

2022 Rev. Kakuo Shiba Memorial Judo Tournament

DATE/TIME: Sunday, Sept, 25, 2022, 8:30 am
PLACE: Salt Lake District Park, 1159 Ala Liliko'i Place, Honolulu, HI 96818
HOST: Precision Grappling
WEIGH-IN: See attached Sheet - ***VERIFICATION WEIGH IN WILL BE THE DAY OF THE TOURNAMENT - Starting at 7:00 am to 8:15 am No extensions. Seniors at 7:00 am to 10:15 am**
SANCTION #: 22-09-06
ENTRY: Each contestant/parent(s), must complete the "Waiver and Release of Liability and Agreement to Participate Form" and the "Accident Waiver and Official Entry Form" (for each division entered. Must be a member of the USJF, USJA or USA Judo a card must be presented at the weigh-in. There will be **NO EARLY OR LATE REQUESTS** to play. Sunday will be the only day to VERIFY weigh-in from 7:00 am to 8:15 am. No extensions and the Texas Matching System will be used.

FEES: 50th State Judo Assn. member \$25.00 per contestant, per division entered, Non-member \$30.00 per contestant. All entry fees are non-refundable and payable at Tournament site. Make checks payable to: **50th State Judo Association**. Email consolidated entry list by Thursday, 6:00 pm to: dkshiraki@aol.com. Any questions, call Dean Shiraki [H] 808-626-1626.

RULES AND CURRENT IJF RULES:

Current IJF contest rules will be used with the following modifications: Modified double elimination will be used in division with four or more competitors. If only two people are matched in a division, then it will be full double elimination. All matches will be 3 minutes except the Novice division, 10 years and younger (2 minutes). "CARE system will not be used". "Contest area will be 6 meters x 6 meters with 4 meters between adjoining contest area and 3 meters everywhere else. "White gis are mandatory and blue gis are optional. Contestant are responsible to bring their own blue and white belt for competition".

Techniques not allowed by age:

SHIME WAZA

INTERMEDIATE 2 AND YOUNGER

KANSETSU WAZA

Juvenile B & Younger and Novice.

Anyone that is a novice cannot perform Kansetsu Waza. Kanbasami is not allowed for all ages. If any person moves up in age division, the older age division rules apply. * Novice, Bantam & below

NOVICE DIVISION: PLEASE WRITE "**NOVICE:** IN THE DIVISION ENTERED (White belts with less than six months experience) Contestants will be grouped based on the following order:

1) Age/Weight 2) Sex 3) Rank and 4) Instructor's recommendation.

10 years and younger

Newaza (mat work) only

11 years and older

Tachiwaza

AWARDS: Novice to Bantam divisions will receive trophies for first (3) places in all divisions. Awards will be given after Lunch. Intermediate and higher divisions will receive medal

YOUR HELP IS NEEDED AT 7:00 A.M. TO SET UP MATS & CLEAN UP AT THE END OF THE TOURNAMENT FROM EVERYONE PLEASE HELP SO WE MAY START ON TIME AND STAY TO HELP CLEAN THE AREA FOR FUTURES USE OF THE FACILITY.

REFEREES, JUDGES, TIMERS AND SCOREKEEPERS ARE ALSO NEEDED TO MAKE THIS TOURNAMENT A SUCCESS.

TIMERS AND SCOREKEEPERS FROM **Aiea Hongwanji and Wadokan**

Concession hosted by Precision Grappling

2022 Rev. Kakuo Shiba Memorial Judo Tournament

COMPETITION CATEGORIES

(2022)

Please note that each Category is based solely on the year in which the contestant was born. The contestant's actual age on the day of competition is irrelevant. For each weight division, the weight range will be over the previous weight and up and including the weight listed.

If a contestant has no one else in the division he/she weight-in for, the contestant may be moved one weight category the same age or one age category same weight, all rules will apply to the division entered. Any changes will be discussed with the coaches and/or the competitors involved prior to the actual change.

