



# RETURNING TO THE MATS: COVID-19 ACTION PLAN FOR SAMBO IN ENGLAND - APRIL 2021



Created 10<sup>th</sup> April 2021



# INTRODUCTION

Sambo is a Soviet martial art and combat sport which stands for **SAMozashchita Bez Oruzhiya**(meaning “self-defence without weapons”). It’s one of the modern form of martial arts and also has been recognized as the third style of international wrestling by **United World Wrestling**. It is inspired by **Jujutsu, Judo**, and other forms of martial art and is mostly referred as a self-defence art.

In this sport, two people fight with each other within certain rules and regulations. While playing, the players apply different blows and tricks against each other and based on their tricks, they get points. The player with highest points wins the match. The players can also win the match by successfully attempting different locks or submission tricks on each other and can end the match before time. Sambo players go through a rigorous training phase in order to get a hold of this sport. The players must have the ability to strike and grapple in the clinch. While playing, the match demands a lot of aggressiveness. In order to excel in the match, the players need to excel in different kinds of skills.

Players need to be agile and flexible and have to learn different kinds of throws, joint locks, strikes, kicks and suffocation skills that are used throughout the match. It takes years of training and dedication to learn the art as this sport demands excellent control over all skills.



# ABOUT SAMBO IN THE UK

The British SOMBO Federation is the recognised National Governing Body for the sport of SAMBO in the United Kingdom. The primary activities of the Federation are to manage, promote, control, regulate and develop the sport of SAMBO and associated disciplines

The sport is delivered through coaching and training sessions, gradings, competitions, seminars, meetings, forums and other channels. It is impossible to produce a single Health and Safety policy that can accommodate all of these different localised environments. Therefore, we need everyone to assist in the process.

As the control body we have set numerous minimum standards and guidelines that need to be adhered to when delivering the sport SAMBO and its associated disciplines.

**The British Sombo Federation was founded by Martin Clarke in 1986.**



# THE SPORT OF SAMBO

SAMBO is a grappling art that is practised in pairs. The uniform consists of a Kurtka (heavy cotton jacket) shorts and SAMBO boots. A class under normal circumstances would typically consist of a warm-up routine, followed by the instructor demonstrating the techniques that they wish to teach, followed by paired drilling of the techniques. The last portion of the class always involves full-contact sparring in which the players attempt to use the techniques they have learnt at full speed against a resisting opponent. Equipment is minimal, normally just the students' uniforms and the matted flooring. SAMBO is almost always practised indoors. Competitive play is in the form of tournaments, which (normally) takes place at frequent intervals across the country. Participant numbers for SAMBO tournaments can vary from 100 upwards. Tournaments are usually an open format, that anybody may enter. Participants are matched by age, gender and weight.

**REQUIREMENTS FOR SAMBO UNIFORM AT FIAS COMPETITIONS**

**SPORT SAMBO UNIFORM & COMBAT SAMBO PROTECTIVE EQUIPMENT**

- Combat SAMBO helmet
- Mouth guard
- SAMBO jacket
- Combat SAMBO gloves
- SAMBO shorts
- Combat SAMBO shoe guard
- SAMBO boots
- Sand bagging (if)

**SPORT SAMBO CONTESTANT'S DRESS**

- Gap between the arm and the waist and area that is 10 cm
- 20-30 cm
- The laps of the jacket shall be 10-15 cm lower than the belt
- V1
- V2
- V3

**PLACEMENT OF FIAS CONFORMITY MARK AND MANUFACTURER LOGOS ON SAMBO UNIFORM**

- FIAS conformity mark
- Manufacturer Logo

**PLACEMENT OF FIAS CONFORMITY MARK AND MANUFACTURER LOGOS ON PROTECTIVE EQUIPMENT FOR COMBAT SAMBO**

- Manufacturer Logo
- FIAS conformity mark

International SAMBO Federation [www.sambo-fias.org](http://www.sambo-fias.org)



# RISK OF TRANSMISSION

## DROPLETS

During full contact training droplet transmission is a high risk area due to increased respiration and proximity of players to each other. There are a number of ways in which these risks can be minimised and mitigated which are detailed on page 10 of this document.

