



Draft AUJC Coronavirus Policy

Updated 18 March 2020

Today the government announced bans on non-essential gatherings indoors for 100+ people.

Accordingly, all normal Senior judo classes will be discontinued on Monday, Wednesday, Friday (City) and Saturday from Monday 23rd, as these are attended by 30+ adults and pose a higher risk of spreading infection due to the full-contact nature of training.

We are considering offering training programs on-line and a strength and conditioning class on Saturdays from 1 to 3pm, which can be conducted using social distancing principles and non-contact between the participants. This should be organised by March 23rd.

At this stage, and in light of Schools and school sport continuing to operate in SA public schools, the beginners Junior Judo class on Monday at 4.30 pm will continue to operate with parents encouraged to withdraw their children from training if they wish to. The focus will be on developing individual children's physical skills rather than judo-specific paired training.

The Club may continue to permit 1:1 training sessions at the dojo undertaken on the basis of the hygiene requirements identified above with permission from the AUJC Committee Executive.

We appreciate your understanding as we seek to avoid any unnecessary risks to our members and their families as well as to others in our community.

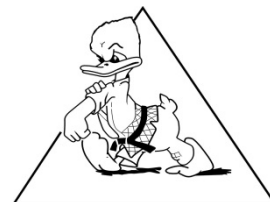
We will continue to monitor the status of COVID-19 as the situation evolves and will update our policy should the domestic situation change and or new countries be added or removed.

Aim: There has been a 50% increase in Covid-19 infections in SA to 32 cases reported yesterday. Although in most people the infection is mild and they recover well, in a minority of cases the disease can be extremely dangerous. In order to minimise the spread of the virus and to protect our members and players, the following precautionary measures have been adopted by the AUJC Committee. These measures will be updated based on advice published by the Commonwealth Department of Health, Judo Australia and JudoSA, and will remain in place until the threat of a pandemic has passed.

The Government has announced on 14th March that all overseas arrivals to Australia will be required to self-isolate. Accordingly, all AUJC members who have recently returned to Adelaide from overseas are asked not to participate in Club training and other judo

Adelaide University Judo Club Inc.

Adelaide University Sports Association
Adelaide University, Adelaide SA 5005



events for 14 days from the date of their arrival, regardless of whether they are exhibiting any symptoms.

We are also asking members who attend schools or other organisations and businesses that have 'closed' due to COVID-19 to not participate in Club training and judo events for 14 days (or other period specified by SA Health), regardless of whether they are exhibiting any symptoms and unless there is SA Health advice to the contrary.

We are asking that all AUJC members remind themselves of the basic hygiene requirement for training and events including:

- The Judogi shall be clean, generally dry and without unpleasant odour.
- The nails of the feet and hands shall be cut short.
- The personal hygiene of participants shall be of a high standard including that hands and feet should be washed and clean prior to training
- Wash and/or disinfect hands immediately before and after training
- The mats are to be mopped and disinfected prior to each session.

If you have close family/friends or people you live with who are at risk, you should be particularly careful.

If you are concerned about Coronavirus and any Club activities, please let us know.

Judo Specific FAQs - continually updated...

Q: Where can I get more information about the CoronaVirus (Covid 19)?

A: There are a number of sources of information including the following

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-current-situation-and-case-numbers>

<https://www.abc.net.au/news/2020-03-15/coronavirus-covid19-self-isolation-announced-for-australia/12057772>

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

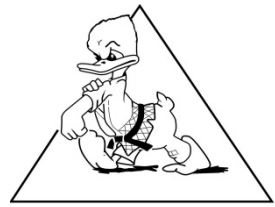
<https://www.who.int/health-topics/coronavirus>

<https://ais.gov.au/health-wellbeing/covid-19>

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-isolation-guidance>

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<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+topics/health+topics+a+-+z/novel+coronavirus>