



MN Brazilian Jiu Jitsu Academy

MNBJJ Reopening Strategy

Safety. Planning. Precision.



Our Members, Our Family

At MN BJJ Academy, the safety of our students and their families is our number one priority.

Exiting the COVID-19 lockdown and resuming on-site training must be pursued with caution while complying with strict social distancing guidelines and elevated sanitation protocols.

The evolving restrictions imposed by the COVID-19 environment cannot prevent us from pursuing our objective of bringing Jiu-Jitsu to everyone.

We must continue to adapt and innovate to keep our students connected, minimize the interruption of their learning, and, in doing so, be able to preserve our school.

Phased Approach To Returning to Training

Based on Provincial Guidelines

Lockdown

At Home Training through our MNBJJ Online Platform.

Phase 1

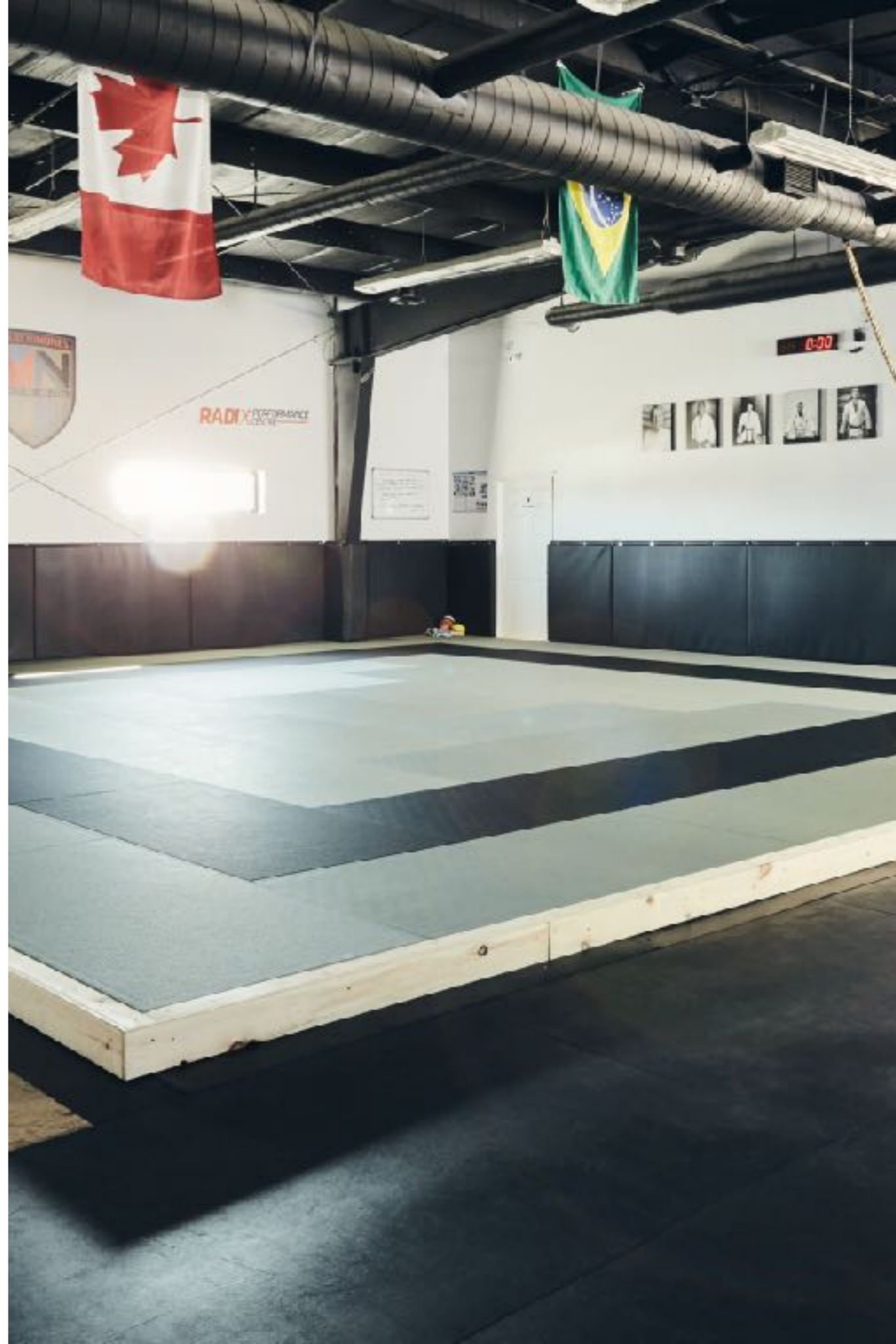
Continue at Home Training through our MNBJJ Online Platform. Prepare to reopen.

