

UKBJJA Guidance Document

# Re-opening of training facilities post-COVID-19 lockdown

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## Foreword

This guidance does not constitute legal advice or replace any government or PHE advice; nor does it provide any commentary or advice on specific health-related issues for teams or individual athletes and is subject to further review following any regulatory change as indicated by the UK government, or the regulatory powers in the devolved nations.

## The impact COVID-19

The impact of COVID-19 (C-19) on our martial arts infrastructure has been profound, with many gyms being forced to close and many of our community suffering physical and mental distress through isolation and lack of activity, we are aware that many of our community are scared, frustrated and apprehensive about the future of our sport both in the UK and throughout the world, we therefore feel it imperative to provide a form of guidance, such as provided within this document to assist gym owners in getting back to our “new normal”.

To avoid COVID as far as possible, full social distancing, and hence no indoor training, is the key. However, we recognise that this is impractical for our athletes and therefore they themselves must engage in an assessment of the risks and benefits of full-contact indoor training. Furthermore, this form of training is a privilege that many non-elite sports people yearn for and therefore we expect the athlete to a) adhere to strict social distancing at every stage where possible and b) take a “safety first” stance if any emergent symptoms develop. This means social distancing within the club changing rooms, travelling to and from the club and any activity not directly related to the training program.

Not doing so risks the health and safety of their training partners, and families of all involved, and could well result in bringing the academy and wider sport into disrepute. Ultimately it could lead to the training opportunities being lost.

## Pathway to reopening Martial Arts Facilities

The DCMS have provided guidance on the reopening of elite facilities in the UK, and the UKBJJA has responded with a register of “Elite Academies” for gym owners to utilize the strong relationship the UKBJJA has with Sport England to facilitate our sport, and your facilities reopening. The DCMS have done this in stages, with at present a; Stage One and Stage Two, as new guidance is released this document will be updated.

All academies must comply with Government guidance on stage one before being all to start stage 2, which allows small groups “social clustering” within the training environment.

More details can be found here: <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/elite-sport-return-to-training-guidance-step-one--2>

## Elite Athlete Definition:

For the purposes of Brazilian Jiu Jitsu, the most likely relevant definition of Elite Athlete is “an individual who derives a living from competing in a sport”

This is likely to include athletes who compete in professional grappling invitational tournaments (e.g. Polaris); compete for prize money at domestic or international BJJ competitions (e.g. UKBJJA International Open); or compete professionally in Mixed Martial Arts (MMA) and who require BJJ training as part of their MMA training programme.

**Stage One:** To demonstrate compliance with government guidelines academies must complete the following forms

Stage one is the primary return to sport for elite athletes and coaches; where required complete each section as it applies to your facility. Below is a list of documentation that must be completed prior to the commencement of activities within the training environment:

- Club/Academy Contact details
- Stage One risk assessment
- Pre-Training Health Questionnaire
- Individual Athlete training plans

## Stage Two:

Athlete registration spreadsheet to be completed and returned to UKBJJA before athletes commence training.

It is possible to update this form; you need not name all athletes at the start of the program.

**The academy must upload the training log to UKBJJA on every day that training has taken place.**

**If the academy does not make the daily upload to UKBJJA then elite academy status will be withdrawn. This is essential to follow Government regulations for stage 2.**

**If any athlete in a “pod” of 2-4 athletes should display symptoms of covid-19 then that pod should self-isolate in accordance with government guidelines withdraw from training and notify the UKBJJA.**

Once stage 1 is complete and training resumes within the government guidelines for maximizing social distancing outside of limited training the Covid-19 officer must also ensure that records of all attendees at the academy are kept, using appendix 3 of this document.

**The Academy must ensure that all the cleaning and screening protocols are maintained in line with stage 1 of Government guidelines in order to remain in stage 2.**

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/elite-sport-return-to-training-guidance-stage-two>

## GDPR and Data Privacy

Our Data Protection and Privacy Policy, and your rights under GDPR regulations can be viewed here: [www.ukbjja.org/coviddatapolicy](http://www.ukbjja.org/coviddatapolicy)

## Appendix 1 – Academy Details (Academy return to UKBJJA before first session)

Ensure the academy details are maintained in order to where applicable provide information to the authorities.

<b>Academy Name:</b>	<b>UKBJJA Club Membership Number:</b>
<b>Academy Address:</b>	
<b>Head Instructor/Owner Name &amp; Contact Details:</b>	
<b>COVID-19 Officer Name &amp; Contact Details (If different from the above)</b>	
<b>Nearest Hospital details:</b>	
<b>Local Authority/NHS Trust COVID-19 response contact information:</b>	
<b>Insurance Details (Public/Employers):</b>	

## Appendix 2 - Stage One Risk Assessment (Academy-return to UKBJJA before first session)

Name of person carrying out the assessment:	Date of Assessment:	Academy Name:

Hazard	Who might be harmed and how?	Controls Required	Controls in place?
Spread of Covid-19 Coronavirus	<ul style="list-style-type: none"> <li>• Visitors to the Facility</li> <li>• Athletes</li> <li>• Coaches</li> </ul>	Academy Details up to date? Covid-19 Officer in place?	Y / N
		Pre-return health screening?	Y / N
		Attendees to the facility are logged and records kept ensuring "track and trace" services can be informed in the event of a positive test from an attendee to the facility	Y / N
		Thorough disinfection of equipment takes place between sessions.	Y / N
	Please provide any additional relevant information:		

## Appendix 3 – Register of Attendees (Academy-daily record keeping is essential; upload athlete and coach data to UKBJJA)

To ensure that we are acting responsibly during this time and mitigating the spread of the virus we ask that all attendees complete a daily register of the clubs/academies they have attended. This record is to be kept private, unless a requirement to provide this information to the relevant authorities “Track and Trace” services. In addition, the club requires all attendees sign the daily register below to ensure in the event of a positive test with one of our athletes/coaching staff/visitors we can effectively provide tracing information to the relevant bodies.

