



## 57<sup>th</sup> ANNUAL TWIN FALLS-CSI JUDO CHAMPIONSHIPS April 22-23, 2022

- WHAT:** TWIN FALLS - CSI JUDO CHAMPIONSHIPS - JUNIOR, SENIOR, AND TEAM COMPETITIONS.
- WHEN:** April 22, 2022 – Weigh-ins from 6:00 p.m. to 8:00 p.m.  
April 23, 2022— Weigh-ins begin at 7:30 a.m.; Shiai begins at 9:30 a.m. (MST),
- WHERE:** Canyon Ridge High School Gymnasium, 300 N College Rd W, Twin Falls, ID 83301
- SANCTION:** Sanctioned by United States Judo Federation, Inc., Sanction 22-04-01
- ELIGIBILITY:** Proof required from all players as to current registration with USJF, USJI, or USJA.
- ENTRY FEES:** \$40 initial division, \$10 for each additional individual division. Each division requires an entry form and waiver. Credit Cards Accepted
- WEIGH-IN & REGISTRATION:** Friday, April 22, 2022 at 6:00 p.m. - 8:00 p.m.  
Saturday, April 23, 2022 at 7:30 a.m. - 10:00 a.m.  
10 years old and under must weigh and register before 8:30 a.m., April 23, 2022  
11 – 16 years must weigh and register before 9:30 a.m. on April 23, 2022  
Registration closes at 10:00 a.m. on April 23, 2022 for all competitors.

<b>REFEREE and OFFICIALS MEETING:</b>	Regional Certified Referees or higher certification is recommended to work this event. Robert Suyehira will be the Head Referee. <b>Officials, coaches and referees will be meeting at 8:30 am in Officials Room (Faculty Room). All referees, table officials, Coaches and medical support staff are asked to attend.</b> All referees will conform to the proper IJF dress code with the following exceptions: White polo shirts, no tie or jacket
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**Tournament Director:** Bryan Matsuoka

**ALL WAIVERS, ENTRY FORMS, AND OTHER PERTINENT DOCUMENTS MUST BE PROPERLY COMPLETED  
OR ENTRY WILL NOT BE ACCEPTED!!**

- DIVISIONS:** All contestants will be grouped in pools according to age, weight and rank. There will be at least 3 weight divisions for the Juniors, Intermediate and Senior divisions. Match times are as follows:
- 2 minutes - Junior Divisions (12 years and younger)
  - 3 minutes - Intermediates (13 – 16 years), Senior White Belt/Novice
  - 4 minutes - Brown Belt Divisions, Black Belt Divisions

**SCORING:** Winning contestants in each match will be awarded points according to level of win as follows:

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<sup>1</sup> | *Tournament Director reserves the right to make any changes in the interest of safety. Coaches, Instructors, & Parents will have an opportunity to review the categories and confirm their child's /athlete's suitability for participation*

Ippon = 5 points	Wazaari win = 4 points	Shido = 1 point
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### Juniors 12 years and under

1. Most points
2. Most wins, if points are tied
3. Results of prior or final head to head match if points and wins are tied

### Intermediates and Older

1. Most wins
2. Most points, if wins are tied
3. Result of prior or final head to head if points and wins are tied

**RULES:** Current IJF Contest Rules will apply with the following modifications:

- o CARE system will not be used; one (1) on-mat referee and two (2) mat side referees
- o Contest area will be 7m x 7m with a minimum of 3 meter safety area; 4 meters between adjoining contest areas
- o Chokes (shime-waza) are only allowed for competitors 13 years old and older.
- o Arm-locks (Kansetsu-waza) are allowed in the Brown and Black Belt divisions only and must be at least 15 years or older
- o Gi size rules will adhere to current measurement standards for seniors. IJF Certified Gi is not required.
- o Blue player may wear white gi with blue belt.
- o Competitors who elect to move up a division are subject to the rules of the division that they are competing.

**There will be a special award for "Outstanding Junior Judoka" (16 & under)**

### Team Exhibition Matches –

Teams will match contestants in similar size and weight of team members. Competitors must have been entered in one division to be eligible to compete in the team event.

