



DRAFT GUIDANCE FOR THE RESUMPTION OF BJJ TRAINING IN SCOTLAND

v1.7

updated 19 July 2021





INTRODUCTION

Brazilian Jiu Jitsu (BJJ) is a martial art and combat sport that originated in Brazil in the early 20th century.

It emphasises taking a fight to the ground and using positional dominance to submit an opponent, via joint locks or choke holds.

It has exploded in popularity in recent years, thanks to its importance in Mixed Martial Arts (MMA) competition and through high profile BJJ fighters such as Welsh multiple world champion, Ffion Davies. It is now practised by an estimated 60k people in the UK.

In contrast to many other martial arts, BJJ is predominately practised in full-time professional gyms, on which instructors and staff depend for their livelihoods.

BJJ is a full contact martial art and thus faces certain challenges to be practised safely during the Covid-19 pandemic.

This document sets out the key points to enable to clubs and gyms to re-open in line with Scottish Government. Covid 19 guidellinesand return to the mats.

UKBJJA

UK BRAZILIAN JIU JITSU ASSOCIATION



ABOUT THE UKBJJA

The United Kingdom Brazilian Jiu Jitsu Association (UKBJJA) is the governing body for the sport and martial art of Brazilian Jiu Jitsu (BJJ) in the UK. It is a not-for-profit organisation which provides a governance structure for BJJ, that promotes and develops the sport while allowing individual clubs and practitioners the space and freedom to practice the sport in the way they enjoy. The UKBJJA is currently in the final stages of assessment for full Sport England accreditation.

The UKBJJA was formed in 2013, and the association's goal is to foster the development of BJJ at elite, community and grassroots levels, raising the profile of the sport but also providing pathways for development and involvement across communities in the UK.

The UKBJJA has 300 member clubs and 10,000 individual members across the four nations of the UK.





TABLE OF CONTENTS

BJJ and covid-19	5
Prior to Reopening	6
The Tier System	6-9
Table of Restrictions & Planned Dates	7
Tier 4 & Tier 3	8
Tier 2, Tier 1 & Tier 0	9
Travel Guidance	10-11
Key Roles and Responsibilities	12-14
Club Owner / Head Coach	12
Covid Officer	12
Safeguarding Officer	13
Data Handling Officer	13-14
Equality & Inclusion	15-16
Coaches	17-18
Health, Safety & Hygiene	19-20
Other Considerations	21-22
Appendix 1 - risk assessment template	23-24
Appendix 2 - health questionnaire template	25

BJJ AND 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 framework, such as provided within this document to assist BJJ club owners in getting back to our "new normal".

With the right mitigation procedures, we believe our sport can be practised safely, with minimal risk to both participants and the general public.

Since June 2020 the UKBJJA has set up an Elite Athlete programme which runs according to the UK government Elite Sport Return to Training guidelines ([Link 1](#), [Link 2](#), [Link 3](#)). The elite programme has allowed a select few professional athletes to return to training. Crucially, it has also provided us with data to prove the low risk of transmission and a set of procedures to follow that can now be rolled out to our members.

PRIOR TO REOPENING

Indoor sport and leisure facilities can open if [Scottish Government Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.

Appropriate risk assessments (see Appendix A) and mitigating measures must be put in place to reduce risk and protect participants. For instance, consider physically distanced training, reducing numbers taking part and implementing the bubble system where contact training is allowed.

Participants should not congregate before or after an activity. Member clubs must ensure comprehensive mitigating actions are put in place and documented in their risk assessment to stop this happening. Consider staggering start/arrival times and any other relevant additional measures.

The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator following Scottish Government Coronavirus (COVID-19): guidance on the opening of indoor and outdoor sport and leisure facilities and sport specific SGB Guidance.

During training you should have sole use of the facilities e.g. there should not be a thai boxing class taking place in the next room.

A breakdown of the tier system highlighting what is allowed at each stage is next.