## FOMITES

Equipment use is minimal – with the primary risk of fomite transmission through surfaces and clothing. As well as shared surfaces such as door handles and bannisters and other facilities, the mats could also provide a risk of transmission. In normal conditions it is not common for training uniforms to be worn outside of the club as this can bring bacterial and fungal infections into the training area (e.g. ringworm) and it is highly likely that fomite transmission would be elevated if training kit was worn travelling to the club. This risk must be balanced against the risk of droplet transmission in changing areas and depends largely on the amount of space in changing areas relative to the amount of students present. Rigorous and documented cleaning procedures are key to the SAMBO strategy for managing fomite transmission, with mats and surfaces cleaned between sessions to minimise the risk of cross contamination between bubbles. We support limited opening of changing areas for bubbles as this will not add to transmission risks that already exist within the training environment, but would significantly reduce fomite transmission risk.

# RISK OF TRANSMISSION

## POPULATION

Population management is at the heart of the SAMBO strategy for a return to sport. By limiting the contact between players we are able to control the potential spread of Coronavirus whilst still allowing full contact training. In sports where social distancing is impossible the Government recommends training in “small clusters” and allowed this from the beginning of June for elite athletes. The SAMBO formulated the bubble system based on this and has successfully piloted this scheme over the last 6 months, with data to evidence. It will be relatively simple to expand this process and have an orderly and regulated return to sport in phases. It is an essential part of this strategy to spread out training in order to maintain a maximum of 1 player per 3 square metres of mat space and a maximum number of 6 participants per bubble (adults) or 15 participants per bubble (juniors <18)





# RISK MANAGEMENT GENERAL

The central strategy to mitigating transmission risk is to minimise the number of people that a player may come into close contact with. To enable a safe return, all SAMBO classes should group students into bubbles. Bubbles should consist of up to 6 participants (adults) or 15 participants (juniors <18). Members of a bubble are not to train with anybody outside of the bubble. Individuals may only be part of a single bubble at an individual club/gym. Individuals may not be part of multiple bubbles at the same or at different venues. These rules also apply to coaches who need to breach social distancing to teach, train or demonstrate technique.

Coaches who maintain social distance may coach multiple bubbles in multiple gyms, but should consider limiting their exposure. Should a member of a bubble report or display symptoms of Covid-19, or come into potential contact with Covid-19 (e.g. through a test and trace alert or family member or co-worker), the entire bubble is to be withdrawn from training, required to self isolate for 14 days (or until a negative test result) and report via test and trace. As coaches may provide a transmission vector across multiple bubbles, they may not release themselves from self isolation by a negative test, but should remain isolated for the full 14 day period. Clubs should ensure they have sufficient space for bubbles to train safely with a minimum space allowed of 9m<sup>2</sup> per player. Multiple bubbles may only train at the same time if there is sufficient mat space to allow them to do so while maintaining social distance from other bubbles/participants. Away from the mats social distance must be maintained at all times and clubs must put measures in place to prevent crossover contact between bubbles (e.g. in communal areas). All clubs should have test and trace procedures in place for clubs to alert any bubble members of a potential infection risk.

# RISK MANAGEMENT DROPLETS

Appropriate PPE to be provided to all staff and instructors, including masks and screens for reception desks.

- Clubs to ensure sufficient space with the venue (minimum of 9m<sup>2</sup> per student), and limit class sizes accordingly.
- Bubbles must not crossover in communal areas (entrances, exits, changing areas) where possible, either physically or by time.
- Social distance (>2m) to be maintained at all times by staff, students and visitors, except when drilling/sparring.
- Clubs to ensure adequate ventilation for venues – all doors and windows to be open at all times.
- No communal warm-ups - warm ups to be conducted solely by members of a training bubble in the space provided for that training bubble.
- No access to venue for other sports/martial arts during training sessions.
- No handshakes or huddles, social distance maintained at all times other than when drilling or sparring
- During training (or during competition in Phase 3), efforts should be taken to prevent shouting or cheering by spectators.