The Tournament Director reserves the right to make changes when it is in the best interest of the contestants to make these changes due to differences in weights. Any changes will be discussed with the coaches and/or the competitors involved prior to the actual change

MALE

	CATEGORY	YEAR BORN	DIVISION	IN POUNDS
BANTAM 1	2016 – 2017	42 51 62	+62	
BANTAM 2	2014– 2015	51 59 68 77	+77	
INTERMEDIATE 1	2012 – 2013	57 66 75 84 95	+95	
INTERMEDIATE 2	2010 – 2011	62 68 75 84 92 106 117	+117	
JUVENILE A	2008 – 2009	79 88 97 106 117 128 141	+141	
JUVENILE B	2006 – 2007	112 121 132 145 161 178 198	+198	
JUVENILE C	2003 – 2005	121 132 145 161 178 198 220	+220	

***NO SENIOR OR MASTERS DIVISION - Replaced by Shodan Shiai & Newaza Tournament**

FEMALE

	CATEGORY	YEAR BORN	DIVISION	IN POUNDS
BANTAM 1	2016– 2017	42 51 62	+62	
BANTAM 2	2014 – 2015	51 59 68 77	+77	
INTERMEDIATE 1	2012 – 2013	57 66 75 84 95	+95	
INTERMEDIATE 2	2010 – 2011	62 68 75 84 92 106 117	+117	
JUVENILE A	2008 – 2009	79 88 97 106 117 128 141	+141	
JUVENILE B	2006 – 2007	88 97 106 114 125 139 154	+154	
JUVENILE C	2003 – 2005	97 106 114 125 139 154 172	+172	

***NO SENIOR OR MASTERS DIVISION - Replaced by Shodan Shiai & Newaza Tournament**

SHODAN SHIAI : Males & Females: 15 yrs & older, Brown Belt Ikkyu & higher

NEWAZA TOURN: Males: Newaza Only, 18 yrs & older
Females: Newaza Only, 18 yrs & older, If there are more than 5 entries

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50th STATE JUDO ASSOCIATION
ACCIDENT WAIVER AND OFFICIAL ENTRY FORM
(One form Per Division Entered)
SANCTION # 22-09-06

OFFICIAL USE ONLY

Club: _____

Cash Check # _____

EVENT: 2022 Rev. Kakuo Shiba Memorial Judo Tournament on Sept. 25, 2022.

In consideration of the acceptance of my entry, I do hereby for myself, my heirs, executors, administrators and assigns, waive, release and forever discharge any and all rights and claims for damages and losses which I may have or which may hereafter accrue to me against the 50th State Judo Association or its successors or assigns, for any and all injuries which may be sustained and suffered by me or my children in connection with my association with or entry in the 50th State Judo Association contest, or which may arise out of my traveling to, participating in, and returning from such contest.

EMERGENCY CONTACT: _____ PHONE NO: _____
(Name)

(Signature of parent or guardian of contestants under 18 years of age.)

(Full Signature of Contestant)

_____ I will allow my child to participate in a SHIME-WAZA (CHOKING) division (please initial)

_____ I will allow my child to participate in a KANSETSU-WAZA (ARM BAR) division (please initial)

Contestant's Name: _____
(Please Print) Last First MI

Address: _____ Apt #: _____ City: _____ Zipcode: _____
(Street #, Street Name)

Phone #: _____ Birthdate: ____/____/____ Age: _____

Rank: _____ Est. Weight: _____ Sex: M / F

If assistance/accommodation is needed (check off appropriate box): Vision Loss/Blindness Hearing Loss/Deafness

Type of assistance/accommodation requested or name of person assisting: _____

Organization: _____ 50th State Judo Assn. _____ Judo Black Belt Association of Hawaii _____ Hawaii State Judo Assn.

USJF, USJA, or USA Judo Number: : _____ Expiration Date: _____

Instructor's Signature (Verifying contestant's age & competence): _____

Competition Division Entered: _____ Club Representing: _____

TO BE FILLED IN BY WEIGHT-IN SITE:
CLUB WEIGHED IN AT _____

WEIGHT AT TIME OF WEIGH-IN: _____
DIVISION ENTERED: _____

TO BE FILLED IN BY VERIFICATION SITE:
VERIFIED _____

WEIGHT AT TIME OF WEIGH-IN: _____
CORRECTED DIVISION IF APPLICABLE: _____

2022 Rev. Kakuo Shiba Memorial Judo Tournament

CODE OF CONDUCT AGREEMENT

The Board of Directors of the 50th State Judo Association has adopted this Tournament Conduct Advisory to be implemented for all future Association tournaments. The Board understands the limitations of the facility, excitement and emotions that arise during matches. However, these rules are designed with *SAFETY* and *PROPER ETIQUETTE* in mind. Warnings will be issued by authorized Association personnel and repeated actions will lead to the removal of any judoka or spectator from the venue and recurring incidents may lead to individuals being banned from Association events. In future entry forms, parents/ students will be acknowledging their understanding of these expectations with a signature.

