove his/her mask just before getting on the tatami, place it in the box and put it back on immediately after the fight.
- The coach must wear a mask in the competition area.

#### **4.13. Awarding ceremony**

- The protocol for the awarding ceremony must take into account social distancing.
- It will be organised as in the past, except for the medal awarding. The athletes will put the medals around their neck themselves; the medals will be presented on a cushion. They will proceed in the same way for other possible rewards (flowers, trophy, mascot, etc.).
- No physical contact, no handshake, only judo bow allowed.
- All VIPs and hostesses involved must wear masks.
- Only athletes will step on the podium without a mask.
- VIPs and hostesses shall keep 1.5 m distance.

#### **4.14. Doping control**

- Social distancing and mask wearing must be respected throughout the doping control procedures and in the doping control rooms by all parties involved.

#### **4.15. Media operations**

- Athletes requested for media interviews and any Media representatives must respect social distancing.
- During the interview, wearing a mask is not compulsory as long as a distance of 1.5 m is respected.

#### **4.16. Presidential office / VIP area**

- Staff must wear a mask.
- Guests entering the venue are to be provided with a mask and are asked to wear it until entering the VIP area.
- All food and drinks are served a la carte, on demand, by waiters wearing masks and gloves.
- No buffet service.
- Fresh cutlery and glasses are regularly provided.
- Food must be covered when not served.
- Surfaces are regularly sanitised.

#### **4.17. LOC office areas**

- As established by the local Covid-19 Manager.
- Hand sanitiser dispensers at entry points and at each working station.

#### **4.18. Medical / doping control room**

- Frequented only when necessary.
- Only authorized personnel can enter.
- Hand sanitiser dispenser at the entry point.
- Garbage can inlaid with garbage bag (regularly emptied).
- Masks compulsory at all times.

#### **4.19. Reception and catering rooms**

- The layout of these rooms must respect physical distancing.
- Whatever food or drink supply should be managed with minimum contact, supply staff should have their own hand sanitizers.
- Any provision of drinks or food must be portioned out and served – no open buffet.
- Drinks must be bottled.
- In athletes catering areas, delegations should stay in their own group, at 1.5 m distance of other delegations.

#### **4.20. Coffee station for FOP staff**

- All food and drinks are served.
- All cups / spoons must be disposable (preferably paper/wood).
- Sugar must be in individual sachets and not loose.
- Any food (sandwich, sweets, fruit) must be covered.
- Coffee station should be positioned respecting at least the social distance from the nearest FOP staff.

#### **4.21. Community areas**

- Corridors, passages, etc. must be kept clean and dry.
- Hand sanitiser dispensers available at every 20 m.
- Used only when necessary.
- Social distancing is respected whenever it is possible.
- Frequented in masks by everyone.

## 5. CHAPTER 5 – STAFF SPECIFIC MEASURES

### 5.1. The LOC Covid-19 Manager, in relation with the IJF Covid-19 manager

- Is in charge of establishing and implementing health measures.
- will send to the delegations before the competition a brochure on the country's COVID-19 regulations and the implementation of the measures taken for the Event in 5 languages (English, French, Spanish, Arabic, Russian) .
- will inform the LOC organization staff and the IJF of these measures.
- during the draw, will inform the delegations about these measures.
- will ensure that sanitary measures are maintained.
- will be in contact with the local health institutions responsible for the management of Covid-19 infections.
- will know how to manage any reported infection - organize separation until evacuation, organize evacuation, etc.
- will provide masks and sanitizers for staff and delegations.
- will supervise the general cleaning.
- garbage cans and wastepaper baskets must be emptied regularly and before they are full.

### 5.2. Organisers staff, volunteers, other

- must know who the LOC and IJF Covid-19 Managers of the event are.
- must know the sanitary protocol of the event.
- are responsible for applying the protocol.
- must wear a mask, subject to exceptions.
- must maintain personal hygiene.
- must respect social distancing measures.

