



Dear Judokas,
Dear club members,
Dear parents!

The gradual withdrawal of various restrictions in connection with the Covid 19 pandemic allows us to practice Judo under certain conditions, subject to certain legal constraints. We have decided to offer Judo in a reduced form from now on, rather than waiting until Judo can be practiced again in the normal and usual form.

To be able to do this, certain guidelines must be strictly adhered to. On the part of the clubs

- Judo Club Stroossen
- Judo@Miersch
- Judo Club Roeserbann

we have agreed on basic common guidelines. However, there are also different specifications between the clubs (see specifications below).

The following guidelines apply to all clubs:

1. All judokas can register for training at all three clubs. (Cooperation)
2. Registration for each training course must be made by e-mail, by 18:00 the previous day at the latest. Based on the registrations, the exact training times will be determined and communicated to each trainee by e-mail (combinations or increases of training sessions are only possible on the basis of the registrations).
3. Participation in training is only possible for athletes and children from the age of 8 on. New beginners cannot participate in training.
4. A questionnaire regarding the health status quo is attached. This questionnaire has to be filled out anew and brought along with every training. At the training location there is a container where everybody has to deposit the completed form.
5. The number of participants in a training session is adapted to the location and the legal requirements. If there are more registrations than the permitted number of participants, the training session will be split, and more sessions will take place. The allowed number of athletes is listed at the bottom of the venue description.
6. Gym tires/circles will be put on at the training location at the prescribed distance. Each training participant places himself in a tire and keeps this position until the training starts.

Physical contact with other participants is not allowed. Everyone must keep a minimum distance of 2 meters. A minimum of 8m² is available for each athlete's practice.

7. Changing rooms are not allowed to be used. The toilets are also not available during the outdoor training sessions. Please make arrangements for this in good time. It is best to come to the training already in/wearing your Judogi. Not possible if you travel by public transport. Shelves for the training bags will be prepared.
8. All athletes must arrive and depart with a mouth and nose cover (mask). However, they are allowed to take them off during training. The trainer has to wear the mask during training and also afterwards (until all athletes have left the training place).
9. If several training sessions are planned one after the other, a break of 30 minutes must be planned between the training sessions to avoid contact between the groups.
10. Clubs shall provide disinfectants. These are to be used under each's own responsibility. Children under 10 years of age may only use them under the supervision of the responsible trainer. The training aids, such as gymnastics circles etc. will be cleaned with disinfectants by the coach before each training session.
11. For participants from a common household (brothers and sisters, parent-child) there are other regulations, which make more training possible. This must be dealt with separately and requires the approval of the responsible trainer.
12. Watching the training as a spectator is not allowed.
13. All trainings are recorded on video to document the correct and proper handling of the health recommendations. The videos will not be published or passed on. They will be irretrievably deleted after one month.
14. Ideally, athletes should bring a gym mat or iso-mat for outdoor training. Alternatively, all those training should bring at least a bath towel with them.
15. These units will be offered from 15 June to 17 July 2020.
16. On 17 July an evaluation of the current situation will be made and the new possibilities for possible summer training possibilities will be determined accordingly.
17. We all train with judogi and judo belt.
18. All participants are asked to bring their own water bottle. It is not allowed to pass the water bottle to other training participants before, after or during the session.
19. The health of our athletes and trainers is our highest priority. We appeal to all participants to observe the legal regulations. Only in this way will we be able to return to "normal operation" as quickly as possible.

Training locations and training times:

JC ROESERBANN:



Maximum number of participants: 15 (per training session)
Location: Hall Omnisport Crauthem
Ground: Tatami
Training times: MONDAY & THURSDAY:
18:00 – 18:45
19:15 – 20:15 (if < 15 participants this unit is omitted)
Responsible trainers: Monday: Franz Kofler
Thursday: Tiberius Hercz
Registration for training under: judofamily.franz@gmail.com

JC STROOSSEN



Maximum number of participants: 20 (per session)
Location: National Hall for Martial Arts - 284, rue Reckenthal, L-2410 Strassen
Covered parking space
Ground: Asphalt (do not forget a towel or mat)
Training times: WEDNESDAY & FRIDAY:
17:30 – 18:15 (8-12 years old)
18:45 – 19:30 (+12 years old)
Responsible trainer: Franz Kofler
Registration for training under: judofamily.franz@gmail.com

JUDO@MIERSCH



Maximum number of participants: 7 (per session)
Location: Dojo, Hall Omnisport, rue des prés, Mersch
Ground: Tatami
Training Times: TUESDAY & THURSDAY:
17:00 - 17:45 (8-10 years old)
18:15 - 19:00 (11-12 years old)
19:30 - 20:30 (+12 years old)
Responsible trainer: Franz Kofler
Registration for training under: judofamily.franz@gmail.com

CONTACTS:

For any questions or further information, please feel free to contact us:

Questions about the training content and procedure (inter-club):

Franz Kofler, M: judofamily.franz@gmail.com or by phone: +43 664 7544 2325

Questions in French, English and/or on the exact action to be taken, safety precautions and general resumption of judo training session in Luxembourg:

Tom Schmit, M: tom.schmit@judo.lu or by phone: +352 661 515 764