



UNITED STATES JUDO FEDERATION

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MEMORANDUM

TO: USJF Yudanshakais
USJF Dojos
USJF Members
USJF Board of Directors Delegates
USJF Committee Chairpersons
Yudanshakai Presidents & Rank Registration Chairpersons
USJF Executive Committee

FROM: Robert Fukuda, Executive Director

RE: SafeSport Training
& Center for Disease Control Concussion Training

DATE: July 29, 2015 *(minor edits & corrections)*

At the Annual Board of Directors Meeting in Irving, Texas. The Board passed new mandatory education and training requirements for all USJF dojos.

Accompanying this will also be some protocols/procedures and paperwork that will be implemented to protect the athletes and also as risk management measures to protect you, your dojo, and your instructors. These will be used at your dojos and also at all sanctioned events.

Education & Training Courses

The following new education and training programs are strongly encouraged for all USJF teachers, coaches, instructors, volunteers, staff, parents, and athletes.

1. **SafeSport** (FREE online training, ≈1.5 hours)

SafeSport is a USOC approved and sponsored program that addresses misconduct and abusive conduct in sports. It provides training in how to prevent these problems, how to recognize these problems, and how best to address them. SafeSport provides certification & proof of completion upon successful completion of the online course.

Once an individual has completed the initial training, they should take the SafeSport refresher course on an annual basis to update and reaffirm previous training.

2. **Center for Disease Control (CDC) Concussion Training** (FREE online training, ~ 30 mins)
The CDC offers concussion training and certification upon completion of the training.

ALL yudanshakais, chartered dojos & clubs, teachers, coaches, and referees must complete the CDC Concussion Training online course.

ALL athletes, parents, and legal guardians must be educated via the distribution and use of the CDC Concussion Fact Sheet.

Educational Requirements & Compliance Deadline - November 30, 2015

1. **SafeSport**

A **minimum of one (1) dojo instructor in each USJF dojo MUST complete SafeSport training** and provide a copy of their completion certificate.

The **deadline for compliance for upcoming FY 2016 is November 30, 2015**. Each USJF chartered club/dojo MUST provide a copy of a SafeSport completion certificate for a minimum of at least one (1) dojo instructor by November 30, 2015.

2. **CDC Concussion Training**

All yudanshakais and all chartered clubs/dojos, are to mandate the education of all persons acting as teachers, coaches, and referees about concussion through the organized training published by the Centers for Disease Control and Prevention (CDC), and to inform athletes and parent(s) or guardian(s) of minor participants about concussion by means of the CDC's concussion fact sheet.

This training and provision of information specifically addresses the basic aspects of the importance of concussion, the evaluation for concussion, the appropriate on-mat and sideline response, and, if concussion is considered likely, the return to play after graded physical and mental activity as directed by a professional healthcare provider. Each organization will annually certify in writing that this directive has been followed within the organization.

The **deadline for compliance for upcoming FY 2016 is November 30, 2015**. The annual reporting and certification forms will be provided to the yudanshakais and dojos by USJF.

General SafeSport & CDC Concussion Training Information To Be Provided

Informational memos regarding where and how to obtain the SafeSport and CDC Concussion Training will be distributed during the next couple of weeks. Some of the links and course protocols have been changing and so we are making sure that we provide everyone with the most current and correct information and links.

Dojo & Sanctioned Events Procedures & Protocol Adoption Deadline - November 30, 2015

The procedures, protocols, and forms for these new requirements will be forthcoming in the next few weeks. They will be necessary for your dojo and all USJF sanctioned events.

In a nutshell, this protocol will apply to all Judo practices, training, seminars, clinics, tournaments, workouts, & etc. and will be referred to as "Judo events".

1. If an individual suffers an impact, especially to the head, that results in a confirmed loss of consciousness of any duration, or if an individual is determined by medical personnel of the event to have a significant probability of having sustained a concussion, the individual shall be immediately removed from the activity in that Judo event, and any other Judo event for that day. A responsible adult companion or parent/guardian will be provided with the appropriate CDC fact sheet on concussions to assist in monitoring the individual thereafter.
2. If an individual has been removed from a Judo event because of a significant probability of having sustained a concussion, he or she will not be permitted to return to judo activity for at least 24 hours, and only then with written permission from a professional healthcare practitioner. The written permission will include specific directions for the graded return to physical activity and Judo events.
3. Every yudanshakai, dojo, and Judo event should have a concussion emergency action plan, including contact information for local emergency responders and the locations of trauma centers, hospitals, and other health care facilities.
4. Every yudanshakai and dojo should identify appropriate health care professionals for events and practices to help assess and manage concussion among their athletes.

Health, Insurance, & Risk Management Considerations

The long-term health issues created by physical, mental, and sexual abuse are very well documented. We have a duty to do all that we can to educate ourselves so that we may be able to recognize when abuse occurs, and do all that we can to eliminate and prevent abuse within our community.

The long-term health issues created by the improper recognition and treatment of concussions and other head trauma is becoming more well documented and is starting to become more recognized and a very great concern and public health issue. We have a duty to do all that we can to educate ourselves and protect our community and ensure that we are doing all we can to ensure their good health and safety.

Insurance companies are now making education and certification programs like these mandatory. Though, it is not yet mandatory, the writing is on the wall and we need to start doing it now. If these programs or something similar is not a requirement for our FY 2016 policies, it will surely be required for FY 2017. We need to educate and train our community now.

Implementing these programs is the responsible and proactive way to protect the members of our community. We have a moral and ethical responsibility to implement these programs. Through the education provided by these programs we are trying to inoculate our community to stave off these terrible things before they occur.

Prevention is a vital and critical component of risk management strategies.

For The Benefit Of Students/Athletes, Instructors, Dojos, Yudanshakai, & Ourselves

These new rules and changes will require more of your time and effort and we appreciate your dedication to Judo. Though it may be a source of frustration please remember that:

- Education in these vital areas will make you a better teacher, instructor, or coach.
- Greater knowledge & awareness will prepare our community to take better care of each other.
- Increased safety for everyone is always a good thing.
- All of these points also add up to everyone behaving more responsibly, and better risk management.
- Will help to ensure that we are continuing to maintain Judo as a safe, healthy, and fun activity for everyone.

We look forward to working with everyone to implement these new programs.

Thank you very much for your readiness to meet the new call!