We encourage all judoka and their supporters to participate in and enjoy the tournaments!

We encourage you to do so with the “Spirit of Judo” in mind.

A. Venue Concerns:

1. A minimum of three (3) feet clearance must be maintained along the edges of the mat. (one foot clearance on the window side mat edges)The white border mats are part of the competition area and need to be clear of coaches and spectators.
2. The mat edge fronting the Joseki table must be clear at all times.
3. Bleacher and temporary seating areas must be cleared of personal items and trash before leaving the venue.
4. Walk-way areas fronting the Tournament Committee/Medical staff must be clear at all times.
5. Score table areas should have a maximum of 5 workers and the contestants and coach of three pending matches only.
6. Please remove footwear when walking on white /covered mat areas.

B. Coach Conduct:

1. A list of authorized coaches for a club in the event must be submitted to the Tournament Committee before the start of the event.
2. Coaching is only allowed from the designated coaches chair for each mat area.
3. Any questions/concerns regarding a match should be referred to the Head Referee of the mat. No discussion should be directed to other mat officials.
4. Proper language and decorum is expected of all coaches at all times, matside and as an observer.

C. Spectator Conduct:

1. All spectators (including coaches not at mat side) must observe the proper viewing areas.
2. Any concerns/questions should be directed to the club Instructor to relay to proper officials. No discussion will be held with an official without the Instructor present.
3. Proper language and decorum is expected of all parents, supporters and students. Verbal criticism or taunting of officials or contestants will not be acceptable.
4. Parents of young children must monitor their conduct both in and outside the venue.

D. Contestant Conduct:

1. Judoka should change in the restroom or other closed area. No bare tops in the venue. (exception of gi change during match)

Print Participant/s Name

Participant's Signature

Date

Parent/Legal Guardian

Parent/Legal Guardian's Signature

Date

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Parent/Legal Guardian Consent for Competitors under 18 Years of Age:

I, the undersigned parent or legal guardian of the named contestant

_____, have read and understand the method of competition for
PRINT NAME OF CONTESTANT
this competition. Including contested weight categories and possible changes deemed necessary by the Tournament
Director for the safety of the sport and competitors involved. I have agreed to allow my child to participate in this event.

Parent/Guardian Signature

Date

Instructor/Coach Consent:

I, the undersigned Instructor/Coach, who holds the rank of Shodan or higher which has been awarded under the auspices of one of the following organizations: United States Judo Federation, USA Judo/United States Judo, Inc., or the United States Judo Association, have read and understand the method of competition for this tournament. Including contested weight categories and possible changes deemed necessary by the Tournament Director for the safety of the sport and competitors involved.

I hereby certify that _____,
PRINT NAME OF CONTESTANT

is of sufficient aptitude and skill in judo to participate in the tournament.

Instructor/Coach Signature

Date

Instructor/Coaches rank and organization it was obtained

Certificate Regarding Non-Black Belt Contestants

I _____ a Judo instructor, who has been
(print name of Instructor)

awarded the Judo rank of Shodan or higher, under the auspices of the USJI, USJF, USJA or Judo Canada, hereby certify

that, _____ although not having been awarded the Judo rank of Shodan
(print name of contestant)

or higher, is of sufficient aptitude and skill in Judo to compete in this competition.

