

Scottish Ju Jitsu Association

Scottish Government: COVID Strategic Framework

Five Tier Guidance for Ju Jitsu in Scotland

Guidance Effective: 3rd November 2020

Introduction

The guidance contained in the table below aims to help Ju Jitsu in Scotland continue to plan for its current and future delivery of Judo-related physical activity, responsibly, safely and in line with Scottish Government guidelines. The guidelines focus exclusively on the aspects relating to the return of Ju Jitsu activity within Scotland.

The guidelines do not cover issues relating to transport or the ownership, or operation of facilities. There is separate, Scottish Government guidance around travel and the use of public transport where appropriate. These guidelines should be read in conjunction with the Scottish Ju Jitsu Association 'Return to Sport' Reference Document, which is available via the Scottish Ju Jitsu Association website (www.scottishjujitsu.com).

These guidelines will be reviewed regularly and updated as advice from Scottish Government, Public Health Scotland and sportscotland progresses in line with the proposed gradual lifting of restrictions.

Strategic Framework	Tier 0	Tier 1	Tier 2	Tier 3	Tier 4
Travel	No non-essential travel to/from level 3 or higher areas in Scotland. Exemptions for essential travel include for work, health; outdoor exercise; and transit through restricted areas.	No non-essential travel to/from level 3 or higher areas in Scotland. Exemptions for essential travel include for work, health; outdoor exercise; and transit through restricted areas.	No non-essential travel to/from level 3 or higher areas in Scotland. Exemptions for essential travel include for work, health; outdoor exercise; and transit through restricted areas.	No non-essential travel to/from level 3 or higher areas in Scotland. Exemptions for essential travel include for work, health; outdoor exercise; and transit through restricted areas.	No non-essential travel to/from level 3 or higher areas in Scotland. Exemptions for essential travel include for work, health; outdoor exercise; and transit through restricted areas.
Transport	Active travel (walk, run, cycle, wheel) where possible. Avoid car sharing with people outside extended household wherever possible. Face coverings compulsory on public transport.	Active travel (walk, run, cycle, wheel) where possible. Avoid car sharing with people outside extended household wherever possible. Face coverings compulsory on public transport	Active travel (walk, run, cycle, wheel) where possible. Avoid car sharing with people outside extended household wherever possible. Face coverings compulsory on public transport	Active travel (walk, run, cycle, wheel) where possible. Avoid car sharing with people outside extended household wherever possible. Face coverings compulsory on public transport	Active travel (walk, run, cycle, wheel) where possible. Avoid car sharing with people outside extended household wherever possible. Face coverings compulsory on public transport
Stadia and Events	Outdoor events permitted. Indoor events – seated and ambulatory permitted (restricted numbers). Indoor grouped standing events not permitted. Stadia – open with restricted numbers	Outdoor events seated and open space permitted (restricted numbers). Outdoor grouped standing events not permitted. Small seated indoor events permitted. Stadia – open with restricted numbers	Events not permitted/closed. Stadia closed to spectators.	Not permitted/ closed to spectators.	Not permitted/ closed to spectators.

Sports and Exercise	All sporting activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc.	Indoor and outdoor contact and non-contact sport and physical activity permitted for under 18yrs. No adult (18+) indoor contact sport. Outdoor contact sport permitted.	Same as Level 1.	No adult (18+) indoor noncontact group sport / physical activity or adult (18+) indoor contact sport. No outdoor adult (18+) contact sport.	Indoor sports facilities closed. No outdoor contact sport allowed for any age. Outdoor non-contact sports only.
----------------------------	---	---	------------------	--	---

Scottish Government Strategic Guidelines: **Ju Jitsu Participant Under 18 Years of Age**

The guidance provided below is based on the Scottish Government "Strategic Framework", which came into effect on Monday 2 November 2020.

This guidance should be read in conjunction with the Scottish Ju Jitsu Association 'Return-to-Sport' Reference Document (version 2 November 2020), available via the Scottish Ju Jitsu Association website (www.scottishjujitsu.com), or by contacting Scottish Ju Jitsu Association via email at: scottishjujitsu@aol.com.

Further guidance will be provided for any subsequent amendments by the Scottish Government to its Strategic Framework.

Strategic Framework	Tier 0	Tier 1	Tier 2	Tier 3	Tier 4
Protections	Physical Distancing	Physical Distancing	Physical Distancing	Physical Distancing	Indoor sports facilities closed. No outdoor contact sport allowed for any age.
	Thorough hand and respiratory hygiene (pre, during & post activity)	Thorough hand and respiratory hygiene (pre, during & post activity)	Thorough hand and respiratory hygiene (pre, during & post activity)	Thorough hand and respiratory hygiene (pre, during & post activity)	
	Session venues prepared for entrance, activity & exit (signage / boundaries, etc.)	Session venues prepared for entrance, activity & exit (signage / boundaries, etc.)	Session venues prepared for entrance, activity & exit (signage / boundaries, etc.)	Session venues prepared for entrance, activity & exit (signage / boundaries, etc.)	
	Session venues & equipment cleaned pre, between & post sessions	Session venues & equipment cleaned pre, between & post sessions	Session venues & equipment cleaned pre, between & post sessions	Session venues & equipment cleaned pre, between & post sessions	
	Screening of session participants (may include wellbeing quest. / temp. chk./COVID-19 test etc.)	Screening of session participants (may include wellbeing quest. / temp. chk./COVID-19 test etc.)	Screening of session participants (may include wellbeing quest. / temp. chk./COVID-19 test etc.)	Screening of session participants (may include wellbeing quest. / temp. chk./COVID-19 test etc.)	
Coaching & Session Environments	Contact & non-contact sport & Physical Activity permitted	Contact & non-contact sport & Physical Activity permitted	Contact & non-contact sport & Physical Activity permitted	Contact & non-contact sport & Physical Activity permitted	Indoor sports facilities closed. No outdoor contact sport allowed for any age.
	Coaches can take multiple indoor sessions per day, however the numbers allowed in each session will depend upon: <ul style="list-style-type: none">the protection level in place;the specific facility guidance andthe existing coach to player ratios.				
	The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and sport specific SGB Guidance .				
	An outdoor sporting 'field of play bubble' can consist of a maximum of 15 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 15 people, can be used in training, competition or small-scale sporting events if all guidance is followed (200 max per day unless with exemption).				

