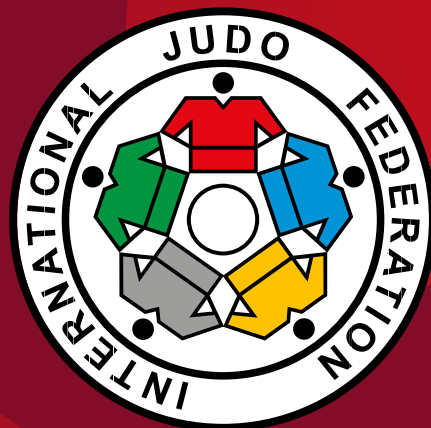
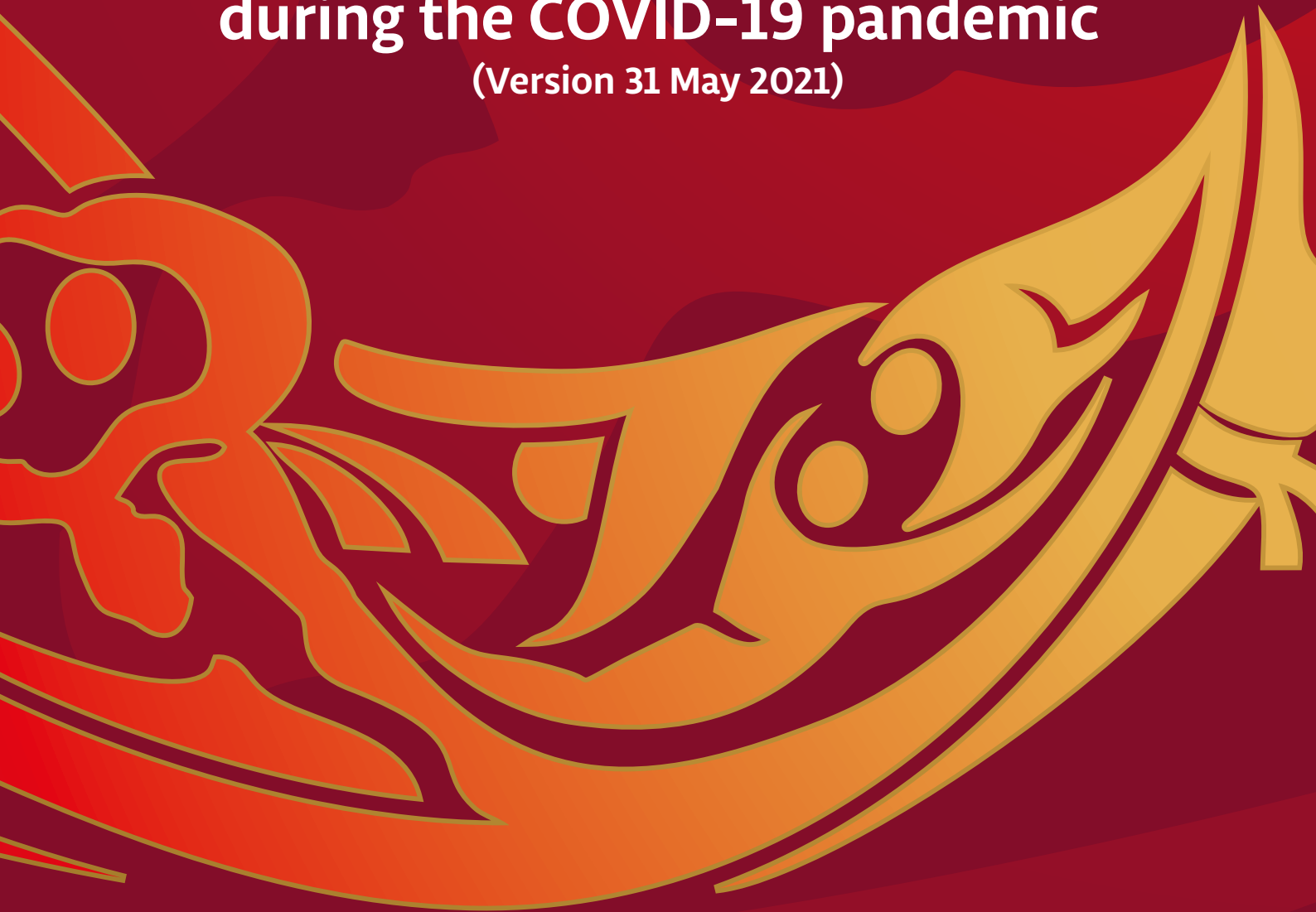


**INTERNATIONAL JUDO FEDERATION**



**Protocol for resuming IJF events  
during the COVID-19 pandemic**  
(Version 31 May 2021)





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

## CHAPTER 1 PREAMBLE

The following protocol applies until the World Health Organisation is calling off the pandemic, or the vaccination reaches a high level among the judo family or there are other effective preventive methods available and local infection rates allow, under strict protective measures, for events to be held.