Judo Instructor (print) _____

Signature of Instructor _____

Date _____

Rank _____

Organization rank obtained through _____

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DISCLAIMER

I/we understand that during any event sponsored by the 50th State Judo Association ("the Association"), my and/or my child's photograph, video and/or other likeness or audio and/or visual reproduction [hereinafter "reproductions"] may be taken or made by the Association, or those acting on its behalf. I/we agree that any such reproductions may be used for purposes including, but not limited to, brochures, invitations, books, newspapers, magazines, television, website and fliers without compensation or remuneration to me or us from or on behalf of the Association and/or those acting on its behalf. The Association and those acting on its behalf are released from liability for any damages resulting from the publication, dissemination, distribution, redistribution, sharing, posting, reposting or other use of said reproductions.

Parent/Guardian of above-signed Minor Participant

Adult Participant/Minor Participant

Date

***Verification Weigh-in at Salt Lake Gym for all jr divisions & newaza tournaments**

Sunday, September 25, 2022

7:00 am to 8:15 am

Shodan Shiai Tourn

7:00 am to 10:15 am

No Extensions or Late Entries,

You must weigh-in during this period or you will forfeit your Entry to the tournament

*Participants can only enter 1 division.

* Dojos must email contestant list to Dean Shiraki - dkshiraki@aol.com;

by **THURSDAY, Sept. 22, 2022 BY 6:00 PM**

****CONTACT DEAN SHIRAKI [H] 808-626-1626 FOR CANCELLATIONS
NO LATER THAN 9:00 PM, THURSDAY, AUG 25, 2022**

* Outer island - please email Dean Shiraki - dkshiraki@aol.com;

by Wednesday, Sept. 21, 2022

****A confirmation will be sent to you acknowledging it was received, if not, please contact Dean**

WARNING!
WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities ("Activity") of the **United States Judo Federation, Inc., 50th State Judo Association, Inc., Precision Grappling, Salt Lake District Park Gym, City & County of Honolulu**, and the officers, employees, volunteers, and agents, I agree:

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.
2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.
3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, including United States Judo Federation, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event (Releasees), the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.
5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., 50th State Judo Association, Inc., Precision Grappling, Salt Lake District Park Gym, and the City & County of Honolulu**, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant

Participant's Signature

Date

**FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent/Legal Guardian

Parent/Legal Guardian's Signature

Date



UNITED STATES JUDO FEDERATION

National Office

Mailing Address:
P. O. Box 338
Ontario, OR 97914-0338

Telephone:
(541) 889-8753

Fax:
(541) 889-5836

Internet:
www.usjf.com
no@usjf.com

COVID-19 Pandemic 2020-21

(Update #20 – December 31, 2021)

Updates added on December 31, 2021, are highlighted in **LIGHT BLUE**

Thank you very much to Dr. Eric Chen, Dr. Jeffrey Fujimoto, Dr. Steven Isono, and Dr. Ricardo Joseph of the USJF Medical Committee for their time and expertise in helping to put together this information along with recommendations for our community. This will be helpful for everyone as we all work through the trying & difficult times ahead.

- We strongly recommend that members of the judo community consider getting vaccinated and obtaining the booster when eligible.

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- Keep yourself informed with the latest information, developments, and situation by visiting the CDC's COVID-19 page at <https://www.cdc.gov/coronavirus/2019-ncov/> and your state's health department website.

- These are general recommendations. It is NOT our intent to circumvent or replace the advice or directives from your primary care physician/doctor/medical professional.

- We encourage compliance with government recommendations, regulations, requirements, and laws.

- Though some states may have relaxed their restrictions and moved into higher phases and more allowable activities, please be vigilant for any changes in the emergence of new cases and variants. This may lead to a return to lower phases and renewed restrictions. Please keep abreast of the latest developments in your area/jurisdiction and maintain proper observance and compliance with the phase status and guidance. You must be sure to move with the change in phases and adjust activities accordingly.

- **These guidelines DO NOT SUPERCEDE your local/county/state health guidelines.** You must make sure that your operations comply with your local/county/state health guidelines. Please ensure compliance by keeping up-to-date with your situation. **Non-compliance with your local/county/state health guidelines means non-compliance with the warranty provisions of insurance coverages = no insurance coverage = everyone participates at their own risk.**

- COVID-19 Liability: **Our liability policies DO NOT provide liability coverage for epidemic & pandemic diseases.**

- COVID-19 Accident Medical: **Our accident medical policy DOES NOT provide coverage for any COVID-19 pandemic related: infection, illness, injury, disability, death, economic loss, and etc.**

Dojo Reopening Guidelines:

Please read through thoroughly the updated Dojo Reopening Guidelines document by visiting the webpage. The latest version of the document will always be posted there.