# RISK MANAGEMENT FOMITES

Clubs to ensure changing areas have adequate space to preserve social distancing requirements and all surfaces must be cleaned/disinfected after use. Staff/students/visitors should not share equipment and should remove and securely stow personal items (bags, clothing, towels etc.) where they will not cross-contaminate surfaces.

- Toilet facilities should be maintained in line with relevant guidelines covering indoor sport

- All communal areas to be deep cleaned/disinfected before/after every session

- Mats to be deep cleaned / disinfected after every training session and in between bubbles, if multiple bubbles are using the same mat area

- No equipment to be shared, including students' own equipment (water bottles, towels etc.)

- Training clothing must be removed from the premises and laundered by the participant after every session



# RISK MANAGEMENT - POPULATION

Training bubble system in place Limited class sizes, based on requirement of minimum 9m<sup>2</sup> space per participant and training bubbles of 6 participants per bubble (adults) or 15 participants per bubble (juniors <18)

- Vulnerable individuals, members of at-risk groups or those sharing households with at risk individuals to be discouraged from returning to training until Phase 3 or until relevant guidelines permit.
- Health screening in the form of temperature checks and wellness questionnaires for students, staff and visitors prior to training
- Self reported symptoms and/or high temperature readings to result in withdrawal from training (for all members of training bubble), reporting to Test and Trace and self isolation as required by relevant guidelines
- Club to ensure detailed records are kept, in compliance with both the requirements of Test and Trace and GDPR
- Clubs to ensure participants adhere to legal gathering limits (currently 6 individuals in Tier 1) before, during and after training or competition
- Clubs to ensure that participants do not breach legal gathering limits or legal travel restrictions when travelling to/from training or competition venues



# RISK MANAGEMENT

Clubs to conduct full risk assessment prior to resumption of training. Clubs to nominate a designated Covid-19 officer and a Data Recording officer. Clubs to be full members of the SAMBO. Clubs to abide by the policies and guidelines of the BSF. Clubs to implement phased, gradual training plans for returning students to minimise the risk of injury. Clubs to ensure that Covid-19 measures do not inadvertently increase risk of bacterial/fungal infection. Clubs to abide by and implement all relevant guidelines covering Test and Trace. Staff and students must opt in to each session and may withdraw at any time. Clubs to assess whether any students are in an at risk group or live in households with members of an at risk group - those students will not be permitted to train. Staff, students and visitors to undergo temperature check prior to admission to the training area - anybody displaying a temperature of 37.7 °C will not be admitted, must self isolate for the required period and submit to Test and Trace requirement. In addition, if they are a member of a training bubble, all members of that bubble to withdraw and self isolate for the required period or until a negative test result (coaches may not release themselves from self isolation with a negative test result) Staff and students to complete a wellness report and self report any symptoms. Self reported symptoms to result in appropriate action as per a high temperature reading.



# PHASES 1-5 – RETURN TO SAMBO ROADMAP



## Return To SAMBO Roadmap



**8th March 2021**

**29th March 2021**

**No earlier than 12th April 2021**

**No earlier than 17th May 2021**

**No earlier than 21st June 2021**

**No earlier than 31st July 2021**

**Step One (A)**

**Step One (B)**

**Step Two**

**Step Three**

**Step Four**

**Step Five**

**No SAMBO activity**

**Outdoor exercises only, restricted numbers (rule of six); SAMBO fitness will be allowed - age & group size (TBC)**

**Organised indoor SAMBO for children and young people – restrictions (TBC).**

**Organised indoor adult SAMBO) with social distancing restrictions - (restrictions TBC).**

**Full contact SAMBO, no legal limits on live events.**

**Recommended start of coaching, technical education courses and competition programmes**

# UK REGULATIONS

Compliance and enforcement: BSF members are bound by our Code of Conduct and Disciplinary Policy. Members found in breach of guidelines may be subject to sanctions including suspension or termination of membership; loss of insurance cover; and reporting to relevant authorities. Copies of all BSF policies can be accessed from The British Sombo Federation website. This document is based on guidelines published by the UK government and is applicable in England. The devolved nations (Scotland, Wales, Northern Ireland) have their own guidelines concerning Covid-19 containment measures. In all cases, where the devolved nation guidelines are stricter than the UK government guidelines, the stricter guidelines take precedence. Notwithstanding, we believe that this Action Plan provides a workable framework for all regions of the UK, with suitable adjustments for timing.