Besides the general hygienic requirements, vaccination is the safest and main applicable protective measure for each participant, either athlete, coach, media representative, local staff, broadcasting staff, etc.

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

The event venues (hotels, sport hall, training hall etc.) will be classified as bubbles and to reduce risk a “bubble to bubble” concept will be used. People are NOT allowed to leave their bubble, as contamination could occur endangering the safety of the event and the health of the participants. Where possible hotels should be closed to public. If this is not possible delegates should be housed in separate floors or buildings to other guests and, if feasible, have dedicated access (entrance, elevator etc.).

Before the opening of the competition hall to delegations and organisers, the IJF COVID-19 Manager and the Manager of the Local Organising Committee (LOC) will have to verify that the implementation of all required health measures is complete.

**ANYONE NOT FOLLOWING THIS PROTOCOL WILL BE REMOVED FROM THE EVENT AND SUBJECT TO DISCIPLINARY ACTION!**



## 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 this protocol and the required tests mentioned herein, the LOC must provide all applicable measures in their country to be published in the competition outlines.

The LOC Government measures may be stricter than those detailed in this IJF COVID-19 protocol and therefore **MUST** be followed, this will be communicated to all participants.

### 2.2 IJF COVID-19 Specific Conditions of Participation

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

- **Fulfil** the entry requirements of both the host country and the competition. The detailed entry requirements are published in the event outlines.

#### Entry to the country

Each country has their own rules for entry which must be followed. However, all participants must meet the IJF requirements as well.

#### Entry to the competition:

- **Have** 2 PCR tests (PCR-1 and PCR-2), both nasopharyngeal swab and saliva samples are accepted.

These PCR tests **MUST** be made a maximum of eight (8) days before arrival and taken a minimum of 48 hours apart. If travelling by plane, please **CHECK WITH THE AIRLINE** that the date and time of the second PCR follows the airline's "safe to fly" rule and entry to the country timeline.

During this 8-day period participants should stay isolated and limit contact with other people as much as possible. If experiencing any kind of symptoms do not start to travel (even with two negative PCR tests).

- **Upload** before travel to [my.ijf.org](http://my.ijf.org) high resolution electronic copies (preferably in pdf format) the results of PCR-1 and PCR-2, and also a completed and signed Liability Release Waiver (LRW) and a Declaration of Honour (DOH) form on the absence of symptoms for at least 14 days prior your arrival. Documents can be downloaded from the IJF website ([covid.ijf.org](http://covid.ijf.org)) or found in Appendix 1 and 2

Only participants with approved documents (checked by IJF Medical Commission) will be allowed to enter the event. Paper copies of all documents (PCR1, PCR2, DOH, LRW) should be available if requested.

- **Submit** themselves to LOC PCR and antigen testing as detailed in section 2.6.
- **Wear** a mask at all times. Exceptions: masks are not obligatory on the Field of Play tatami, on the warm-up tatami whilst warming up or on the training tatami whilst training. Masks may be removed only while eating in designated dining areas.
- **Always keep** 1.5 m distance at all times, except for competitors during training, their contests and during warming up with ONE PARTNER.



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

- **Submit** themselves to contactless temperature measurement by the LOC 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.

Anyone registering a high temperature will be asked to remain outside and their Delegation COVID-19 Manager, the LOC COVID-19 Manager and the IJF COVID-19 Manager will be contacted. An opportunity to recheck their temperature will be given, if it is still high a final decision will be made by the LOC COVID-19 Manager and the IJF COVID-19 Manager.

## 2.3 Materials

The LOC 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, sanitiser 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

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. The IJF and the LOC will prepare the necessary documentation and send them in advance. Delegation COVID-19 Managers must have all the necessary documents in place that authorises them to act on behalf of the parents/guardians “in loco parentis”.