### Senior Divisions

- White Belt division with weight group divisions.
- Brown belt division players must be 4-kyu or higher rank.
- Black belt division players must be 1-kyu or higher rank.

**Southern Idaho Judo Institute will present the CSI "Golden Eagle Award" for Outstanding Senior Judoka and the AI Benkula Fighting Spirit Award.**

**Emailed rosters appreciated by April 20, 2022 to:** Bryan Matsuoka, [bmatsuoka@csi.edu](mailto:bmatsuoka@csi.edu)

### Accommodation Options:

Fairfield Inn and Suites, 208.734.8444 and block rate is \$109+ tax per night.  
1788 Washington Street North, Twin Falls, ID 83301

<https://www.marriott.com/events/start.mi?id=1632523792899&key=GRP>

Hilton Garden Inn, 208.734.2233; 1658 Fillmore Street, Twin Falls, ID 83301

Holiday Inn Express & Suites , [\(208\) 732-6001](tel:2087326001); 1554 Fillmore St, Twin Falls, ID 83301



Circle one: MALE FEMALE

Circle one: 1ST EVENT 2ND EVENT

YOUR AGE: \_\_\_\_\_ YEARS

RANK: \_\_\_\_\_

TIME IN JUDO: \_\_\_\_\_ YEARS

DIVISION: \_\_\_\_\_

TWIN FALLS/ CSI JUDO CHAMPIONSHIPS  
 April 22-23, 2022  
 Canyon Ridge High School  
 300 N College Rd W  
 Twin Falls, ID 83301

**OFFICIAL REGISTRATION— 22-04-01**

(signatures required on the WAIVER, see back of this sheet or attached)

NAME: \_\_\_\_\_  
 First Middle Initial Last

ADDRESS: \_\_\_\_\_  
 Street

\_\_\_\_\_

City State Zip code

TELEPHONE: ( ) \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ DOJO: \_\_\_\_\_  
 month / day / year

If assistance/accommodation is needed (check off appropriate box)  
 Vision Loss/Blindness  Hearing Loss/Deafness  
 Type of assistance/ accommodation requested or name of person assisting: \_\_\_\_\_

**Parent/Legal Guardian Consent for Competitors under 18 Years of Age:**

I, the undersigned parent or legal guardian of the named contestant  
 \_\_\_\_\_, have read and understand the  
 Print Name of Contestant  
 method of competition for this competition. Including contested weight categories and possible changes  
 deemed necessary by the Tournament Director for the safety of the sport and competitors involved. I have  
 agreed to allow my child to participate in this event.

\_\_\_\_\_  
 Parent/Guardian Signature Date

**>>>>> DO NOT WRITE BELOW THIS LINE <<<<<**

**Proof of Membership and insurance: (circle) USJF USJI USJA # \_\_\_\_\_**

**Weight: \_\_\_\_\_ By: \_\_\_\_\_ Expiration Date: \_\_\_\_ / \_\_\_\_ /20 \_\_\_\_\_**

**Paid: \$ \_\_\_\_\_ cash/ck # \_\_\_\_\_ Approved : \_\_\_\_\_**

**WARNING!**  
**WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE**

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities ("Activity") of the **United States Judo Federation, Inc., Daiheigen Judo Yudanshakai, Southern Idaho Judo Institute, College of Southern Idaho, Twin Falls School District 411**, and the officers, employees, volunteers, and agents, I agree:

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.

2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.

3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, including United States Judo Federation, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event (Releasees), the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.

5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., Daiheigen Judo Yudanshakai, Southern Idaho Judo Institute, and the College of Southern Idaho, and Twin Falls School District 411**, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

**I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.**

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

**FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE  
(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Parent/Legal Guardian's Signature

\_\_\_\_\_  
Date

	Dojo:	TF/CSI Judo Championships 2022						
	NAME	SEX	AGE	LBS	RANK	DIVISION	REG #	EXP
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# 57th Annual TF/CSI Championships 2022 - AGENDA