Phase 2

Non-Contact/Family Contact Training at the gym and continued online training at home.

Phase 3
(current)

Minimum Contact Training at the gym and continued online training at home.

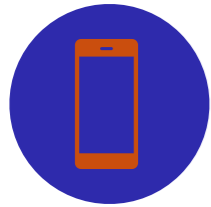


Outline of Phases and Continuity of Training

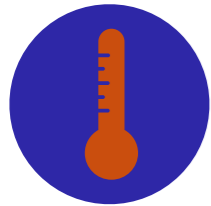
	Phase 1 At Home Training	Phase 2 Non-Contact Trainin	Phase 3 Minimum Contact Training (Current)
Classes	<ul style="list-style-type: none"> • Live MN BJJ Classes on Zoom <ul style="list-style-type: none"> • Drills • Adult and Youth BJJ • Kids and Junior BJJ • Recorded Zoom Classes • Library of BJJ videos <ul style="list-style-type: none"> • Drills • Techniques (fundamental, kids, advanced) • Daily Strength & Conditioning workout 	<ul style="list-style-type: none"> • Non-Contact Fundamental Classes • Non-Contact Advanced Classes • Non-Contact Drill Classes • Non-Contact No Gi Classes • Non-Contact Kids Classes • TBD Members living in the same household or individuals in your social circle are permitted to be training partners in the same training square. • Fitness Classes • Non-Contact Private Lessons. • Continued Live Zoom Classes and Online Training Platform 	<ul style="list-style-type: none"> • Minimum-Contact Fundamental Classes • Minimum-Contact Advanced Classes • Minimum-Contact No Gi Classes • Minimum-Contact Kids Classes • Fitness Classes • Minimum-Contact Private Lessons. • Continued Live Zoom Classes and Online Training Platform
Guidelines	<ul style="list-style-type: none"> • MNBJJ Online Training Etiquette 	<ul style="list-style-type: none"> • Students train with their own dummy • TBD Family members/cohabitants/social circle are able to train with each other • Mats divided into 6ft squares • Limit class size to 8 students/pairs • Elevated Sanitation Protocols • At risk individuals limited to at home training 	<ul style="list-style-type: none"> • Students train with only one training partner per class. • Pairs 6ft away from each other • Limit class size to 8 students/pairs • Elevated Sanitation Protocols • Limited use of restrooms and locker-rooms • At-risk individuals limited to at home training

Phase 3 - Minimum Contact Training (Current)

What to Expect



ALL students **MUST** schedule a class ahead of time on Mindbody. **NO** walk-ins or visitors will be allowed to join class. Individuals in the same household or individuals *within your social circle* who wish to train together only need to schedule one slot (one slot for up to 2 people). If you would like to cancel your reservation, please do so 24hrs before the class to allow another student to take your slot.



