

COVID-19 LAW ENFORCEMENT TRAINING ASSOCIATION (POLICE JUDO) GUIDELINES

NOTE: these guidelines are subject to change and will reflect updated Public Health measures, phase of pandemic response and mitigation.

Guidelines updated on January 1, 2022



BACKGROUND

The LETA would like to acknowledge the VPD/Provincial Working Group on COVID-19, Taipei Police Academy, the Provincial Government of BC, the Fraser Health Authority and the Worker's Compensation Board of BC for material to support the b/m training protocols.

Evidence from around the world has indicated that transmission of the SARS-CoV-2 virus – the virus responsible for the COVID-19 illness - is via droplet and contact mode. This is consistent with other coronaviruses that are circulating. The World Health Organization (WHO), Public Health Agency of Canada (PHAC) and other expert groups have recommended the use of **Droplet** and **Contact Precautions** when interacting for individuals with this illness.

DEFINITIONS:

Droplet transmission occurs when the viruses travel on relatively large respiratory droplets that people sneeze, cough, or exhale. They travel only short distances (usually less than 2 meters) before settling. These droplets may be loaded with infectious particles and can infect another person if the viruses contact their eyes, nose or mouth. Droplets do not stay suspended in the air and eventually settle on surfaces. The best protection for droplet transmission is distance from a person who is coughing, sneezing, exhaling.

Contact transmission occurs when viruses are transmitted by touching surfaces. SARS-CoV-2 can persist for several days on surfaces. The best protection for surface transmission is good hand hygiene, avoidance of face touching and the wearing of disposable nitrile gloves.

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Close contact: A close contact is someone who has been face to face for at least 15 minutes without personal protective equipment (PPE) or gone hands on without PPE, or been in the same closed space for at least 2 hours, with someone who has tested positive for the COVID-19 when that person was infectious, or who lived with or otherwise had close prolonged contact (within 2 meters) with a case while the case was symptomatic and not isolating, or had direct contact with infectious body fluids of a case (e.g., was coughed, spat or sneezed on) without the appropriate use of recommended PPE or had a breach in PPE.

Non-close contact: A non-close contact is an encounter when social distancing was maintained (> 2m or 6 feet) or who had similar close physical contact with consistent and appropriate use of PPE (no breach of PPE), or who lived or otherwise had prolonged interaction but was not within 2 m or 6 feet of a case while the case was symptomatic and not isolating.

GENERAL GUIDANCE:

- The decision to conduct Police Judo training in all cases will be determined and based on an ongoing risk assessment. Considerations include; public risk, volunteer risk, legal risk, and organization liability;
- Trainers will screen instructors and participants using the guidelines below.
 - Increase daily sanitation routines, including wiping down of high-touch surfaces with standard disinfectants. This includes mats, doorknobs, light switches, equipment, etc.;
 - Minimize sharing of training equipment/training space;
 - Determine number of instructors necessary to run each class and consideration should be given to use the least number of instructors while ensuring a safe training environment;
 - Set up hand sanitizing stations;
 - Training will be guided by the Police Judo Safety Plan – which will be updated to reflect the current BC Prov. Govt protocols.

GENERAL PRINCIPLES:

Note: *The following recommendations specifically apply to a Police Judo training context where members can be screened, provide a reliable history and risk stratification, and represent a healthy cohort of our population, working in a controlled environment.*

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1) PRE-SCREENING:

All instructors and participants in the Law Enforcement Training Association Police Judo training should answer the following questions:

- Do you have any of the following symptoms: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.
- Are you, or anyone you are living with, either sick, self-isolating, or quarantined?
- Have you traveled out of the country within the last 14 days?

Any instructor or participant who answers 'yes' to the questions above, should not be permitted to enter the facility.

It is recommended that anyone with symptoms of COVID-19 call 8-1-1 for guidance.

Provided the instructor/members pass the self-assessment screening tool, they are eligible to continue with training.

2) INFECTION PREVENTION & CONTROL PRINCIPLES FOR POLICE JUDO TRAINING:

A) PPE for Police Judo Training:

- Clean Judo Gi
- Face masks will be required to be worn if required by the Prov Gov't guidelines
- Eye protection does not need to be worn
- Gloves do not need to be worn

B) Training Facility:

- Personal water bottles/hydration should be used while also avoiding communal hydration options e.g. water fountains;
- Maintain meticulous and frequent hand hygiene, and;
- Maintain increased cleaning of hard surfaces (mats, training-floor, etc.).

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PERSONAL MEASURES:

- Practice meticulous and frequent hand hygiene while on-site. To help reduce your risk of infection:
 1. Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection.
 2. If a sink is not available, alcohol-based hand rubs (ABHR) can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them.
 3. Do not touch your face, eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough;
- Regularly clean and disinfect frequently touched surfaces;
- Do not share food, drinks, utensils, etc.;
- Training Facilities to limit the number of people in common areas such as sign-in area (max numbers should be clearly posted);
- Do not come to training if you are feeling ill or exhibiting symptoms such as a cough, fever or difficulty breathing, or even mild symptoms such as a runny nose or a sore throat.

POLICE JUDO TRAINING CONSIDERATIONS:

A designated volunteer → “Gate Keeper” shall be responsible to ensure compliance with the following:

- Ensure the mat area has been sanitized prior to and after each training session.
- The training floor is 1500 square feet, capacity will be determined according to the Police Judo COVID-19 Safety Guidelines.
- Each training session will be limited to the current Prov. Gov’t standards as well and where applicable the Via Sport recommendations.
- Proper mat ingress and egress;
- Judo Gi’s should be properly sanitized before and after training sessions. Participants are required to arrive with a clean and washed judo gi.
- A list of all participants will be retained for each training session. All participants will be required to acknowledge they have read and understood the prescreening questions.

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POST-TRAINING CONSIDERATIONS:

- Instructors and participants will wash hands at the completion of training with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection.
 - If a sink is not available, alcohol-based hand rubs (ABHR) can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them.
 - Do not touch your face, eyes, nose or mouth with unwashed hands.
- All equipment used during training should be properly sanitized prior to leaving the training environment;
- All participants should be advised to monitor for symptoms after leaving training and should be advised seek medical advice if symptoms begin to show.