USJF Liability & Accident Medical Coverage: USJF sanction and insurance coverage is contingent upon compliance with USJF guidelines, local, and state regulations. Failure to do so automatically VOIDS the sanction and all insurance coverages.

Reminder: you must check and be current in your compliance with local health regulations on whether or not direct contact activities are allowed. Some direct contact may be allowed if certain conditions are met. **REGULATIONS ARE VERY STATE DEPENDENT.** Know your state/local rules and regulations and carefully adhere to and implement them.

Insurance Coverage Update:

On September 1, 2020, our new insurance policies for the new 2021 Fiscal Year, become effective. There are some major changes and they are briefly outlined here.

COVID-19 Liability: Our liability policies **DO NOT provide liability coverage** for epidemic & pandemic diseases. The current COVID-19 crisis has been declared a pandemic by both the US Center for Disease Control (CDC) and the World Health Organization (WHO). Therefore, any claims/lawsuits brought against you due to COVID-19: infection, illness, injury, disability, death, economic loss, and etc. **WILL NOT BE DEFENDED BY THE LIABILITY INSURANCE POLICIES.**

COVID-19 Accident Medical: Our accident medical policy does not provide coverage for any COVID-19 pandemic related: infection, illness, injury, disability, death, economic loss, and etc. The policy is intended to respond to **accidental injuries** incurred while doing sanctioned or approved judo. For example: sprains, broken limbs, dislocations, and etc. It does **NOT respond to claims arising from allergies, usual colds & flu, COVID-19, chickenpox and other communicable disease illness.** The accident medical policy is **NOT a replacement for your own health insurance/coverage. It is NOT a primary coverage policy and responds on a secondary basis in conjunction with your own health insurance.**

USJF Liability & Accident Medical Coverage: USJF sanction and insurance coverage is contingent upon compliance with USJF guidelines, local, and state regulations. Failure to do so automatically VOIDS the sanction and all insurance coverages.

Return To Activity/Training After COVID-19 Infection:

There can be many lingering side effects of having had a COVID-19 infection. Athletes should consult with their healthcare provider before returning to physical activity after COVID-19 infection. Depending on the severity of infection, additional testing may be indicated before initiating a strenuous exercise program.

Myocarditis, or inflammation of heart muscle is a known complication of COVID-19 infection. However, the need for additional cardiac testing is controversial and any additional testing that is performed should be decided by the athlete's healthcare provider after a careful evaluation and discussion with the athlete and athlete's family if they are a minor or have other serious medical comorbidities.

We recommend athletes receive COVID-19 vaccination when eligible after known infection.

We suggest athletes follow these guidelines:

1. Asymptomatic or mild COVID-19 infection: (i.e., athlete had positive Covid-19 and was without symptoms or had only minor symptoms such as low-grade fever (<100.4°F or 38°C), cough, mild fatigue, nasal congestion, loss of smell or taste, or sore throat)

At least 10 days of isolation (no judo activity) with gradual return to judo activities thereafter assuming final 7 of 10 days without more than minor symptoms. If the athlete develops unusual chest pain, dizziness, lightheadedness, passes out, or other concerning symptoms we recommend cessation of judo activities and seek additional evaluation by healthcare provider. Minors should consult with a pediatrician prior to returning to play.

2. Moderate or Severe COVID-19 infection: (e.g., athlete with persistent fever (<100.4°F or 38°C), persistent fatigue > 7 days, pneumonia, hypoxia (SpO2 <94% on room air), hospitalization, chest pain not associated with cough, edema, palpitations, or other concerning symptoms)

We highly recommend consultation with a healthcare provider prior to returning to judo activities. We recommend at least 10 days of rest (no judo activity) with at least 7 consecutive days of being asymptomatic or only with minor symptoms (e.g., nasal congestion, loss of smell or taste) with medical consultation thereafter. Decreased exercise tolerance is common after COVID-19 infection, but chest pain, lightheadedness, dizziness, passing out, or other concerning symptoms, may be red flags for a more serious condition. Athletes should monitor symptoms closely as they return to more strenuous activity and seek medical consultation for concerning symptoms.