THE TIER SYSTEM

Scotland is scheduled to emerge from the current National Lockdown on the 26th of April and will return the Regional Tiered System at this time. It has been hinted that there may be a revision to what is allowed in each tier but as it stands this is the restrictions imposed on each tier.

A breakdown of the tier system highlighting what is allowed at each stage is next.

		Level 0 from 19 July 2021	Tier 1	Tier 2	Tier 3	Tier 4
OUTDOOR SPORT Organised outdoor sport, competition, events and Physical Activity (PA)	Overview	An outdoor sporting 'field of play bubble' can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale sporting events if all guidance is followed (200 max per day unless with exemption).				Scottish Government household number rules apply for exercise, sport and recreation.
	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Non-contact sport & PA permitted
	Adults (18+ years)				Contact sport & PA prohibited	Exemptions available for professional / performancesport (ALL Levels)
INDOOR SPORT Organised indoor sport, competition, events and Physical Activity (PA)	Overview	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 . 'Group' activity refers to adults, from more than 2 households (6 members) who take part in organised sport or physical activity. 'Individual exercise' refers to organised sport or physical activity within household rules i.e. 1:1 coaching. For further information see definitions within this guidance.				
	Children & Young people (u18 years)	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Contact & non-contact sport & PA permitted	Indoor sport & PA prohibited: Leisure Centres, gyms and other indoor sports facilities closed.
	Adults (18+ years)		Contact sport & PA prohibited	Contact sport & PA prohibited	Indoor <u>individual exercise only</u> No contact or non-contact group activity	Exemptions available for professional / performancesport (ALL Levels)

TIER 4

Full closure of all indoor venues.

Outdoor non contact sport and professional activity are permitted at this stage for both adults and children but rules on social distancing and travel restrictions apply so club groups should not meet up for outdoor group exercise nor should you travel further than required for outdoor exercise.

Exemptions are allowed for professional athletes, in the first instance athletes and their coaches should contact their local council ensuring they have sufficient supporting evidence to back up their request to resume indoor contact training. Typically, a professional contract will suffice.

We would recommend that any training resumes in the form of bubbles of a maximum 6 people with strict monitoring of health data throughout.

TIER 3

Individual exercise only for all over 18's. Members can attend the club to do individual technique training using grappling dummies or personal strength & conditioning work within space limits identified by the club owner / head coach in conjunction with the Covid 19 officer using the Getting Your Facilities Ready for Sport document from Sport Scotland.

Changing facilities and toilets can reopen at this tier as long as appropriate social distancing and cleaning measures are in place.

Exemption again for professional athletes at this tier. Approach as per Tier 4.

Under 18's can resume contact training as normal. We would recommend that any training resumes in the form of bubbles of a maximum 6 people sticking closely to age groups and direct physical contact occurs only with those in the same bubble. Bubbles should not be mixed under any circumstances. (see guidance on bubbles on page 14)

We would advise strongly that anyone displaying any symptom of Coronavirus does not attend any sessions. Clubs should make sure appropriate control measures outlined elsewhere in this guidance is maintained.

TIER 2

Non-contact training in groups can resume for over 18's. This can be in the form of technique classes using grappling dummies or dedicated strength & conditioning classes. Limits on numbers should be identified based on size of the premises and using the Getting Your Facilities Ready for Sport document from Sport Scotland.

Changing facilities and toilets will remain open at this tier as long as appropriate social distancing and cleaning measures are in place.

Under 18's and Professional athletes can continue training under the previously indicated guidelines at Tiers 3 and 4.

TIER 1

Still only non-contact training in groups for over 18's. This can be in the form of technique classes using grappling dummies or dedicated strength & conditioning classes. Limits on numbers should be identified based on size of the premises and using the Getting Your Facilities Ready for Sport document from Sport Scotland.

Changing facilities and toilets will remain open at this tier as long as appropriate social distancing and cleaning measures are in place.

Under 18's and Professional athletes can continue training under the previously indicated guidelines at Tiers 3 and 4.