Date/ Time	Location	Description
<b>Friday</b>		<b>April 22, 2022 – Weigh-ins</b>
6:00 PM – 8:00 PM	Canyon Ridge High School (CRHS) Gymnasium	Weigh-ins
7:30 – 8:30 PM	Canyon Ridge High School (CRHS) Gymnasium	Michael Eldred Practice for All Registered Competitors including waivers and COVID-19 Protocols completed
		And instructors with waivers and membership cards
<b>Saturday</b>		<b>April 23, 2022 – Tournament</b>
7:30 - 8:30 AM	CRHS Gym	10 years and under weigh-ins
8:31 – 9:00 AM	CRHS Gym	11 – 16 years old weigh-ins
9:01 – 10:00 AM	CRHS Gym	Senior weigh-ins
8:30 AM – 9:00 AM	CRHS Officials Room	Referee and Officials Meeting: Mr. Robert Suyehira
9:00 AM	CRHS Main Gym Floor	Opening Welcome:
9:10 AM	CRHS Main Gym Floor	Junior Competitors Warm-up
9:30 AM	CRHS Main Gym Floor	Junior Competition/ Intermediate Warm-up
	CRHS Main Gym Floor	Intermediate Competition/ Seniors Warm-up
	CRHS Main Gym Floor	Senior Competition
	CRHS Main Gym Floor	Team Competition
	CRHS Main Gym Floor	Clean-up

3 | *Tournament Director reserves the right to make any changes in the interest of safety. Coaches, Instructors, & Parents will have an opportunity to review the categories and confirm their child's /athlete's suitability for participation*



# UNITED STATES JUDO FEDERATION

## National Office

**Mailing Address:**  
P. O. Box 338  
Ontario, OR 97914-0338

**Telephone:**  
(541) 889-8753

**Fax:**  
(541) 889-5836

**Internet:**  
[www.usjf.com](http://www.usjf.com)  
[no@usjf.com](mailto:no@usjf.com)

## **COVID-19 Pandemic 2020-21**

**(Update #20 – December 31, 2021)**

Updates added on December 31, 2021, are highlighted in **LIGHT BLUE**

Thank you very much to Dr. Eric Chen, Dr. Jeffrey Fujimoto, Dr. Steven Isono, and Dr. Ricardo Joseph of the USJF Medical Committee for their time and expertise in helping to put together this information along with recommendations for our community. This will be helpful for everyone as we all work through the trying & difficult times ahead.

- We strongly recommend that members of the judo community consider getting vaccinated and obtaining the booster when eligible.

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- Keep yourself informed with the latest information, developments, and situation by visiting the CDC's COVID-19 page at <https://www.cdc.gov/coronavirus/2019-ncov/> and your state's health department website.

- These are general recommendations. It is NOT our intent to circumvent or replace the advice or directives from your primary care physician/doctor/medical professional.

- We encourage compliance with government recommendations, regulations, requirements, and laws.

- Though some states may have relaxed their restrictions and moved into higher phases and more allowable activities, please be vigilant for any changes in the emergence of new cases and variants. This may lead to a return to lower phases and renewed restrictions. Please keep abreast of the latest developments in your area/jurisdiction and maintain proper observance and compliance with the phase status and guidance. You must be sure to move with the change in phases and adjust activities accordingly.

- **These guidelines DO NOT SUPERCEDE your local/county/state health guidelines.** You must make sure that your operations comply with your local/county/state health guidelines. Please ensure compliance by keeping up-to-date with your situation. **Non-compliance with your local/county/state health guidelines means non-compliance with the warranty provisions of insurance coverages = no insurance coverage = everyone participates at their own risk.**

- COVID-19 Liability: **Our liability policies DO NOT provide liability coverage for epidemic & pandemic diseases.**

- COVID-19 Accident Medical: **Our accident medical policy DOES NOT provide coverage for any COVID-19 pandemic related: infection, illness, injury, disability, death, economic loss, and etc.**

### **Dojo Reopening Guidelines:**

Please read through thoroughly the updated Dojo Reopening Guidelines document by visiting the webpage. The latest version of the document will always be posted there.

**USJF Liability & Accident Medical Coverage:** USJF sanction and insurance coverage is contingent upon compliance with USJF guidelines, local, and state regulations. Failure to do so automatically VOIDS the sanction and all insurance coverages.

