



UKBJJA Latest Guidance for Scotland

With the new tiered local restriction system due to commence on Monday the 2nd of November here is what each tier will mean for our member clubs. (To find out what tier your local authority area is in go to this [link](#))

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Club Training

Tier Zero

Brazilian Jiu Jitsu training can resume as normal for all age groups. We would however advise strongly that anyone displaying any symptom of Coronavirus does not attend any session.

Clubs should make sure appropriate control measures outlined in previous Sport Scotland guidance is maintained.

Tier One

Non-contact training for all but professional athletes (over 18's). See separate section on Professional athletes.

Under 18's can continue training as normal. We would however advise strongly that anyone displaying any symptom of Coronavirus does not attend any sessions.

Clubs should make sure appropriate control measures outlined in previous Sport Scotland guidance is maintained.

Tier Two

Non-contact training for all but professional athletes (over 18's). See separate section on Professional athletes.

Under 18's can continue training as normal. We would however advise strongly that anyone displaying any symptom of Coronavirus does not attend any sessions.

Clubs should make sure appropriate control measures outlined in previous Sport Scotland guidance is maintained.

Tier Three

Individual exercise only for all over 18's. No exemption for professional athletes at this tier.

Under 18's can continue training as normal. We would however advise strongly that anyone displaying any symptom of Coronavirus does not attend any sessions.

Clubs should make sure appropriate control measures outlined in previous Sport Scotland guidance is maintained.

Tier Four

Full closure of all indoor venues

Professional Athletes

A professional athlete is one who derives a significant portion of their living from the sport. Athletes who believe they fall into this category should contact their local council, in other areas of the UK the following evidence has been requested:

- Documented evidence of a valid professional contract with an organisation
- World Anti-doping association, USADA documentation detailing professional athlete and training and support team
- Confirmation and details of Covid processes that will be followed (UKBJJA Elite processes being referenced, temp checks, track and trace log, risk assessments and mitigations)

Local authorities in Wales have recommended that once an approval is granted that local police are contacted by the athletes or clubs to avoid any unnecessary site visits and inspections. It is likely in the event of permission being granted by a local council in Scotland similar contact should be made.

Once permission has been granted a training bubble incorporating the professional athlete, required training partners and coaches should be established. Only the members of this bubble should train and full Covid processes should be followed. In the event of a move to Tier 3 or 4 training should cease as there is no professional exemption at these stages for indoor contact sports.

Competition

Unfortunately, we do not recommend a resumption of open competition until most of the country is in Tier zero or these measures have been removed entirely.

Clubs in tier zero areas may wish to hold small interclub events for adults or juniors, however these should be limited to participants who live in Tier Zero areas and all required Covid measures must be fully implemented.

Professional events can resume either with a crowd (restrictions applying) or behind closed doors in Tier Zero and Tier One areas. Again, all Covid measures from Sport Scotland must be fully implemented and no participants are allowed from Tier Three or Four areas.