Return To Training Phases:

Please be current and cognizant of the situation in your locale to ensure proper compliance with current rules and requirements.

Phase 1: Public health authorities require shelter in place, public training facilities are closed
Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.

Phase 2: Public health authorities lift shelter in place requirements, but continue to prohibit group activities and public training facilities remain closed

Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.

Phase 3: Public health authorities allow small group activities (< 10 people), but public training facilities remain closed

Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.

Phase 4: Public health authorities allow public training facilities to open WITH limitations on group size. ***Dojos/clubs may OPEN for individual training in small groups ONLY if social distancing and masking are maintained.*** Check with state and local health authorities if direct contact may be allowed. ***Continue infection prevention methods.***

Phase 5: A vaccine or cure for COVID-19 is developed and distributed to the public at large. Dojos resume large group training in accordance with local public health regulations. Athletes with prior COVID-19 infection may resume direct contact following the guidelines above. Continue infection prevention as previously.

Continue infection prevention methods.

Please know the current phase in your local area/jurisdiction, apply, and adhere to it.

Regarding COVID-19 Testing:

There are now many different COVID-19 testing protocols and kits available. There are huge variations in pricing with little detailed information available regarding the accuracy and validity of these tests. Also, not all tests are available everywhere. This being so, though testing is important, it is difficult to recommend a particular protocol/test for people to take. Therefore, **WE ARE NOT MAKING TESTING A REQUIREMENT for return to training.**

Mandatory Temperature Checks:

Temperature checks are MANDATORY for everyone prior to entering the dojo/club/training facility. The maximum acceptable temperature for entry is 100.4°F/38° C. Someone with a temperature that is higher than this is considered to have a fever and should seek medical advice.

Visitor Log:

If your dojo/club is OPEN or hosting/conducting any activities, please use a visitor log to have a listing of everyone who comes into the dojo/club. This includes: vendors, guests, visitors, parents, friends, relatives, potential students, students, athletes, and instructional staff. Basically, ANYONE who walks in the door. You should capture: the date that they were there, the person's name, a contact telephone number, and their temperature. A sample visitor log can be found on the last page of this document. Please feel free to make copies and use it.

If someone in the dojo tests positive for COVID-19, you should call everyone who has been exposed to let them know of the exposure so that they can take appropriate action. Please follow CDC guidance on quarantine intervals and tracing. Exposure is defined as any individual within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24 hour period.

Here's a link to the CDC page on contact tracing:

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>

Personal Hygiene & New Habits:

Now is a great opportunity to develop some great personal hygiene habits. Of critical importance is hygiene both before and after any training session.

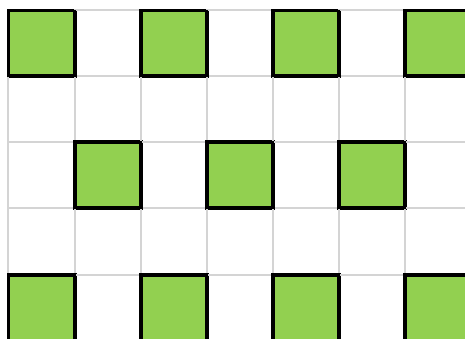
1. All judogi's and belts should be completely clean and laundered before any training session.
2. Athletes should shower, lather up, and scrub vigorously before and after training sessions that involve close personal contact with a training partner.
3. Obviously, there should be **NO SHARING** of towels, water bottles, liquids, food, snacks, supplements, and etc.
4. Weights, machines, and other training aids should be wiped down using an appropriate cleaning solution between users.

5. Use hand sanitizer every time one enters or exits the dojo.
6. Clean feet with antibacterial/antiviral wipes every time one steps on to the mat.

Maintaining Social Distancing & Spacing:

A good way to maintain some social distancing and spacing is to give your athletes their own 6' x 6' space to work in...