Reminder: you must check and be current in your compliance with local health regulations on whether or not direct contact activities are allowed. Some direct contact may be allowed if certain conditions are met. **REGULATIONS ARE VERY STATE DEPENDENT.** Know your state/local rules and regulations and carefully adhere to and implement them.

**Insurance Coverage Update:**

On September 1, 2020, our new insurance policies for the new 2021 Fiscal Year, become effective. There are some major changes and they are briefly outlined here.

**COVID-19 Liability:** Our liability policies **DO NOT provide liability coverage** for epidemic & pandemic diseases. The current COVID-19 crisis has been declared a pandemic by both the US Center for Disease Control (CDC) and the World Health Organization (WHO). Therefore, any claims/lawsuits brought against you due to COVID-19: infection, illness, injury, disability, death, economic loss, and etc. **WILL NOT BE DEFENDED BY THE LIABILITY INSURANCE POLICIES.**

**COVID-19 Accident Medical:** Our accident medical policy does not provide coverage for any COVID-19 pandemic related: infection, illness, injury, disability, death, economic loss, and etc. The policy is intended to respond to **accidental injuries** incurred while doing sanctioned or approved judo. For example: sprains, broken limbs, dislocations, and etc. It does **NOT respond to claims arising from allergies, usual colds & flu, COVID-19, chickenpox and other communicable disease illness.** The accident medical policy is **NOT a replacement for your own health insurance/coverage. It is NOT a primary coverage policy and responds on a secondary basis in conjunction with your own health insurance.**

**USJF Liability & Accident Medical Coverage:** USJF sanction and insurance coverage is contingent upon compliance with USJF guidelines, local, and state regulations. Failure to do so automatically VOIDS the sanction and all insurance coverages.

**Return To Activity/Training After COVID-19 Infection:**

There can be many lingering side effects of having had a COVID-19 infection. Athletes should consult with their healthcare provider before returning to physical activity after COVID-19 infection. Depending on the severity of infection, additional testing may be indicated before initiating a strenuous exercise program.

Myocarditis, or inflammation of heart muscle is a known complication of COVID-19 infection. However, the need for additional cardiac testing is controversial and any additional testing that is performed should be decided by the athlete's healthcare provider after a careful evaluation and discussion with the athlete and athlete's family if they are a minor or have other serious medical comorbidities.

We recommend athletes receive COVID-19 vaccination when eligible after known infection.



We suggest athletes follow these guidelines:

1. **Asymptomatic or mild COVID-19 infection:** (i.e., athlete had positive Covid-19 and was without symptoms or had only minor symptoms such as low-grade fever (<100.4°F or 38°C), cough, mild fatigue, nasal congestion, loss of smell or taste, or sore throat)

At least 10 days of isolation (no judo activity) with gradual return to judo activities thereafter assuming final 7 of 10 days without more than minor symptoms. If the athlete develops unusual chest pain, dizziness, lightheadedness, passes out, or other concerning symptoms we recommend cessation of judo activities and seek additional evaluation by healthcare provider. Minors should consult with a pediatrician prior to returning to play.

2. **Moderate or Severe COVID-19 infection:** (e.g., athlete with persistent fever (<100.4°F or 38°C), persistent fatigue > 7 days, pneumonia, hypoxia (SpO2 <94% on room air), hospitalization, chest pain not associated with cough, edema, palpitations, or other concerning symptoms)

We highly recommend consultation with a healthcare provider prior to returning to judo activities. We recommend at least 10 days of rest (no judo activity) with at least 7 consecutive days of being asymptomatic or only with minor symptoms (e.g., nasal congestion, loss of smell or taste) with medical consultation thereafter. Decreased exercise tolerance is common after COVID-19 infection, but chest pain, lightheadedness, dizziness, passing out, or other concerning symptoms, may be red flags for a more serious condition. Athletes should monitor symptoms closely as they return to more strenuous activity and seek medical consultation for concerning symptoms.

### **Return To Training Phases:**

Please be current and cognizant of the situation in your locale to ensure proper compliance with current rules and requirements.

