

# USJF COVID-19 UPDATE

**PHASE 1** Public health authorities require shelter in place, public training facilities are closed. **Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.**

**PHASE 2** Public health authorities lift shelter in place requirements, but continue to prohibit group activities and public training facilities remain closed. **Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.**

**PHASE 3** Public health authorities allow small group activities (< 10 people), but public training facilities remain closed. **Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.**

**PHASE 4** Public health authorities allow public training facilities to open, no limitations on group size. **Dojos/clubs may OPEN. Direct contact allowed to resume during this phase.**

**PHASE 5** A vaccine or cure for COVID-19 is developed.  
**Same as Phase 4. Continue infection prevention methods.**

## MANDATORY TEMPERATURE CHECKS

Temperature checks are MANDATORY for everyone prior to entering the dojo/club/training facility once we reach Phase 3 & 4. The maximum acceptable temperature for entry is 100.4°F/38° C. Someone with a temperature that is higher than this is considered to have a fever.

**COVID-19 TESTING IS NOT REQUIRED.**

**NEXT UPDATE: MAY 31, 2020.**

Please keep in mind that the handling & treatments for the COVID-19 pandemic is a live, real-time experiment worldwide. It is impossible to impose a definitive timeline on the phased resumption of normal activity as the situation is very dynamic and fluid. Consequently, the return to activity phases depend on the situation and circumstance in your local jurisdiction.