## 2.6 LOC COVID-19 Testing

The LOC must organise and finance a COVID-19 control service. The organising country may have specific pre-test conditions (example: no eating or drinking one (1) hour before) that will be communicated in advance and must be followed.

Arrival PCR test (PCR-3) for all participants is preferably done in a testing station set up at the airport premises (strongly recommended) or in a tent external to the official hotel or via any other space and method that provides sufficient and safe flow of people waiting for and departing from testing.

Pre-weigh-in PCR test (PCR-4) for athletes, 24 hours before their weigh-in with the results provided before the official weigh-in, in a clean zone within the bubble.

Additional PCR/antigen tests may take place and will be detailed in the event outlines.

The laboratory must have in place a robust system for sample handling and results delivery i.e. bar code, QR code. It should not rely on anything handwritten by a participant. Test results must be ensured by the LOC no later than 24 hours after the time of the test. The testing timeline will be published in the outlines so participants can plan their activities accordingly.

Until test results are obtained, all participants must remain in their hotel rooms, where water and paid meals will be ensured until the receipt of the test results.

The LOC should prepare three (3) different meal menus to choose from, if the arrival is after the meal time a small snack (sandwich, water, fruit) must be provided.

The LOC will do their best to fast track test results for those who are delayed due to cancelled or missed flights.

The LOC should offer an exit PCR test service with the results in English. Anyone using this service does so at their own expense, payment details can be found in the event outlines.

## CHAPTER 3 – COMPULSORY PROTECTIVE ACTIONS

### 3.1 General Measures

- No gloves should be used, except in particular cases (e.g., blood injuries).
- Wash/sanitise 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 - 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 Delegation COVID-19 Manager.

### 3.2. Personal Hygiene Measures

#### At the beginning of the day:

- Take a shower with soap.
- Wash, sanitise your hands (minimum 20 seconds).
- Put on a fresh mask.
- Sanitise the pens, plastic material, etc.
- Locate the nearest restroom and/or hand washing facility.

#### During the day:

- Wash, sanitise your hands regularly.
- Change your mask at least 2 times a day.
- Sanitise your material regularly.
- Sanitise 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, sanitise your hands.
- Sanitise your material and workplace (if applicable).
- Collect and put litter in a garbage can inlaid with garbage bag.

## CHAPTER 4 – LOCATION-SPECIFIC MEASURES

### 4.1. Arrivals

- Participants are responsible to arrive with enough time to carry out the COVID-19 testing before their activities start, see event outlines for further information.
- Travellers must be familiar with the arrival airport's COVID-19 protocol, LOC Staff to inform arriving passengers of all specific measures in place.



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

- 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.
- Vehicles should be sanitised between each use.
- The LOC should be informed in advance of non-airport arrivals specifying transport type, port of entry, arrival date and time.

## 4.2. Hotel

- The hotel's instructions must be followed by everyone. To strictly follow directions given by hotel, LOC 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 when sitting 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.
- Rooming lists must be provided to the LOC at the latest two (2) days prior to arrival. Wherever possible people arriving at similar times should share. Last minute changes can be accommodated while the delegation remain on the bus or outside the hotel. Participants must remain in the room allocated by their Delegation COVID-19 Manager and MUST not swap with anyone.
- Prepare a 'dirty' zone for people to check in, unless check in is done outside or somewhere else. Minimise the number of people in the lobby at any one time with a maximum of one person for a delegation.
- Do not use any sauna/spa facilities.
- Accommodation payment to be made at check-in (not accreditation).
- Food in restaurants should be served buffet from behind screens.
- Room service is allowed at all times.
- For those who do not take full board, after receiving a negative test result, a food delivery service is allowed to deposit food at hotel entrance, payment online by credit card. Package sanitised by volunteers at the hotel entrance and then handed to person who ordered it.
- For snacks and emergency items the LOC can set up a small shop in the bubble or a volunteer should be appointed to receive orders from participants (after receiving a negative test result), to shop on their behalf and to deliver the items sanitised. If necessary, the LOC can also monetise this service with a small fee.

## 4.3. Accreditation

- A maximum of two persons per delegation are allowed to attend accreditation.
- Attending the accreditation process will be possible only AFTER you received the result of the local PCR test.
- A schedule with a running order for the delegations will be provided (official notice board and/or telegram group) to avoid overcrowding. Please respect the schedule and be on time.
- For those who pay everything in advance, online, accreditations can be prepared also in advance.
- LOC to determine how many stations and how many people can be in the room at the same time
- Ensure 1.5 m distance/Plexiglass screen between LOC and delegations.
- Disinfect any and all materials which are not used individually, after each delegation.





