

Japan Wrestling Federation COVID19 Countermeasures Training Guidelines

Alert Level	A : EMERGENCY DECLARATION (特定警戒地域)		B : LIFTING OF EMERGENCY DECLARATION (SELF ISOLATION + PRECAUTIONARY PERIOD)			C : NEW WAY FORWARD	
TOKYO GUIDELINES	Step-0		Step-1	Step-2	Step-3		
TRAINING PHASES	Phase-1	Phase-2(1~2 weeks)	Phase-3(1~2 weeks)	Phase-4A(1~2 weeks)	Phase-4B	Phase-5	
DAILY/HOME LIFE	<ul style="list-style-type: none"> ① 1. Avoid Gatherings/Crowding, 2. Avoid closed spaces 3. Avoid close contact throughout daily life ② Practice thorough handwashing and face-washing with soap, disinfecting of hands with sanitizer (at least 70% alcohol). ③ Self monitoring of health & daily activity log:Temperature check, at least once a day, recording daily health as well as places you may have visited for tracing (be able to provide at least 2 weeks worth of above information at anytime) ④ Ensure to eat properly and get enough sleep. ⑤ No sharing of towels or linens, even amongst family members ⑥ Always wear a mask when going out ⑦ Avoid going out if not necessary, and avoid public transportation as much 						
TRAINING ENVIRONMENT	<ul style="list-style-type: none"> ① Initially, conduct training inside your homes (stretching, strength training) ② Avoid sharing training equipment. If sharing required, ensure to sanitize after every use. ③ If working out outdoors, ensure to be alone within a 5m radius, with little to no one around (jump ropes, burpees, shadow training, circuits) ④ Study on De-training and Re-training methods. 						
		<ul style="list-style-type: none"> ① Ensure that participants did not have temperature above 37C together with symptoms (fever, cough, headache, nausea, lost of taste/smell) in the last 2 weeks. ② Ensure strict adherence of separating outdoor and indoor shoes. Also, sanitize the soles of the wrestling shoes everytime you are to step onto the mats. ③ Sanitizing of mats: Sanitize before training, during training, and after training (3 times). ④ Avoid lockerroom usage ⑤ Keep 2M personal space at all times ⑥ Adequate air circulation 					
TRAINING PROTOCOL/CONTENT	※ Max Pax per 1 Matspace	6 athletes (1 coach)	10 athletes (2 coaches)				Maintain 10 max per matspace
	① Initially, conduct training inside your homes (stretching, strength training)						
	② If working out outdoors, ensure to be alone within a 5m radius, with little to no one around (jump ropes, burpees, shadow training, circuits)	① No partnering up at all	① Training with groups of 2 -3 (no changing partners outside of group) (pair training, uchikomi, sparring)	① Group Training of up to 10 (no changing of group members)			
					① Group training of up to 10 pax (interchanging of members allowed)	② If no new COVID19 case within prefecture in last week, training outside of prefecture allowed.	