ALL students, participants and coaches will be required to fill out our **Pre-Training Screening Online Form** prior to training. This form must be completed every time you enter the gym. Please arrive 15 min early to complete the form and be ready for class. The form can be accessed using a QR code or online at <https://mnunesbjj.com/pre-training-screening-covid-19/>



The locker room are now open to students to change in or use the washroom. Students are not permitted to shower. Students are encouraged to come with their uniform on, and with little to no personal items. Students **MUST** wear sandals off the mats and shoes in the reception area.



There will be sanitation stations set up throughout the gym. Each student and coach will sanitize their hands before and after entering the mats.



Students will wait for permission from the instructor to enter and exit the mat area. Students will wait along the perimeter of the mat area, keeping 6ft apart. Students will not be lined up in graduation order, but instead will be directed to a designated training area. At the end of class, students will only bow to instructors and will leave without shaking hands.



Students are required to stay in their designated training area where they will practice techniques with a partner or grappling dummy. Only members of the same household or *social circle* will be allowed in the same training area and to train with one another (up to 2 people per training area). Our coaches will help students to find a training partner if they do not have one.

Phase 3 - Minimum Contact Training (Current)

What to Expect



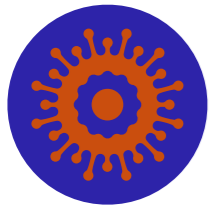
Students are required to bring their own grappling dummy to class if not training with a training partner. This dummy can be home-made or purchased.



Kids who are less than 12 years old **MUST** have a training partner or an accompanying adult from the same household do the class with them (even if the adult is not an active student). Kids older than 12 must bring a dummy to class if not training with a family member or training partner in their social circle. Our coaches will help to arrange a training partner if your child does not have one.



There will be **NO** spectators allowed in the gym. Only students and parents/guardians participating in the class will be permitted in the school. Please limit the number of parents/guardians to one and this guardian is required to participate with their child. Parents waiting in their car can watch the class live on Zoom.



If you are feeling sick or displaying any cold/flu symptoms, are considered to be in a high-risk group, recently traveled outside of Canada, or have been in close contact with someone who has or could have COVID-19, please stay home and enjoy our Online Platform.

