

# **Covid Protocol**

## **US Judo Federation Medical Committee**

COVID Update 10/2022

Effective immediately, the following shall apply to all USJF Dojos and all USJF events, local and national:

### **Testing:**

1. USJF events will follow jurisdictional COVID-19 guidelines provided by the local/state health department and/or appropriate government entities
2. COVID testing is not a requirement from the USJF national office
3. Testing may be required at the discretion of the event medical director, depending on local conditions
4. International competitors from outside the United States will need to follow COVID-19 testing and other protocols as required by the US State Department/CDC.

### **Vaccinations:**

1. There is no COVID-19 vaccine requirement for athletes, referees, staff, vendors, or spectators. However, COVID-19 vaccines are highly encouraged.

### **Masking:**

1. Masking should follow local/state health department guidelines
2. There is no masking requirement from the USJF national office

### **Symptom Screening:**

1. Symptoms screening, visitor logs, or temperature checks are not required
2. Symptom screening may be performed at the discretion of the head sensei, or event medical director
3. Individuals actively experiencing symptoms including fever, cough, sore throat, and fatigue should not practice/participate

### **Hygiene:**

1. Continue to sanitize/wash hands frequently
2. Clean mats and equipment regularly

### **Returning to Activity after COVID Infection:**

1. Members who were asymptomatic or had mild symptoms may return to activity on a gradual basis after an appropriate period of isolation. Please visit the CDC website for isolation guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>
2. Members who require hospitalization or experience new or prolonged cardiopulmonary symptoms should consult with their personal physician BEFORE returning to activity
3. If you have any questions or concerns, please consult your personal physician