TIER 0 (ALL AREAS AS OF 19 JULY 2021)

Contact Brazilian Jiu Jitsu training can resume, however clubs should be using running with reduced numbers from their normal capacity. This should be calculated by working out the total area of your matted space, then dividing this by the answer to the following formula: -

(Personal Space (1m) + Social Distancing Requirement (1m as of the 19th July) ^2) .

For 2m social distancing this would be 9 , for 1m social distancing this would be 4. This will give you the maximum capacity of your facility for members at this time. Remember you will need to include coaching staff in this number as well so if the calculation tells you that the capacity is 24 this is 23 members plus 1 coach or 22 members and 2 coaches etc.

This restriction on numbers would however only be a temporary measure and it is hoped that a return to full unrestricted training would resume when we move beyond level zero on the 9th of August.

At Tier 0 it is expected that competitions for both adults and juniors will be able to return with sufficient mitigations in place. We expect further guidance from both Scottish Government and Sport Scotland on this.

TRAVEL GUIDANCE

Travel guidance outlined by the Scottish Government should always be followed.

Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).

Information for each local government area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.

Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).

Sport & Physical Activity Participation

Participants can take part in organised sport and physical activity within their own local government area based on Level as detailed in Table A on page 7 of this document. Such activity is subject to exemption from household rules as detailed within this guidance.

When a participant travels out with their home local government area, they should follow the travel guidance detailed below. Travel regulations are now legally enforceable. Participants should, where possible, avoid any unnecessary travel out of area and keep journeys within area to an absolute minimum.

Children & Young People (17 years or under)

Participants aged 17 years or under can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport, physical activity, training and competition.

Children and young people living in a Level 4 area should only travel locally (within their local government area) to take part in organised sport as outlined in Table A on page 7.

Children and young people living in a Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, running or cycling which starts and finishes at the same place. Such activity should follow [Scottish Government 'Stay at Home' guidance](#).

TRAVEL GUIDANCE CONT'D

Adults (18 years or over)

Participants aged 18 years or over can travel to and from Level 0, 1 and 2 areas (but not Level 3 or 4) to take part in organised sport, physical activity, training and competition as outlined in Table A on page 7 .

Adults living in a Level 3 or Level 4 area should only travel locally (within their own local government area) to take part in organised sport or physical activity as outlined in Table A on page 7.

Adults living in a Level 3 or Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, cycling, golf or running that starts and finishes at the same place. Such activity should follow [Scottish Government 'Stay at Home' guidance](#).

Table B: Travel Summary

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	Local Travel Only
18+ (Adults)	✓	✓	✓	Local Travel Only	

KEY ROLES AND RESPONSIBILITIES

It is crucial that all UKBJJA clubs in Scotland have these key roles established plus any necessary training has been undertaken prior to any resumption of activity at club level

Club Owner / Head Coach

Club owners/ head coaches should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.

They should only re-open facilities when it is safe to do so, in accordance with Scottish Government guidance and ensuring facilities comply with [return to sport guidelines](#).

They must ensure that users are made aware of the requirement to adhere to the relevant approved SGB guidance prior to any sport or physical activity being undertaken at the venue and reserve the right to intervene where there are any clear and visible breaches of this guidance by participants. Where such breaches take place operators should notify the nominated club/activity COVID Officer overseeing the activity and they should in turn take appropriate action to mitigate future risk and protect participants and the wider public.

They should ensure that all their coaching staff are aware of their responsibilities under the [Getting Coaches Ready for Sport Guidelines](#) issued by Sport Scotland.

Covid Officer

It is the responsibility of the owner/head coach to appoint a responsible person/s, referred to as the [COVID officer](#), to act as the point of contact on all things related to COVID-19.

An [e-learning module for COVID officers](#) is available to support those undertaking the role.

The COVID officer must ensure that full risk assessments, processes and mitigating actions are in place before any

KEY ROLES AND RESPONSIBILITIES CONT'D

sport or leisure activity takes place. Specific consideration should be given to the needs of those who are at greater risk including some older adults or those with disabilities.

