



# TOKYO 2020

## **Sport Specific COVID-19 Countermeasures V1**

### **Judo**

**May 2021**

# Basic COVID-19 Countermeasures

- Wear a face mask at all times
- Wash your hands regularly and use hand sanitiser where available
- Keep two metres' distance from athletes and at least one metre from others, including in operational spaces
- Avoid physical contact, such as hugging, high-fives, handshakes, etc
- Disinfect your hands when entering each area and room
- Do not share towels, drinks bottles or other equipment
- Disinfect your hands before and after using equipment
- Keep your stay at the venue as short as possible

For further information, please refer to the latest Playbook for Athletes and Officials / International Federations.

# NBK Warm up Area

## TECHNICAL OFFICIALS

- Tatami will be disinfected twice a day by FOP Medical crew. Once after the competition. Another time right immediately after preliminary round finishes (half tatami area at a time) .
- PA System will be used to call out athletes, they will be escorted to judogi control while respecting social distancing measures.
- General Sanitary measures such as Picking up garbage, refilling alcohol spray, etc. will be done by SPT volunteers on a regular basis.
- If it is clearly overcrowded Judo team together with IF staff will ask the unneeded individuals to leave the warm up area.
- The Sport Information Desk will have acrylic partitions.
- INFO devices will be disinfected regularly and by principal be operated by SPT Volunteers.

## NOC/NPC

- Access for OLY: Only Judoka competing on that day can come to the Warm up area with their 1 (one) warm up partner and coach.
- Access for PAR: Judoka can come to the Warm up area with their warm up partner and coach.
- Only one medical representative per delegation will be accepted. Note: if this person wants to go to FOP they must be a doctor.
- The FOP will be available for warm up before competition  
OLY 9:30-10:30  
PAR 9:00-10:00
- Treatment/massage from physiotherapist/doctors must be done in the athlete cubicles, NOT in the warm up area.
- After elimination, the judoka must leave the warm up area. Seats are available in the tribune (SDA Seating), return to the village by TA bus.
- Mask to be worn by all individuals at all times except in the event of intense physical exertion.
- NOC/NPC are required to disinfect their hands and feet before stepping onto the tatami.

# NBK Athlete Cubicles

## TECHNICAL OFFICIALS

- General Sanitary measures such as disinfection and throwing out garbage will be done by local volunteers.
- Disinfection to be done after competition ends.

## NOC/NPC

- Disinfection wipes and disposable bed cover to be used by delegations by use.
- Wearing of mask is compulsory at all times.
- Cubicles will be allocated to each NOC/NPC. Distribution of cubicles can be found at Sport Information Desk.

# NBK Before Competition (Judogi Control, Athlete Staging)

## TECHNICAL OFFICIALS

- Social distancing (2.0 m) must be respected, in particular when checking the judogi and entering the competition area.
- Reserve Judogi can only be used once, by one competitor until it is washed.
- Supervise the Judogi Control process which is performed by the coach on the athlete.
- If the persons in charge of the control have to touch the judogi during Judogi Control, they must disinfect their hands before and after each contact.

## NOC/NPC

- The line-up for judogi control must be respected, markings on the floor must be positioned for social distancing (2.0m between persons)
- Sokuteiki must be sanitised regularly.
- When checking the judogi, the athletes and the coach will have to demonstrate to the staff in charge of this sector that the regulations are well respected. (IJF label, backnumber, sleeve length, jacket overlap...)
- Mask may be removed at athlete staging.

# NBK FOP During Competition

## TECHNICAL OFFICIALS

- All individuals who step on the tatami must disinfect their feet on the disinfection mats.
- Supervise coaches and athletes wear their mask at appropriate times.
- Handling of items of athletes such as accreditation, water, etc. will be done with boxes which will be disinfected between use.  
Preliminary Round Session: items to be carried by coaches  
Final Round session: items to be carried by officials.
- The boxes will be collected before the athletes go into the BRS mix zone.
- The reserve judogi of athletes who have no remaining contests will be collected and put in a plastic bag and will be washed for the next day of competition.
- Control so that after the contest, athletes do not mix with press and spectators in the tribune.
- Control athlete/coach, press and spectators so that after the contest, athletes do not mix with press and spectators in the tribune.
- Referees will not wear a mask while refereeing on the tatami area. The referee must wear their mask immediately after exiting the tatami area.

## NOC/NPC

- All individuals who step on the tatami must disinfect their feet on the disinfection mats.
- Athletes to put both feet on the disinfection mat before stepping on tatami.
- Coaches to keep mask on at all times.
- Athletes to put their mask on after the contest as they move to the mix zone. Used masks only to be handled by their owner.
- Return the box to the officials before going into the BRS mix zone.
- Do not mix with press and spectators in the tribune.

# NBK Disinfection of tatami

## TECHNICAL OFFICIALS

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The FOP disinfection will be performed by MEDICAL FA and SPORT FA.

The disinfection Solution (sodium hypochlorite diluted with water to 0.02%) will be applied to tatami with a sprayer, then wiped with a fresh mop. Cleaners sweep the tatami moving backwards so that they will not walk on the freshly disinfected tatami. Enough time will be given so that the tatami is dry before the next contest.

# NBK Disinfection of tatami

## TECHNICAL OFFICIALS

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### Timing for Disinfection for OLY

#### Day 1-7 Individuals

Preliminary Session : Before the session starts and roughly every hour.

Final Round Session : Before the session starts and one time before the first medal contest.

#### Day 8 Mixed teams

Preliminary Session : Before the session starts and roughly every hour.

Final Round Session : Before the session starts and one time before gold medal contest.

### Timing for Disinfection for PAR

Preliminary Session : Before the session starts and roughly every hour.

Final Round Session : Before the session starts and one time after the second gold medal contest.

The coach box, athlete box and chairs will be disinfected at the same time.



# Weigh-in (Athletes Village DRM, NBK)

## TECHNICAL OFFICIALS

- The scales will be disinfected with a suitable product before the weigh-in of each athlete.
- Only the athlete and a member of the LOC staff are allowed to be in the random weigh-in room.

## NOC/NPC

- Athletes will step on a disinfection mat before they step on the scale.
- Athletes must stand on the scales barefoot.
- The line-up must be respected, markings on the floor must be positioned for social distancing (2.0 m) between persons.
- Only the athlete and a member of the LOC staff are allowed to be in the random weigh-in room. There must be a minimum of 2 LOC/IJF staff in the room to witness the process.

# Kodokan Judo Institute (Official Training Venue)

## TECHNICAL OFFICIALS

- All individuals who step on the tatami must disinfect their feet on the disinfection mats.
- Mats disinfected before the first training session and between sessions of NOC/NPC.

## NOC/NPC

- All individuals who step on the tatami must disinfect their feet on the disinfection mats.
- Mask to be worn by all individuals at all times except in the event of intense physical exertion.