To minimize risk there are suggested maximum numbers of Athletes, Coaching staff and visitors, who, where reasonably practicable shall maintain “social distancing” guidelines as set out by your relevant government authority.

Date:	Session time (AM/PM):

### Register of Coaches: Input data to spreadsheet and upload to UKBJJA daily! Self-isolate and test if above 37.7 degrees

	Name:	Signature:	Risk Opt In* (Y/N)	Self Reporting questionnaire completed (Y/N)	Degree of wellness (1-10)**	Time In	Time Out	Temp °C
1								
2								
3								
4								
5								

### Register of Visitors: Academy records-do not upload to spreadsheet.

	Name:	Signature:	Time In	Time Out	Temp °C
1					
2					
3					

**Register of Athletes: Input data to spreadsheet and upload to UKBJJA daily! Self-isolate and test if >37.7 degrees**

	Name:	Signature:	Training Pod No	Risk Opt In* (Y/N)	Self Reporting questionnaire completed (Y/N)	Degree of wellness (1-10)**	Time In	Time Out	Temp °C
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									



## Equipment used: (Daily academy records)

To facilitate the return to the training setting, and to ensure that effective control measures are utilized, it is required that all athletes, coaching staff and visitors ensure the cleaning of equipment and the area used. This can be done by the Athlete, Coach, Visitor or a specialist cleaning company, provided that the relevant cleaning materials and PPE are provided by the facility.

EQUIPMENT USED		CLEANED BY	
<b>Signature:</b>		<b>Name:</b>	<b>Date:</b>
<b>Coach:</b>			
<b>Athlete:</b>			
<b>Visitor:</b>			

## Appendix 4 – Pre-training Covid-19 Health Questionnaire (All athletes and coaches-return to UKBJJA)

The safety of our employees, athletes and visitors are our overriding priority through this time, therefore, to facilitate a safe return to training we ask that all athletes complete this Health Questionnaire prior to commencing training.

All athletes have the right to opt out of the training program at any time and will opt in to each training session after considering the risks to themselves and their household. Athletes must maintain social distance at all times when not directly engaged in training.

To prevent the spread of COVID-19 and reduce the potential risk of exposure to our Athletes and visitors, we are conducting a simple screening questionnaire. Your participation is important to help us take precautionary measures to protect you and everyone in the academy. This assessment must be reviewed regularly and amended if circumstances change. If you answer Y to any of these questions please discuss with your club's Covid-19 officer and use the space below to provide more detail.

It is essential that you avoid contact with at risk groups if you enter the elite program.

If you live with anyone in an at-risk group you should not participate in this program.

If you display symptoms of Covid-19 you should inform your covid-19 officer immediately and withdraw from the program

You must supply temperature data to the UKBJJA for every training session through your covid-19 officer

Name	Contact email	Academy Name

Self-Declaration		
1.	Have you had close contact with or cared for someone diagnosed with COVID-19 within the last 14 days?	Y / N
2.	Have you experienced and cold or flu like symptoms in the last 14 days (to include; fever, cough, sore throat, respiratory illness or difficulty breathing)?	Y / N
3.	Have you received a letter from your Doctor instructing you to follow the self-shielding guidelines?	Y / N
3.a	Are you living with someone who has been instructed to self-shield?	Y / N
4.	Have you an underlying condition as listed within the governments "Clinically extremely vulnerable" or "Clinically vulnerable"	Y / N

5.	Have you received a test carried out by Public Health England (or your local NHS trust)?	Y / N
5a.	Was this test positive for COVID-19 or COVID-19 Antibodies?	Y / N

If the answer to any of the above is “Y” then please contact your COVID-19 Club Officer for an individual assessment prior to commencing training.

Athlete Signature:	Name (PRINT):	Date:

I hereby agree with the UKBJJA using my data for the purposes of this program. I have read and understood the data protection policy here: [www.ukbjja.org/coviddatapolicy/](http://www.ukbjja.org/coviddatapolicy/)

Athlete Signature:	Name (PRINT):	Date:

I understand that I can opt out of this program at any time and confirm that nobody in my household is from an at-risk group.

Athlete Signature:	Name (PRINT):	Date:

Individual Assessment Record – this section is to be used to review any “Y” answers above where the athlete and club are putting in place additional control measures to further protect the Athlete(s) and other users of the facility:

Signature COVID-19 Officer:	Name (PRINT):	Date:

## Appendix 5 – Individual Athlete Training Plans (Coach and athlete discuss the return to training plan and keep for academy records)

To facilitate a safe return to training, both in terms of the COVID-19 lockdown and risks associated with the guidance, along with the risk to Athletes from over exertion it is suggested by the DCMS that as part of the “Stage One” return to training an individual athlete plan is generated to ensure a safe return to sport. This is to allow the use of the training facility in (as required within stage One) a “socially distanced” setting, this is to ensure athletes, coaches and the facilities are aware of the risks and the requirements in place to ensure training is safe and effective.

**Please use this training plan to ensure you stage your return to full sparring, there is increased chance of injury when restarting combat training after a break.**

Date:	Athlete

### *Training plan*

Name:	
Coach:	
Athlete:	
Amount and type of training	

All data should be uploaded to UKBJJA here <https://www.ukbjja.org/covid-elitesport-dataupload/>