Safeguarding Officer

All UKBJJA clubs must have a named safeguarding officer.

All adults involved in coaching / actively engaging with children or vulnerable adults in an organised environment should have undertaken appropriate [SGB safeguarding training](#) and have membership of the [PVG scheme](#).

Operators should ensure appropriate ratios of coach/adult to child/vulnerable adult as per the current UKBJJA Safeguarding policy and follow all related safeguarding advice.

Health, safety and welfare policies should always be risk assessed and implemented.

Operators should also refer to the additional considerations developed by [Children 1st: Child Wellbeing and Protection Considerations](#).

Data Handling Officer

Each club should have a named data handling officer whose responsibility it is to perform the following tasks: -

Maintaining customer records

The Data Handling officer should where possible collect the name, contact number, date of visit, time of arrival, and the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient. Operators should store information for 21 days and share it when requested to do so by public health officers.

KEY ROLES AND RESPONSIBILITIES CONT'D

The Coronavirus (COVID-19): Test and Protect information leaflet provides information on the Test and Protect service from NHS Scotland.

Registration with the Information Commissioner's Office

In order to gather and store customer information securely, club owners / head coaches may need to be registered with the Information Commissioner's Office (ICO). This will be the case if you are using an electronic system to gather and store data.

If you are unsure whether you need to register, please contact the ICO via their helpline on 0303 123 1113, or visit www.ico.org.uk

EQUALITY & INCLUSION

Covid-19 is affecting everyone. But the impact of the pandemic is not being felt equally. Before the pandemic certain groups were less likely to participate in sport and physical activity. These groups are also the most at risk of worsening inequalities due to Covid-19:

- Older people
- Disabled people
- Ethnic minorities
- Women
- People from deprived communities

It is more important than ever to consider inclusive guidance for people who need extra support to be active and all our members should consider this as part of their work to encourage people to return. It is recommended that going forward each club has a named person for Equality issues.

The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;

Communication – Digital exclusion is a key issue. With so many services and so much information moving online it risks worsening the health impacts of the pandemic. We have to think innovatively about the range of ways we can provide information to people about sport and physical activity.

Accessibility – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure center's re-open it's important to build understanding of people's specific accessibility needs around things like hygiene, physical distancing and face coverings so we can provide the best possible support to people to take part in sport and physical activity.

EQUALITY & INCLUSION CONT'D

Anxiety, mental health and wellbeing – The pandemic is leading to an increased risk of anxiety and mental ill-health for people, as has been shown by our own study. We know that sport and physical activity can have significant benefits for people's mental health so it's vital that we continue to promote those benefits, so people are encouraged to get involved.

Confidence - Confidence to return to sport is a big issue across all groups. We know that some groups are at higher risk from Covid-19 than others (including some ethnic minorities, disabled people and households experiencing poverty). These groups may be even more nervous about returning to sport or starting to participate. They are also less likely to participate in sport in the first place, so we'll need to give extra attention to their needs to help build their confidence.

COACHES

Coaches operating within clubs and facilities should liaise with the clubs COVID Officer before undertaking coaching and all sporting or physical activity must adhere to both club and UKBJJA Guidance.

Coaches and others supporting organised sporting or physical activity should attempt to keep physically distant, but it is recognised that this will not always be possible to ensure the safety of participants and also in the instance of demonstrating technique. In such circumstances the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment, for instance a minimum of 2 coaches should be assigned to any junior class to allow coaches to effectively demonstrate techniques. These coaches would be the same for each class of this nature and form their own bubble.

Coaches should be aware that local restrictions may be in place for sport and physical activity and this should be considered as part of risk assessment planning and will dictate what activity can be coached, indoors and outdoors and to whom. See Table A on page 7 for further information about protection levels.

Scottish Government travel guidance provides exemptions for travel into and out of Level 3 and Level 4 local authority areas. This includes 'travel for work, or to provide voluntary or charitable services, but only where that cannot be done from your home'. Where paid/voluntary coaches or officials use the above exemption mitigating actions should be put in place to reduce risk to the coach, official and participants. This should be documented in the operator or deliverer risk assessment.