### 5.3. Delegations

- must know who the LOC and IJF Covid-19 Managers of the event are.
- must know the sanitary protocol of the event.
- are responsible for applying the protocol.
- must wear a mask, subject to exceptions.
- must maintain personal hygiene.
- must respect social distancing measures.

## **5.4. IJF Staff**

- must know who the LOC and IJF Covid-19 Managers of the event are.
- must know the sanitary protocol of the event.
- is responsible for applying the protocol.
- must wear a mask, subject to exceptions.
- must maintain personal hygiene.
- must respect social distancing measures.

## **5.5. Medical Commissioner of the competition**

- must know who the LOC and IJF Covid-19 Managers of the event are.
- must know the sanitary protocol of the event.
- is responsible for applying the protocol.
- must wear a mask, subject to exceptions.
- must maintain personal hygiene.
- must respect social distancing measures.

All those concerned by the event must be in possession of the brochure on the country's COVID-19 regulations and the implementation of the measures taken for the event in 5 languages (English, French, Spanish, Arabic, Russian).

# APPENDIX 1 - Declaration of Honour

Name: .....

Nationality: .....

Date and time of arrival: .....

Team Covid-19 Manager: .....

Consenting parent\* for minors:.....

Have you noticed any of the following symptoms within the last 14 days?

	Symptoms	YES	NO
1	Body temperature over 37.5°C		
2	Dry cough		
3	Sore throat		
4	Sudden onset of shortness of breath		
5	Sudden onset of vomiting and/or diarrhoea		
6	Sudden onset of articular and/or muscle pain		
7	Fatigue without a known cause		

Are the following statements true for you?

		YES	NO
8	In the past 1 month have you or anyone in your household met a presumptive or declared Covid-19 infected person or anyone who got into close contact with such person?		
9	Is anyone in your household under self or officially imposed quarantine?		
10	Do you live in the same household with an exposed and frail person (> 70 years old, cardiac pathology or chronic pulmonary pathology immunodeficiency)		

I hereby declare on my honour that if any of the above symptoms occur, at any point during my stay or travel, I will duly and immediately inform my Team's Covid-19 Manager, who shall then inform IJF and the Local Organizing Committee's Covid-19 Managers.

Signature: .....

Print name: .....

Date: .....

Team Covid-19 Manager

Athlete / parent\*

Consenting parent\*: parent, caretaker, authorized person to sign a consent on behalf of the minor.





## In case of positive PCR Covid-19 tests

### LOC Covid-19 Manager

The result of the PCR Covid-19 tests are confidential, the laboratory can disclose the results only to the LOC Covid-19 Manager who must follow the host country regulations in respect of:

- organising evacuation and quarantine for the infected person.
- informing the respective delegation(s) and IJF via the IJF Covid-19 Manager about:
  - where the infected person(s) must be evacuated to or kept at;
  - the duration of the quarantine;
  - the conditions of the quarantine;
  - the cost of the quarantine, hospital;
  - and all other necessary information.
- collect the Contact Tracing Questionnaire (CTQ) and share it with local authorities on a need basis.
- contact all persons on the CTQ via their Team Covid-19 Manager with the help of the IJF Covid-19 Manager.
- plan any further necessary actions if necessary.

**The LOC Covid-19 Manager has the right to call off the event at any point after consulting with the IJF President, IJF Competition Manager, the IJF Covid-19 Manager and the LOC.**

### IJF Covid-19 Manager

Upon receiving news of a positive PCR Covid-19 test result, the IJF Covid-19 Manager MUST:

- immediately find, contact and inform the person in question via the respective Team's Covid-19 Manager;
- inform the IJF President and the IJF Competition Manager about the infection;
- report any further news, status of the respective delegation, etc. to the IJF President and the IJF Competition Manager;
- facilitate the evacuation / quarantine of the infected person;
- facilitate all needed action;
- inform all delegations about the case;
- inform the Event Covid-19 Manager about the competition history of the infected person (e.g. if the person is an athlete and the news was received on a competition day);
- facilitate the detection of any possible close contact;
- be in touch with all the involved delegations.

