



A SAFE RETURN TO THE MATS

GUIDELINES FOR ENGLAND FROM 19 JULY 2021



On 19 July 2021, all legal restrictions on BJJ in England came to an end. This means that all training and competition can resume as normal.

These guidelines are for club owners, instructors and participants. They are recommendations and it is up to individuals and clubs how and whether they implement them.

However, rates of Covid-19 infection are still very high and some people have not yet had protection from vaccines, or may be at higher risk of vulnerability. In addition, many people may have a degree of anxiety about returning to the mats and close-contact training. Finally, be aware that most of us have not trained for over a year. Ease back into it gently and let's do all we can to minimise the risk of injury after such a long layoff

As a community we should continue to be responsible citizens and do whatever we can to make jiu jitsu a safe, enjoyable and inclusive activity and we urge all our members to show care and consideration as we return to the mats.

Mike Williams
CEO

FOR INDIVIDUALS

- Do not return to training if you are feeling unwell, have a temperature, or are showing any Covid-19 symptoms.
- Continue to abide by government rules on self isolation and government rules on post-travel quarantine
- Keep yourself and your kit (gi, rashguard etc.) clean. There is no excuse for poor hygiene
- Consider wearing a mask if travelling to/from training on public transport
- Ease yourself back in gently, don't go all-out in the first week and injure yourself or a training partner
- Be respectful of other people's needs and other people's personal space when not rolling or drilling
- If you are feeling anxious, or have particular concerns or needs, speak to your coach/club

FOR CLUBS

- Keep a register of attendees for every class. This should include name and contact details and emergency contact / next of kin details. An on-line booking system is also a good idea, if available
- Consider keeping hand sanitising stations at the entrance and exits of your club
- Consider taking temperatures when people arrive and barring anybody from training with a temp higher than 37.7 degrees
- Keep increased hygiene and cleaning measures for the mats and communal areas
- Keep non-training visitors to a minimum
- Increase ventilation as much as possible
- Structure your classes and training to help minimise injury, via good warm ups and cool downs and sparring at a suitable level for participants' experience, age and fitness level.

ADDITIONAL INFORMATION

Club Guidelines – These are the general guidelines that all member clubs agree to abide by when joining the UKBJJA: [LINK](#)
UKBJJA Risk Management & Safety Policy: [LINK](#)
Sample Covid-19 Risk Assessment template: [LINK](#)

CONTACT

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