## Return to Indoor Training Protocol for members - 5 June 2020

As you know, full contact judo-training is not appropriate at the moment given the current COVID19 guidelines of the South Australian Government. To that effect the Adelaide University Judo Club plans to provide members with alternate training arrangements to allow them to develop athletically. Until late June, when player-player contact should recommence, AUJC plans to offer

* outdoor training sessions at the nearby Kings Reserve on Saturdays with a focus on increasing the cardiovascular endurance of members from Saturday 23rd May, and
* indoor training non-contact sessions from Friday 5th June, on Monday, Wednesday & Friday at Thebarton.

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

**Number of participants:**

* Maximum of **20 players** for the outdoor training from June 1st, and
* Maximum of **10 players** on the mat for the indoor sessions, excluding coaches and officials

**General Outline:**

* Players need to register for the outdoor and/or indoor session prior to ensure a place
* Sessions will be limited to <60 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 will not be available for use, so come to training in your judogi or prepared to pull it over t-shirt and tights by the side of the mat.
* If possible, please bring a personal supply of hand sanitiser to be applied it to your feet once they sit on the mat and remove their shoes, so that only sanitised feet are transferred onto the mat. Hand sanitiser will be provided for players who do not have their own supply.
* 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.

**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