# RISK ASSESSMENT



Description	Hazard	Control Measures	In place	Initials	Initials
Indoors / Premises	<ul style="list-style-type: none"> <li>• Access to building</li> <li>• Registration / Signing in / Tracking all people in attendance</li> <li>• Spread of infection</li> <li>• SAMBO mats</li> </ul>	<ul style="list-style-type: none"> <li>• Set procedures in place to minimise social contact</li> <li>• Signage in place to explain processes</li> <li>• Players / parents sent guidance / procedures sheet prior to session</li> <li>• Ensure every person who enters the building has registered / signed in, to enable tracking of virus if anyone attending tests positive</li> <li>• All those in attendance must thoroughly wash hands / use sanitiser as per government guidelines on arrival</li> <li>• Mats to be laid out by designated staff / volunteers who are aware of safe manual handling and kinetic lifting techniques and wearing recommended PPE, disposed of in a pedal bin provided.</li> <li>• Ensure mats are thoroughly cleaned prior to starting session with government recommended products, allowing them enough time to completely dry</li> <li>• An inspection is carried out to ensure the mats are completely dry and there are no gaps or signs of damage</li> <li>• Ensure mats are cleaned prior to packing them away</li> <li>• Mats to be picked up by designated staff / volunteers who are aware of safe manual handling and kinetic lifting techniques and wearing recommended PPE, disposed of in a pedal bin provided.</li> <li>• Ensure all members / parents / spectators are aware of social distancing protocol / guidance , using toilets / changing rooms in advance of the session</li> <li>• Encourage participants to arrive already changed and avoid changing rooms if possible</li> <li>• Ensure signage is in place to enforce these measures</li> </ul>			
Outdoor training	<ul style="list-style-type: none"> <li>• Surfaces &amp; equipment (Doors, tables, chairs, coaching aids</li> <li>• Inclement or adverse weather conditions</li> <li>• Social distancing</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure all doors, tables, chairs, coaching aids and any equipment used are thoroughly cleaned before and after every session</li> <li>• A decision will be made by the organiser if weather conditions are prohibitive to the safety of the participants or the structure of the equipment</li> <li>• Ensure all participants can adhere to the government guidelines for social distancing throughout all of the session</li> <li>• Non-contact throughout unless from the same household</li> </ul>			



	<ul style="list-style-type: none"> <li>• Training surface</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure the activity is appropriate for the training surface, adapted to ensure safety throughout. No throwing unless using a dummy / prop</li> <li>• <b>Inspect and clear of any potential hazards</b></li> </ul>			
<b>Mats</b>	<ul style="list-style-type: none"> <li>• Mat</li> <li>• Mats can separate, Care will be needed to make sure any gaps are closed</li> </ul>	<ul style="list-style-type: none"> <li>• 1m x 1m/2m x 1m will be used. Coverage: 3m x 3m per junior participant (U12); 4m x 4m per senior participant (+12). Clearly mark out individual mat areas or make separate areas of a larger mat area with tape or different coloured mats.</li> <li>• Mats comply to standards</li> <li>• There may be need occasionally to temporarily halt the session to and push mats back in to position</li> </ul>			
<b>First Aid</b>	<ul style="list-style-type: none"> <li>• Fully stocked and available first aid kit</li> </ul>	<ul style="list-style-type: none"> <li>• Required to treat minor injuries / abrasions</li> <li>• Cleaned and replenished after every use</li> </ul>			
<b>General injuries</b>	<ul style="list-style-type: none"> <li>• Non-threatening injuries</li> </ul>	<ul style="list-style-type: none"> <li>• Coaches are first aid trained</li> <li>• A designated first aider will always be on site</li> <li>• First aid incidents will be recorded</li> </ul>			
<b>Controlled session / adapted activity</b>	<ul style="list-style-type: none"> <li>• Injuries to athletes</li> <li>• Spread of infection</li> </ul>	<ul style="list-style-type: none"> <li>• A warm up and cool down will be conducted for the session. Keeping within the individual / sectioned off mat areas</li> <li>• Non-contact / use of throwing dummies / training aids unless from the same household</li> </ul>			
<b>Safeguarding</b>	<ul style="list-style-type: none"> <li>• Coaching</li> </ul>	<ul style="list-style-type: none"> <li>• SAMBO training will only take place under the direct supervision of a qualified BSF coach who is also trained in first aid, has undergone safeguarding young people and vulnerable adults training and has a clear DBS check</li> <li>• Online coaching – Qualified coach – With a parent present and aware of session outcomes</li> <li>• The demonstration of technique and SAMBO activity will only be carried out by qualified and insured sambists and in line with the mat area size and conditions</li> <li>• BSF safeguarding policy will be adhered to throughout all activities</li> <li>• All coaches and volunteers have a clear and current DBS</li> </ul>			