## **Team Covid-19 Manager**

Upon receiving news of a positive PCR Covid-19 test result, the Team Covid-19 Manager MUST:

- contact and locate the infected person;
- inform the infected person where to go or where to stay put;
- inform the infected person about the local conditions of quarantine;
- collect a filled in and signed CTQ that must be handed to the LOC Covid-19 Manager;
- facilitate the quarantine of those in close contact with the infected person according to the orders of the LOC Covid-19 Manager;
- inform the rest of the delegation;
- check each delegation member for signs of infection;
- inform the LOC and the IJF Covid-19 Manager of the observed health status of the delegation;
- monitor the delegation members continuously and report their status until departure from the event;
- report any suspicious cases to the LOC Covid-19 Manager.

## **Infected Person**

Any person producing a positive Covid-19 test MUST:

- comply with the measures proposed by the LOC and Team Covid-19 Manager;
- go to or remain in the place designated for him/her;
- fill in (with as much detail as possible) and sign the CTQ;
- respect the restrictions of evacuation / quarantine.

## **In case of symptoms onset**

Any persons with symptoms characteristics of Covid-19 MUST:

- report their suspicion, symptoms to the Team Covid-19 Manager or the LOC or IJF Covid-19 Manager whoever can be informed faster and with the least physical contact with others;
- stay in their room or self-isolate themselves in the venue with the help of the organisers until a proper medical check is done;
- fill in and sign the CTQ, if necessary;
- comply with the orders of the LOC Covid-19 Manager;
- respect the restriction of evacuation / quarantine.

## **LOC, IJF and Team Covid-19 Managers**

Follow the protocol as in the case of a positive PCR Covid-19 test.

The LOC Covid-19 Manager is responsible for providing for:

- a medical doctor to determine whether the symptoms are consistent with Covid-19 infection;
- PCR test to determine the infection.

# APPENDIX 4 - Liability Release Waiver - COVID-19

The World Health Organization has declared the novel Coronavirus (COVID-19) a worldwide pandemic. Due to its capacity to transmit from person-to-person through respiratory droplets, the IJF has set recommendations, guidelines, and some prohibitions throughout the IJF COVID PROTOCOL.

The I.J.F COVID PROTOCOL applies to all the IJF events' participants.

In consideration of my participation in the IJF events, I, the undersigned, .....  
.....:

1. Confirm that I have taken good note of the IJF COVID PROTOCOL and hereby undertake comply with it.
  
2. Acknowledge and agree to the following :
  - I am aware of the existence of the risk on my physical appearance to the venue and my participation to the IJF events that may cause injury or illness such as, COVID-19.
  - I have not experienced symptoms that of fever, fatigue, difficulty in breathing, or dry cough or exhibiting any other symptoms relating to COVID-19 or any communicable disease within the last 14 days.
  - I have not been, nor any of my relatives, diagnosed to be infected of COVID-19 virus within the last 30 days.
  
3. And, following the pronouncements above I hereby declare the following:
  - I am fully and personally responsible for my own safety and actions while and during my participation and I recognize that I may be in any case be at risk of contracting COVID-19.
  - With full knowledge of the risks involved, I hereby release, waive, discharge the IJF, from any and all liabilities, claims, demands, actions, and causes of action whatsoever, directly or indirectly arising out of or related to any loss, damage, injury, or death, that may be sustained by me related to COVID-19 while participating in any IJF events while in, on, or around the premises or while using the facilities that may lead to unintentional exposure or harm due to COVID-19.

By signing below I acknowledge that I have read the foregoing Liability Release Waiver and understand its contents; that I am at least eighteen (18) years old and fully competent to give my consent ; That I have been sufficiently informed of the risks involved and give my voluntary consent in signing it as my own free act and deed ; that I give my voluntary consent in signing this Liability Release Waiver as my own free act and deed with full intention to be bound by the same, and free from any inducement or representation.

This waiver will remain effective until laws and mandates relevant to COVID-19 are lifted.

DATE SIGNED :

SIGNATURE :



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