Ju Jitsu Activity	Contact & non-contact sport & Physical Activity permitted	Contact & non-contact sport & Physical Activity permitted	Contact & non-contact sport & Physical Activity permitted	Contact & non-contact sport & Physical Activity permitted	Indoor sport & Physical Activity prohibited. Indoor sports facilities closed. No outdoor contact sport allowed for any age. Outdoor non-contact sport permitted.
					Individualised training, kata and physical activity remotely delivered via online platforms
					Outdoor individualised training & physical conditioning activity sessions.

Scottish Government Strategic Guidelines: **Adult Ju Jitsu Participant 18 Years of Age (and over)**

The guidance provided below is based on the Scottish Government "Strategic Framework", which came into effect on Monday 2 November 2020.

This guidance should be read in conjunction with the Scottish Ju Jitsu Association 'Return-to-Sport' Reference Document (version 2 November 2020), available via the Scottish Ju Jitsu Association website (www.scottishjujitsu.com), or by contacting Scottish Ju Jitsu Association via email at: scottishjujitsu@aol.com.

Further guidance will be provided for any subsequent amendments by the Scottish Government to its Strategic Framework.

Strategic Framework	Tier 0	Tier 1	Tier 2	Tier 3	Tier 4
Protections	Physical Distancing	Physical Distancing	Physical Distancing	Physical Distancing	Indoor sports facilities closed. No outdoor contact sport allowed for <u>any</u> age.
	Thorough hand and respiratory hygiene (pre, during & post activity)	Thorough hand and respiratory hygiene (pre, during & post activity)	Thorough hand and respiratory hygiene (pre, during & post activity)	Thorough hand and respiratory hygiene (pre, during & post activity)	
	Session venues prepared for entrance, activity & exit (signage /boundaries, etc.)	Session venues prepared for entrance, activity & exit (signage /boundaries, etc.)	Session venues prepared for entrance, activity & exit (signage /boundaries, etc.)	Session venues prepared for entrance, activity & exit (signage /boundaries, etc.)	
	Session venues & equipment cleaned pre, between & post sessions	Session venues & equipment cleaned pre, between & post sessions	Session venues & equipment cleaned pre, between & post sessions	Session venues & equipment cleaned pre, between & post sessions	
	Screening of session participants (may include wellbeing quest. / temp chk. /COVID-19 test etc.)	Screening of session participants (may include wellbeing quest. / temp chk. /COVID-19 test etc.)	Screening of session participants (may include wellbeing quest. / temp chk. /COVID-19 test etc.)	Screening of session participants (may include wellbeing quest. / temp chk. /COVID-19 test etc.)	
Coaching & Session Environments	Contact & non-contact sport & Physical Activity permitted	Non-contact sport & Physical Activity permitted indoors and outdoors. Indoor Contact sport & Physical Activity prohibited Outdoor contact sport & Physical Activity permitted.	Non-contact sport & Physical Activity permitted indoors and outdoors. Indoor Contact sport & Physical Activity prohibited Outdoor contact sport & Physical Activity permitted.	Indoor <u>individual exercise only</u> . No Indoor contact or noncontact group activity Outdoor contact sport prohibited. Outdoor non-contact sport & Physical Activity permitted.	Indoor sports facilities closed. No outdoor contact sport allowed for <u>any</u> age. Outdoor non-contact sport & Physical Activity permitted.
		Coaches can take multiple indoor sessions per day, however the numbers allowed in each session will depend upon: <ul style="list-style-type: none">the protection level in place;the specific facility guidance andthe existing coach to player ratios.			
		The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government guidance on the opening of sport and leisure facilities and sport specific SGB Guidance .			

	An outdoor sporting 'field of play bubble' can consist of a maximum of 15 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 15 people, can be used in training, competition or small-scale sporting events if all guidance is followed (200 max per day unless with exemption).				
Ju Jitsu Activity	Contact & non-contact sport & Physical Activity permitted	Non-contact sport & Physical Activity permitted indoors and outdoors Indoor contact sport & Physical Activity prohibited Outdoor contact sport & Physical Activity permitted	Non-contact sport & Physical Activity permitted indoors and outdoors Indoor contact sport & Physical Activity prohibited Outdoor contact sport & Physical Activity permitted	Indoor <u>individual exercise only</u> No indoor contact or noncontact group activity Outdoor contact sport prohibited. Outdoor non-contact sport & Physical Activity permitted.	Indoor sports facilities closed. No outdoor contact sport allowed for <u>any</u> age. Outdoor non-contact sport & Physical Activity permitted.
		Individualised training, kata and physical activity remotely delivered via online platforms	Individualised training, kata and physical activity remotely delivered via online platforms	Individualised training, kata and physical activity remotely delivered via online platforms	Individualised training, kata and physical activity remotely delivered via online platforms
		Outdoor individualised training & physical conditioning activity sessions.	Outdoor individualised training & physical conditioning activity sessions.	Outdoor individualised training & physical conditioning activity sessions.	Outdoor individualised training & physical conditioning activity sessions.