1. Envision your mat space as a grid with 6' x 6' squares (modified checker/chess board)
2. Use removable tape on your mat surface to define the 6' x 6' grid
3. Tear the tape and remove them in between the light or odd squares
4. Skip over a row (leave empty) and go to the next row
5. Tear the tape and remove them in between the dark or even squares
6. Repeat steps 3-5 until you are complete
7. This should leave you with 6' x 6' squares that are surrounded by 6' of free space for your athletes to work in



Use Face Masks:

We encourage the use of face masks. Especially during the times when appropriate to do so: bowing in and out at the start and end of the class/practice, during times when there is group instruction, during lectures/talks. Furthermore, we encourage the use of face masks by all family, friends, guests, and visitors while they are inside of the dojo.

It can be a bit problematic to require the wearing of face masks while engaged in tachiwaza or newaza randori. It is certainly reasonable to require the wearing of face masks when engaged in less than rigorous activities. It helps to keep everyone mindful of the current pandemic and public health guidelines. The additional efforts to be diligent will likely be helpful in creating a safer and thoughtful environment for your current and potentially new members.

Dojo Cleaning:

For dojos, best practice would be to:

1. **Disinfect mats before and after training with a diluted bleach solution.** Mixing these proportions of bleach and water can make the bleach cleaning solution:
 5 tablespoons or 1/3rd cup of bleach per gallon of water
OR 4 teaspoons of bleach per quart of water
2. **Disinfect high touch areas such as doorknobs, handrails, benches and lockers.**
3. If possible, **place hand sanitizer at entrances and exits.**

The bleach solution is very effective and the most economical, but here is a link to a list of commercially available disinfectants that should have antiviral activity against COVID-19 and other pathogens:

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19>

The key for any of this to work is that you **must allow the solution to dry for at least 5 minutes for the full antiviral/antimicrobial effect.**

BLEACH CAUTIONS:

1. As the bleach solution does contain bleach, it may affect the color/finish of whatever comes into contact with the bleach solution. It may also bleach-out or cause colors to fade, burn materials. Adversely affected items may include and not be limited to things like: clothing, painted objects, furniture, furnishings, cloth materials, leather, colored items, cloth, materials, metals, plastics, rubber, carpets, rugs, wood, paper, and etc.
2. **Do NOT MIX the bleach or bleach water with any other chemicals or cleaning products. Mixing bleach with products containing acid or ammonia will result in the creation and release of HIGHLY TOXIC CHLORINE GAS and other dangerous by-products. Exposure to chlorine gas can cause serious permanent long-term injury and can be lethal.**
3. It would be prudent to use appropriate protective clothing & devices such as safety eyewear & gloves to protect your eyes and avoid any/prolonged contact with your skin.
4. Be sure that there is adequate ventilation when using bleach or the bleach solution.
5. Please be sure to take appropriate precautions to avoid any accidents, spills, and other foreseeable problems and dangers.

USJF Sanctioned Events:

The National Office is accepting applications for sanctioned events. Sanctions will be granted and approved only for jurisdictions where the state and local regulations allow the activity. Should those public health regulations prohibit the activity, the sanction for the event is automatically cancelled. The event organizer/director agrees to implement the rules and protocols described in the USJF COVID Event Guidelines. Please read through thoroughly the updated USJF COVID Event Guidelines document by visiting the webpage. The latest version of the document will always be posted there.

USJF sanction and insurance coverage is contingent upon compliance with USJF guidelines, local, and state regulations. Failure to do so automatically VOIDS the sanction and all insurance coverages.

USJF National Office Update:

In compliance with government recommendations and mandates, the USJF National Office will continue to operate with the staff generally working remotely from home as much as possible. Though we will continue to answer the telephone, we strongly encourage you to communicate with us via email during these times. The National Office will continue operations in the current manner until local mandates/restrictions are completely lifted.

Next Update On February 28, 2022.

At this time, we plan to issue an update on February 28, 2022. Should conditions change/worsen to an extent that further restrictions on elite athletes or any other actions are advisable, we will issue updated pertinent guidance at that time.

Additional:

Again, this is a very unique and dynamic situation and these recommendations may need to be modified as new information and national guidelines become available. Please do not hesitate to contact either Dr. Chen, Dr. Fujimoto, Dr. Isono, or Dr. Joseph, if you have any additional questions or concerns. Our contact information is listed below.

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