## 4.4. Training, Weigh-in and Judogi Pre-control

- Scheduling for training will be made based on return time of test results.
- 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. When the draw is online, high-speed and good internet must be ensured for all coaches.
- 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 authorised to attend the draw;
  - No journalists will be invited.
  - Only the IJF may authorise people to attend the draw.

## 4.6. Transportation and Arrival at Training, Backnumber Check, Official Weigh-in and at the Competition Venue

### Leaving the hotel:

- 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.
- For the competition wear clothes that you will use for travel only and change as soon as you arrive to the warm-up area.

### Arrival:

- Manage your luggage individually.
- Maintain social distance from other delegations, members of the LOC staff and the public (if any).
- Vehicles should be sanitised between each use.



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

## 4.7. The Minimum Sanitary Conditions Required in the Competition Venue

- Contactless hand sanitiser 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 sanitiser 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.
- All tatami (training, warm-up and FOP) and coach boxes should be cleaned following a schedule agreed by the IJF COVID-19 Manager in coordination with the IJF and LOC Event Directors.

## 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.
- Sanitised regularly.

## 4.9. Warm-up Area

- The warm-up mat must be large enough to accommodate the population concerned.
- The tatami should be cleaned hourly.
- 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 LOC 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 LOC will be in charge of respecting these schedules.
- No spectators allowed.
- Catering at this place is not permitted, except for bottled drinks.
- A volunteer should operate the coach assistant system, delegates should not touch it.

## 4.10. Random Weigh-in

- Only the athlete and a member of the LOC 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.
- Competitors should disinfect their hands and feet before the weigh-in.
- 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 judogi, 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.
- In the preliminaries coaches need to carry the baskets for their athlete's belongings. In the final block baskets will be taken to the athlete exit by the LOC volunteers.

## 4.12. Competition Venue

- A general hygiene routine must be followed respecting the IJF Event Organisation Guide Basic Hygiene Requirements 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 tatami and coach boxes should be cleaned and disinfected and allowed to dry before restarting the contests. The cleaning schedule will be agreed by the IJF COVID-19 Manager in coordination with the IJF and LOC Event Directors.
- 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.).
- Athletes must sanitise their feet just before entering the tatami.
- Referees must sanitise the soles of their socks just before entering the tatami with the provided disinfectant spray
- 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.
- Timing and scoring keyboards must be regularly sanitised.

## 4.13. Awarding Ceremony

- The protocol for the awarding ceremony must take into account social distancing.
- Athletes must sanitise their feet just before entering the podium.
- No physical contact, no handshake, only judo bow allowed.
- All athletes, VIPs and hostesses involved must wear masks.
- VIPs and hostesses shall keep 1.5 m distance.



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

## 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.
- If doping control staff come from outside the bubble they must wear the necessary protective uniform regulated by the local health authorities.

## 4.15. Media Operations

- Accredited Media personnel need to stay in a bubble. Information can be found on the IJF media portal.
- 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.
- VIPs must have a negative PCR test. International VIPs will be informed in advance of the organising country entry requirements.
- VIPs can only leave the VIP bubble if nominated to take part in the medal ceremony.
- LOC should not organise any official dinners outside of the bubble.
- National Federation Presidents must choose which bubble they want to be in, delegation or VIP.

## 4.17. 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 sanitisers.
- Any provision of drinks or food must be portioned out and served from behind screens– 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.

## 4.18. Medical / Doping Control Room

- Frequented only when necessary.
- Only authorised personnel can enter.
- Hand sanitiser dispenser at the entry point.
- Garbage can with garbage bag liner (regularly emptied).
- Mask wearing is compulsory at all times.

## 4.19. LOC Office Areas

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

## 4.20. Coffee Station for FOP Staff / Coffee Station for Coaches

- 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 or pre-packed.
- Coffee station should be positioned respecting at least the social distance from the nearest FOP staff.

## 4.21. Communal Areas

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

## 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 the event outlines detailing the country's COVID-19 regulations and the implementation of the measures taken for the event.
- Will inform the LOC staff and the IJF of these measures.
- During the draw the delegations will be informed about these measures by either the IJF or LOC COVID-19 Manager (or a representative).
- 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 - organise separation until evacuation, organise evacuation, etc.
- Will provide masks and sanitisers 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. LOC Personnel, IJF Personnel, Others

- 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.