Head coach / Club official signature:	
Date:	

# ATHLETE INDEMNITY FORM

## *Athlete Indemnity Form*

This form must be utilised to ensure that you are free from Covid-19 symptoms and pose a limited risk to others. It is important that once you have completed and signed this form that you send to or hand over to the person at your club or venue responsible for processing. To avoid virus transmission, an electronic version of the form is recommended and where possible sent back to the club via email or other electronic means.

Date:				
Name:				
Email:				
Phone Number:				
Are you currently diagnosed with or believe you may have Covid-19?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>

Do you currently display any of the following symptoms?

High Temperature (fever)	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>		
A new or continuous cough	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>		
Loss or change to your sense of taste or smell	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>		
New unexplained shortness of breath	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>		
Have you been in contact with a Covid-19 confirmed or suspected case in the previous 10 days	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>	Maybe	<input type="checkbox"/>

Typed/Electronic Signature (Parent/Guardian if under 18 years olds)				
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If you have answered YES to any of these questions you should stay at home and inform your coach and/or club Covid-19 contact person and medical practitioner. You should follow current UK Government Public Health guidelines. Only return to SAMBO once you have sought medical advice and considered not to be at risk of infecting others with Covid-19.





# 2021 CLUB DECLARATION FORM



To ensure a safe return to SAMBO, all British Sambo Federation (BSF) affiliated clubs and registered venues must sign this declaration form to say that they will abide by the UK Government and BSF guidelines related to Covid-19 social distancing and hygiene requirements at all times.

Your designated club representative must have completed this form before opening for business to ensure your full insurance validity.

## 2021 Club Declaration Form

Only complete this form when you have a confirmed return date. You can complete this form multiple times to ensure the BSF hold up to date information relating to your clubs return to play.

Name of Club:					
Address:				Post Code:	
Date of Return:					
In what capacity are you returning at this time? Please tick.					
Indoors	Outdoors		Juniors	Adults	
Did your club offer an online provision throughout the recent lockdown?			Yes	No	
Did your club/players engage with your online sessions			Yes	No	
Do you require any further support/information, to assist your clubs safe return to SAMBO?*			Yes	No	
Club Representative Name:					
Club Representative Role:					
Contact Email Address:					
Contact Phone Number:					



# BSF COMMITTEE



**BSF PRESIDENT – JOHN CLARKE**



**VICE PRESIDENT – COLIN CARROTT**



**YOUTH DEVELOPMENT OFFICER – GEORGI GEORGIEV**



**CONDITIONING COACH – BARRY GIBSON**



**SPORTS SAMBO NATIONAL COACH – ASHLEY COSTA**



**COMBAT SAMBO NATIONAL COACH – BRIAN LISTER**



**COACHING DEVELOPMENT OFFICER – STEVE SWEETLOVE MBE**