**Phase 1:** Public health authorities require shelter in place, public training facilities are closed  
***Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.***

**Phase 2:** Public health authorities lift shelter in place requirements, but continue to prohibit group activities and public training facilities remain closed  
***Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.***

**Phase 3:** Public health authorities allow small group activities (< 10 people), but public training facilities remain closed  
***Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.***

**Phase 4:** Public health authorities allow public training facilities to open WITH limitations on group size. ***Dojos/clubs may OPEN for individual training in small groups ONLY if social distancing and masking are maintained.*** Check with state and local health authorities if direct contact may be allowed. ***Continue infection prevention methods.***

**Phase 5:** A vaccine or cure for COVID-19 is developed and distributed to the public at large. Dojos resume large group training in accordance with local public health regulations. Athletes with prior COVID-19 infection may resume direct contact following the guidelines above. Continue infection prevention as previously.

## **Continue infection prevention methods.**

Please know the current phase in your local area/jurisdiction, apply, and adhere to it.

### **Regarding COVID-19 Testing:**

There are now many different COVID-19 testing protocols and kits available. There are huge variations in pricing with little detailed information available regarding the accuracy and validity of these tests. Also, not all tests are available everywhere. This being so, though testing is important, it is difficult to recommend a particular protocol/test for people to take. Therefore, **WE ARE NOT MAKING TESTING A REQUIREMENT for return to training.**

### **Mandatory Temperature Checks:**

Temperature checks are MANDATORY for everyone prior to entering the dojo/club/training facility. The maximum acceptable temperature for entry is 100.4°F/38° C. Someone with a temperature that is higher than this is considered to have a fever and should seek medical advice.

### **Visitor Log:**

If your dojo/club is OPEN or hosting/conducting any activities, please use a visitor log to have a listing of everyone who comes into the dojo/club. This includes: vendors, guests, visitors, parents, friends, relatives, potential students, students, athletes, and instructional staff. Basically, ANYONE who walks in the door. You should capture: the date that they were there, the person's name, a contact telephone number, and their temperature. A sample visitor log can be found on the last page of this document. Please feel free to make copies and use it.

If someone in the dojo tests positive for COVID-19, you should call everyone who has been exposed to let them know of the exposure so that they can take appropriate action. Please follow CDC guidance on quarantine intervals and tracing. Exposure is defined as any individual within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24 hour period.

Here's a link to the CDC page on contact tracing:

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>

### **Personal Hygiene & New Habits:**

Now is a great opportunity to develop some great personal hygiene habits. Of critical importance is hygiene both before and after any training session.

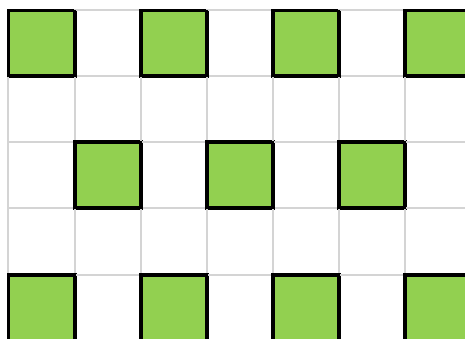
1. All judogi's and belts should be completely clean and laundered before any training session.
2. Athletes should shower, lather up, and scrub vigorously before and after training sessions that involve close personal contact with a training partner.
3. Obviously, there should be **NO SHARING** of towels, water bottles, liquids, food, snacks, supplements, and etc.
4. Weights, machines, and other training aids should be wiped down using an appropriate cleaning solution between users.

5. Use hand sanitizer every time one enters or exits the dojo.
6. Clean feet with antibacterial/antiviral wipes every time one steps on to the mat.

### **Maintaining Social Distancing & Spacing:**

A good way to maintain some social distancing and spacing is to give your athletes their own 6' x 6' space to work in...