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

## 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.
- Are 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 know the country's COVID-19 regulations and the implementation of the measures taken for the event.

## CHAPTER 6 - EMERGENCY PROTOCOL FOR POSITIVE COVID-19 PCR TESTS / SYMPTOM ONSET

**In case of positive PCR COVID-19 tests the LOC Government procedures will be followed.**

### 6.1. 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 Delegation COVID-19 Manager with the help of the IJF COVID-19 Manager.
- Offer the possibility of having a retest, at own cost.
- 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.**

### 6.2. 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 Delegation COVID-19 Manager.
- Inform the IJF President and the IJF Events Director about the infection.



- Report any further news, status of the respective delegation, etc. to the IJF President and the IJF Events Director.
- 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.

## 6.3. Delegation COVID-19 Manager

Upon receiving news of a positive PCR COVID-19 test result, the Delegation 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.

## 6.4. Infected Person

Any person producing a positive COVID-19 test MUST:

- Comply with the measures proposed by the LOC and Delegation 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.

Only those declared 100% positive, by the LOC COVID-19 Manager, should go to quarantine hotel or floor, if they prefer their own accommodation in another location (arranged by Embassy for example) they are allowed to go as long as special transport is also arranged.

If a person is a close contact of somebody who tested positive, and they have no symptoms, they can take a second test and if negative, they can continue in the event.

If a person is a close contact of somebody who tested positive and already has symptoms, even if their test was negative, they must go to quarantine.

## 6.5. In Case of Symptoms Onset

Any persons with symptoms characteristics of COVID-19 MUST:

- Report their suspicion, symptoms to the Delegation 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.



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

## 6.6. LOC, IJF and Delegation 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:

- Medical doctor to determine whether the symptoms are consistent with COVID-19 infection.
- PCR test to determine the infection.

## GLOSSARY

Arrival – see Date of arrival

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

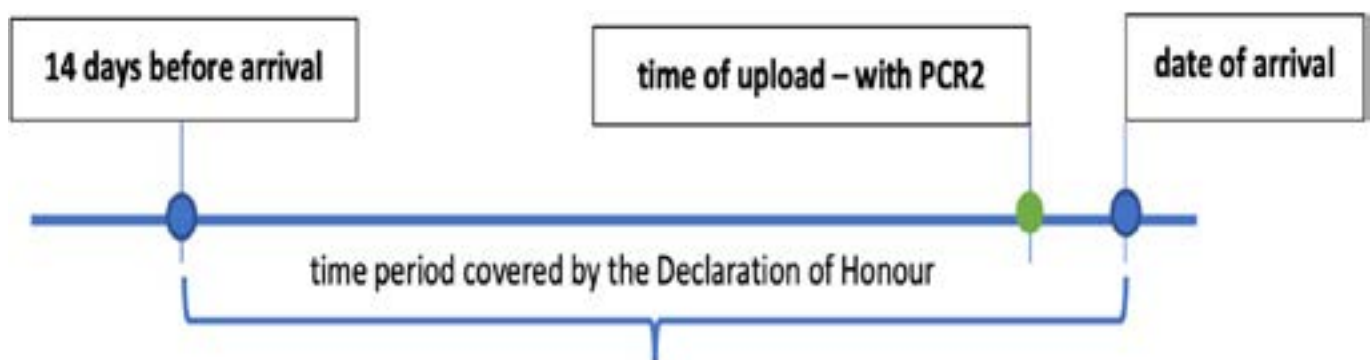
Close contact – a close contact (for the purpose of isolation/quarantine) is considered as a person who is/was:

- Sharing the same hotel room.
- Had face-to-face contact at a distance of less than two meters for more than 15 minutes (i.e. training or warm-up partner).
- Seated together in an aircraft or other means of transport without wearing a mask.

CTQ - Contact Tracing Questionnaire

Date of arrival - is the date of entering the bubble / checking in to the official hotel. Entering the host country but not entering the bubble is not considered as arrival. PCR tests are referenced to the date of arrival.

Declaration of Honour – a document of self-declared personal health. Additional questions e.g. about vaccination may be added for statistical and covid management reasons. It is a retrospective document that covers 14 days prior the event a person inscribes to. A completed, high resolution copy (preferably in pdf format) must be uploaded to my.ijf.org prior the event a person intends to participate in.