Coaches can take multiple indoor sessions per day, however the numbers allowed in each session will depend upon the protection Level restrictions in place in the given location plus the numbers identified in the specific risk assessment for the premises will be the ultimate limiting factor.

Face coverings must be worn by coaches when indoors, except where an exemption applies. For instance; where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia or a learning disability or if there is a reasonable excuse not to wear a face covering such as where there is difficulty in communicating with participants who may not be close by and safety is an issue i.e. during supervision of juniors in a sparring session.

COACHES CONT'D

In such cases alternative measures should be considered such as use of a face visor or limiting the time spent in close proximity to under 15 minutes while avoiding face to face contact completely. A face covering would also not require to be worn when a coach was being physically active or exercising as part of the coached session. The priority should always be on ensuring the safety of the coach and participants and minimising the risk of virus transmission before, during and after activity.

At all times coaches should:

- plan and risk assess appropriately for the session in advance, be aware of responsibilities.
- be clear on expectations with participants and build in a review period to reflect on effectiveness and safety of the session.
- ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.
- check, in advance of delivery, that appropriate insurance policies are in place for all coached activities and that their insurance is valid for the activities they plan to deliver.
- find out about their direct and surrounding delivery environment in advance of the session and contact the facility operator, where relevant, to confirm any changes in processes and procedure.

Coaches working with children should familiarise themselves with the additional considerations developed by [Children First: Child Wellbeing and Protection Considerations](#)

HEALTH, SAFETY & HYGIENE

Each member club should have one person who's remit includes health & safety. This will typically be the head coach but may be any member. During the course of the pandemic they should work closely with the Covid-19 officer.

Scottish Government has produced the Coronavirus (COVID-19): FACTS poster including translations and accessible formats. Where possible operators should use this document to reinforce messages. FACTS stands for: Face Coverings, Avoid crowded places, Clean your hands regularly, Two metre distance and Self isolate and book a test if you have symptoms.

Ensure access to first aid and emergency equipment is maintained.

Ensure that first aid equipment has been updated appropriately for the COVID19 pandemic and first aiders have appropriate training. In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The 'Covid Officer' should consider processes for managing this as part of their risk assessment. This could include but not be limited to;

- Provision of suitable PPE
- Training of coaches/supervising adults
- A parent or carer being present with children or vulnerable adults.]

Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.

Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken. Mats should be cleaned after each session using appropriate disinfecting agents as should changing facilities and other training equipment allowed within that tier.

HEALTH, SAFETY & HYGIENE CONT'D

Make hand sanitizers at the entrance/exit to the venue/facility. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.

It is strongly recommended that temperature checks be carried out on entry to the building and anyone found to have a temperature of 37.8c or above should not be allowed access and should be advised to seek a Covid 19 test immediately. Health questionnaires should also be undertaken regularly, an example of which is provide in Appendix 2.

Be aware that disabled people may face greater challenges implementing regular handwashing because of additional support needs. Some disabled people may need to use touch to help them get information from their environment and physical support. It is important they are not prevented from doing this, but operators should be aware that this increases the likelihood of virus transmission.

[Getting your Facilities Fit for Sport](#) provides a checklist for health, hygiene and cleaning considerations and actions.

OTHER CONSIDERATIONS

Bookings and Payment

Encourage people to make bookings online where possible. However, be aware that a proportion of disabled people, people from low income households and older adults do not have access to the internet. Ensure you have alternative measures in place. For example, telephone bookings.

Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.

Where possible use online or contactless payment options and avoid handling cash. Where people do not have bank accounts it is okay to accept cash payments.

Communication with Members / Customers

Operators should communicate clearly and regularly with members and participants setting out what they are doing to manage risk, and what advice they are giving to individuals before, during and after visits to the club

Make them aware in advance of measures you are putting in place at your club, and guidelines they are asked to follow.

Communicate clearly opening times and how people can safely access the club, if relevant, for example through a booking or queuing system.

Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed, up to date and in accessible formats.

When communicating with members and participants, consider how you will reach people who do not have access to the internet. When publishing information on websites, consider how to make it accessible when accessed via a mobile phone or tablet rather than a PC or a laptop.

OTHER CONSIDERATIONS CONT'D

Special attention should also be given to how you communicate physical distancing rules to young people and those with disabilities.

Test and Protect

Test and Protect is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy. Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.

APPENDIX 1 - RISK ASSESSMENT TEMPLATE

Hazard	Who might be harmed and how?	Controls Required	Controls in place (Y/N)	Supporting information
Covid-19 infection	Staff, visitors, students	Club Covid-19 Officer appointed		
	Staff, visitors, students	Club Data Reporting Officer appointed		
	Staff	PPE provided (masks, latex gloves)		
	Staff, visitors, students	Physical screens at reception areas		
	Staff, visitors, students	Sole use of venue during training		
	Staff, visitors, students	Guidelines in place for use of changing facilities, toilet facilities, communal areas and entrances/exits		
	Staff, visitors, students	Venue has adequate ventilation		
	Staff, visitors, students	Temperature checks (daily)		
	Staff, visitors, students	Wellness questionnaire (daily)		
	Staff, visitors, students	Identification of vulnerable/at risk individuals & households		
	Staff, visitors, students	Contact details gathered for Test and Protect		
	Staff, visitors, students	Consent for data use gathered		
	Staff, students	Identify maximum no. of students for physical space (9m ² per training bubble, sufficient additional space to allow for 2m social distance for people not training)		
	Staff, students	Bubbles identified and allocated		
	Staff, students	Briefing on use of facilities, uniform, personal hygiene and social distancing		
	Staff, students	Deep cleaning / disinfection of mat areas after each bubble		
Staff, visitors, students	Deep cleaning / disinfection of communal areas after each training session			

APPENDIX 1 - RISK ASSESSMENT TEMPLATE CONT'D

Hazard	Who might be harmed and how?	Controls Required	Controls in place (Y/N)	Supporting information
General	Liability risk - Staff, visitors, students	Appropriate Public Liability insurance cover		
	Liability risk - Coaching staff	All coaches appropriately qualified and minimum of purple belt or higher Appropriate liability and professional indemnity insurance cover		
	Liability risk - Students	Appropriate member-to-member liability insurance cover		
	Physical injury - Staff, visitors, students	Qualified first aider present at every session; first aid kit and incident book Minimum 40mm mats No sharp corners around matted area		
	Safeguarding issues - children and vulnerable adults	All instructors to be DBS/Disclosure Scotland/Access NI vetted and trained in safeguarding (e.g. through NSPCC safeguarding children in sport course). Child protection and safeguarding policy in place.		
	Fire - Staff, visitors, students	Appropriate fire safety training; fire exits to British standards		
	Hygiene & communicable diseases - Staff, visitors, students	Cleaning policy and procedures in place Clear rules banning footwear on mats Clear rules for students to remove jewellery before training Zero tolerance for skin infections or other infectious diseases and policy for advice on treatment		

APPENDIX 2 - HEALTH QUESTIONNAIRE

Name	Contact Email	Contact Telephone
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
3a	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.

Signature	Name (print)	Date

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UKBJJA COVID COMMITTEE

Dr Steve Murray - Chief Medical Officer

Dr Yorrick Von Ohlen - Head of Data and Analytics

Richard Martin - UKBJJA Chairman

Lawrence Selby - UKBJJA Director (Legal)

James McIntyre - UKBJJA Director (Scotland)

Greg Creel - UKBJJA Director (Wales)

Peter Lavery - UKBJJA Director (Northern Ireland)

Mike Williams - UKBJJA CEO

CONTACT

United Kingdom Brazilian Jiu Jitsu Association

The Beacon Business Centre

Newcastle Upon Tyne

NE4 9PQ

+44 (0)191 283 7910

info@ukbjja.org

