## Return to Indoor Training Protocol for members - 23 June 2020

As you know, contact judo-training is allowed from 25th June under the current COVID19 guidelines (Step 2 Plus) of the South Australian Government. To that effect the Adelaide University Judo Club plans to provide members with safe training arrangements.

* General contact training will commence from Monday 27th June.

*For this to take place safely, the following regulations and restrictions will be in place:*

**Number of participants:**

* Maximum of **20 players** for an indoor training session (7 sqm available per person).
* Maximum of 75 people in the venue at any one time.

**General Outline:**

* Players need to register for the session prior to ensure a place.
* Sessions will be limited to <120 minutes.
* For children’s classes, only one adult to stay for the session, and be seated at a 1.5m distance from other parents.
* Hand sanitiser will be provided at the Reception desk for use on entry into and exit from the facility and in the toilet areas.
* Please follow hand hygiene protocols and avoid touching eyes, nose and mouth.
* Change rooms are available for use, but to minimise occupancy, please come to training in your judogi or prepared to pull it over t-shirt and tights by the side of the mat.
* At training, once you remove your shoes, sit on the mat and apply hand sanitiser to your feet so that only sanitised feet are transferred onto the mat. Hand sanitiser will be provided for players beside the mat.
* Communal thongs/foot ware will not be available for use, please bring your own clean thongs for use if you need to step off the mat.
* All your belongings to stay in your bag beside the mat, so you can reach over to get your water bottle and anything else you may need during the session.
* Contact training may be limited to the same pair training together for the session.
* Randori will not commence until players have trained for at least 2 weeks on the mat.

**Individual Athlete Rules and Requirements for outdoor and indoor training:**

* Every player in attendance at trainings MUST have CURRENT and VALID AU Sport and AU Judo Club memberships.
* AUJC STRONGLY ENCOURAGE that all players in attendance at trainings download the COVIDSafe app.
* We ask that any players exhibiting cold or flu-like symptoms, DO NOT attend training. This is to ensure the health and safety of all our members as well as the wider sporting community.
* We require any players who have travelled interstate or overseas in the last two weeks, or been in contact with a confirmed or suspected case of COVID-19 to complete the mandatory period of self-isolation before returning to training