Delegation - a group representing a country regardless of the members' own nationality. Delegations may call themselves team, e.g. TeamGB, Team Brazil, etc.

Delegation COVID-19 Manager - person who will be present during the event and will be responsible for any COVID-19 related issues for their delegation. Their contact details (personal email and phone number) should be added to judobase when inscribing the delegation.



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



DOH – see Declaration of Honour

Gloves – it is advised NOT to use gloves. Wearing gloves provides a false sense of security and people tend to forget washing, sanitising their hands. Bare hands are more frequently sanitised 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>

IJF COVID-19 Manager - is the medical doctor appointed by the IJF for each event. The IJF COVID-19 Manager may appoint additional staff to assist with administrative tasks.

IJF COVID-19 Protocol - protocol for resuming IJF events during the COVID-19 pandemic document.

Liability Release Waiver – a document about accepting the conditions of an event. A completed, high resolution copy (preferably in pdf format) must be uploaded to my.ijf.org prior the event a person intends to participate at.

LOC - Local Organising Committee.

LOC COVID-19 Manager - from the LOC will be proposed and validated by the IJF. The LOC COVID-19 Manager should appoint additional staff/volunteers to assist with administrative tasks.

LRW – see Liability Release Waiver

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/17915000/comparison-ffp2-kn95-n95-filtering-facepiece-respirator-classes-tb.pdf>

The IJF mask is a souvenir not for wearing throughout the event. Recommend using over a surgical mask.

PCR – when PCR is mentioned, it is understood to be real-time Reverse Transcription Polymerase Chain Reaction (RT-PCR) analysis, test or analysis result.

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

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

Staff – if not specified otherwise, include all work force present during the event e.g. local organising committee (LOC) personnel, IJF personnel, venue personnel etc.

Team - a group of athletes of a delegation who compete in the mixed team, men's team or women's team event.



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

## APPENDIX 1 - Declaration of Honour

Name: .....

Nationality: .....

Date and time of arrival: .....

Delegation COVID-19 Manager: .....

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

14 days prior to your travel to the event		YES	NO
1	Were you in close contact (for more than 15min, closer than 2m, without wearing a mask) with a COVID-19 positive person?		
2	Did you have any of the following symptoms: cough, sore throat, shortness of breath, fatigue, elevated temperature (37.5°C or higher), diarrhoea, muscle pain, loss of smell, loss of taste? If YES, to any of the symptoms, please, underline them in the list.		
3	Did you attend any international training camp*? *Training camp with athletes from different nations who don't train regularly together.		
		YES	NO
4	Have you ever been COVID-19 positive?		
5	Please, provide the date of your first positive test. Please, use dd/month/yyyy format.	--/-----/----	
6	Are you vaccinated?		
7	Have you received both doses? Please, write yes, if your vaccine requires only one dose.		

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 Delegation's COVID-19 Manager, who shall then inform IJF and the Local Organising Committee's COVID-19 Manager. I understand that if I do not follow the "Protocol for resuming IJF events during the COVID-19 pandemic" that I will be removed from the event and subject to disciplinary action.

Signature\*: .....

Print name\*: .....

Date: .....

Delegation COVID-19 Manager

Athlete / parent\*

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

Completed forms should be uploaded to the my.IJF.org platform. If assistance is needed please contact [registration@ijf.org](mailto:registration@ijf.org)



## APPENDIX 2 - Liability Release Waiver - COVID-19

The World Health Organization has declared the novel Corona virus (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 **Protocol for resuming IJF events during the COVID-19 pandemic (IJF COVID-19 Protocol)**. The IJF COVID-19 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 household, 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 participation and I recognise 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; and I am fully competent to give my consent. That I have been sufficiently informed of the risks involved and 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.

**Signature\*:**..... **Date:**.....

**Print Name\*:**.....

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

Completed forms should be uploaded to the my.IJF.org platform. If assistance is needed please contact [registration@ijf.org](mailto:registration@ijf.org)



The background is a vibrant red with a large, stylized yellow line-art illustration of a figure, possibly a person in a dynamic pose, rendered in a modern, abstract style. The figure's form is composed of bold, sweeping lines and curves, creating a sense of movement and energy. The overall aesthetic is contemporary and graphic.

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