1. Envision your mat space as a grid with 6' x 6' squares (modified checker/chess board)
2. Use removable tape on your mat surface to define the 6' x 6' grid
3. Tear the tape and remove them in between the light or odd squares
4. Skip over a row (leave empty) and go to the next row
5. Tear the tape and remove them in between the dark or even squares
6. Repeat steps 3-5 until you are complete
7. This should leave you with 6' x 6' squares that are surrounded by 6' of free space for your athletes to work in



### **Use Face Masks:**

We encourage the use of face masks. Especially during the times when appropriate to do so: bowing in and out at the start and end of the class/practice, during times when there is group instruction, during lectures/talks. Furthermore, we encourage the use of face masks by all family, friends, guests, and visitors while they are inside of the dojo.

It can be a bit problematic to require the wearing of face masks while engaged in tachiwaza or newaza randori. It is certainly reasonable to require the wearing of face masks when engaged in less than rigorous activities. It helps to keep everyone mindful of the current pandemic and public health guidelines. The additional efforts to be diligent will likely be helpful in creating a safer and thoughtful environment for your current and potentially new members.

### **Dojo Cleaning:**

For dojos, best practice would be to:

1. **Disinfect mats before and after training with a diluted bleach solution.** Mixing these proportions of bleach and water can make the bleach cleaning solution:  
 5 tablespoons or 1/3rd cup of bleach per gallon of water  
**OR** 4 teaspoons of bleach per quart of water
2. **Disinfect high touch areas such as doorknobs, handrails, benches and lockers.**
3. **If possible, place hand sanitizer at entrances and exits.**

The bleach solution is very effective and the most economical, but here is a link to a list of commercially available disinfectants that should have antiviral activity against COVID-19 and other pathogens:

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19>

The key for any of this to work is that you **must allow the solution to dry for at least 5 minutes for the full antiviral/antimicrobial effect.**

***BLEACH CAUTIONS:***

1. As the bleach solution does contain bleach, it may affect the color/finish of whatever comes into contact with the bleach solution. It may also bleach-out or cause colors to fade, burn materials. Adversely affected items may include and not be limited to things like: clothing, painted objects, furniture, furnishings, cloth materials, leather, colored items, cloth, materials, metals, plastics, rubber, carpets, rugs, wood, paper, and etc.
2. **Do NOT MIX the bleach or bleach water with any other chemicals or cleaning products. Mixing bleach with products containing acid or ammonia will result in the creation and release of HIGHLY TOXIC CHLORINE GAS and other dangerous by-products. Exposure to chlorine gas can cause serious permanent long-term injury and can be lethal.**
3. It would be prudent to use appropriate protective clothing & devices such as safety eyewear & gloves to protect your eyes and avoid any/prolonged contact with your skin.
4. Be sure that there is adequate ventilation when using bleach or the bleach solution.
5. Please be sure to take appropriate precautions to avoid any accidents, spills, and other foreseeable problems and dangers.

***USJF Sanctioned Events:***

The National Office is accepting applications for sanctioned events. Sanctions will be granted and approved only for jurisdictions where the state and local regulations allow the activity. Should those public health regulations prohibit the activity, the sanction for the event is automatically cancelled. The event organizer/director agrees to implement the rules and protocols described in the USJF COVID Event Guidelines. Please read through thoroughly the updated USJF COVID Event Guidelines document by visiting the webpage. The latest version of the document will always be posted there.

**USJF sanction and insurance coverage is contingent upon compliance with USJF guidelines, local, and state regulations. Failure to do so automatically VOIDS the sanction and all insurance coverages.**

***USJF National Office Update:***

In compliance with government recommendations and mandates, the USJF National Office will continue to operate with the staff generally working remotely from home as much as possible. Though we will continue to answer the telephone, we strongly encourage you to communicate with us via email during these times. The National Office will continue operations in the current manner until local mandates/restrictions are completely lifted.

***Next Update On February 28, 2022.***

At this time, we plan to issue an update on February 28, 2022. Should conditions change/worsen to an extent that further restrictions on elite athletes or any other actions are advisable, we will issue updated pertinent guidance at that time.

***Additional:***

Again, this is a very unique and dynamic situation and these recommendations may need to be modified as new information and national guidelines become available. Please do not hesitate to contact either Dr. Chen, Dr. Fujimoto, Dr. Isono, or Dr. Joseph, if you have any additional questions or concerns. Our contact information is listed below.

Best Regards,  
USJF National Medical Committee  
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Chairperson  
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