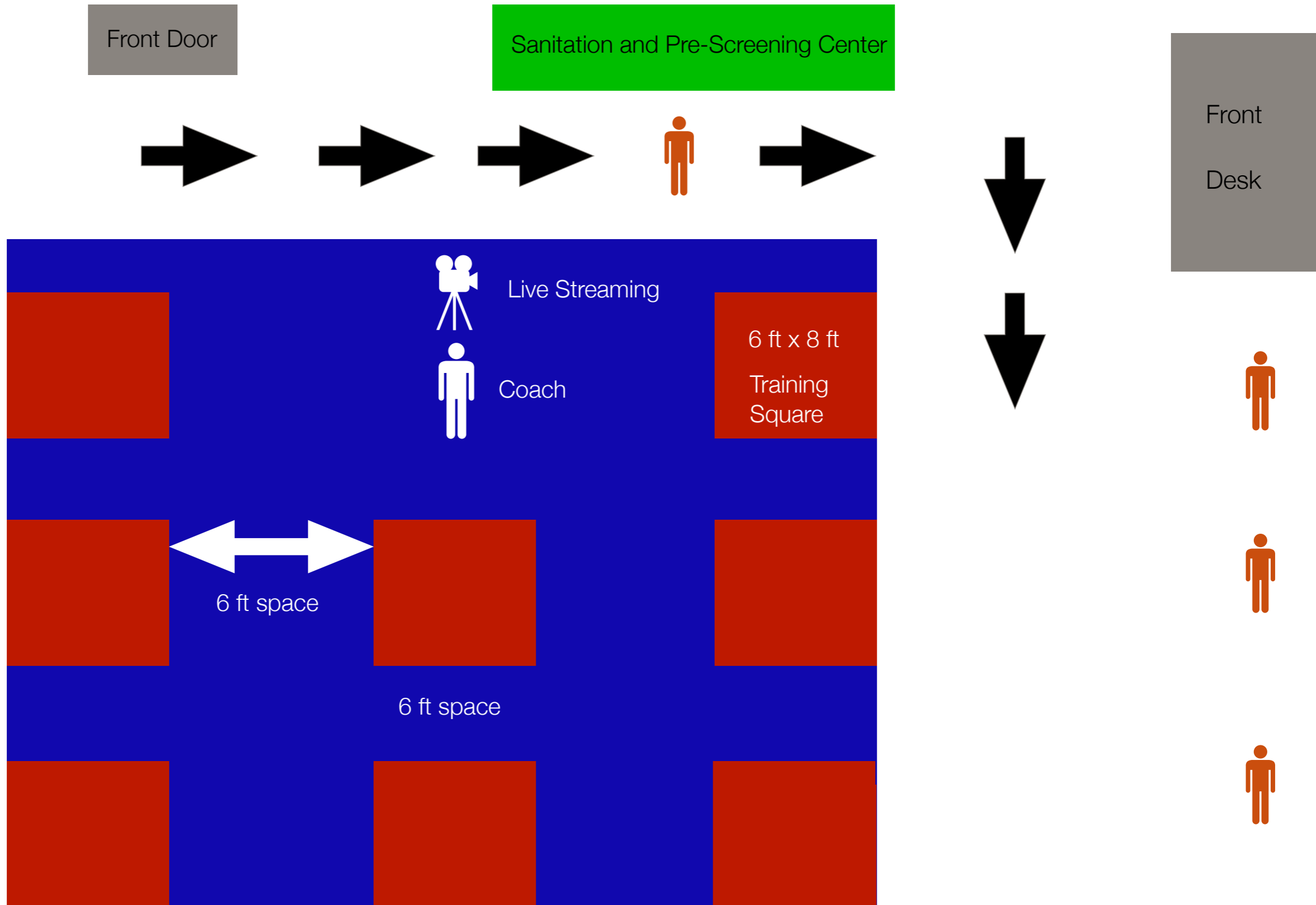


Every person participating in an in-person class must sign an additional one-time waiver to account for the added risk of training during this pandemic.



There will be a 30 min transition between classes to allow for adequate cleaning of the mats and equipment before the next class starts. The students finishing the class will exit single file into the reception area and exit the gym promptly. Students are to arrive no earlier than 15min before class to prevent overlap of students.

Phase 3 Gym Floor Plan



Summary of Phase 3 - Current!

- 1 Minimum Contact BJJ Classes at the gym, focusing on techniques, drills and fitness. Continued Online training and Live Zoom Classes. All at-risk individuals should restrict their training to virtual classes.
- 2 All students MUST sign up on Mindbody prior to training. A one time additional waiver must be signed.
- 3 Class size is limited to 8 students/pairs and classes will be 45 minutes long. Students/pairs will be restricted in their training square. The mats will be disinfected after each class.
- 4 Everyone entering the gym must fill out a Pre-Training Screening Survey every time they come to the gym. There are NO spectators or visitors permitted.
- 5 Students are encouraged to come dressed in their Gi and must wear footwear at all times outside the mats. The change rooms and washrooms are open. The showers remain closed.
- 6 Children under 12 years old must train with a parent/guardian. Siblings may train together. Youth 12 years and older must bring a dummy to class if not training with a sibling/parent/guardian or individual from their social circle.
- 7 Adults and youth are required to bring a dummy to class (home-made or purchased) if not training with a training partner.

Enhanced Cleaning Procedures

Based on Provincial Guidelines



Require all team members (staff and students) to sanitize their hands often. There will be sanitation stations set up.



Sanitize the mats and equipment after every class. Use EPA approved cleaning products that are recommended by the CDC to kill COVID-19 and other viruses/bacteria.



Sanitize the front desk, bathrooms, locker rooms and highly trafficked areas multiple times through the day using EPA approved cleaners.

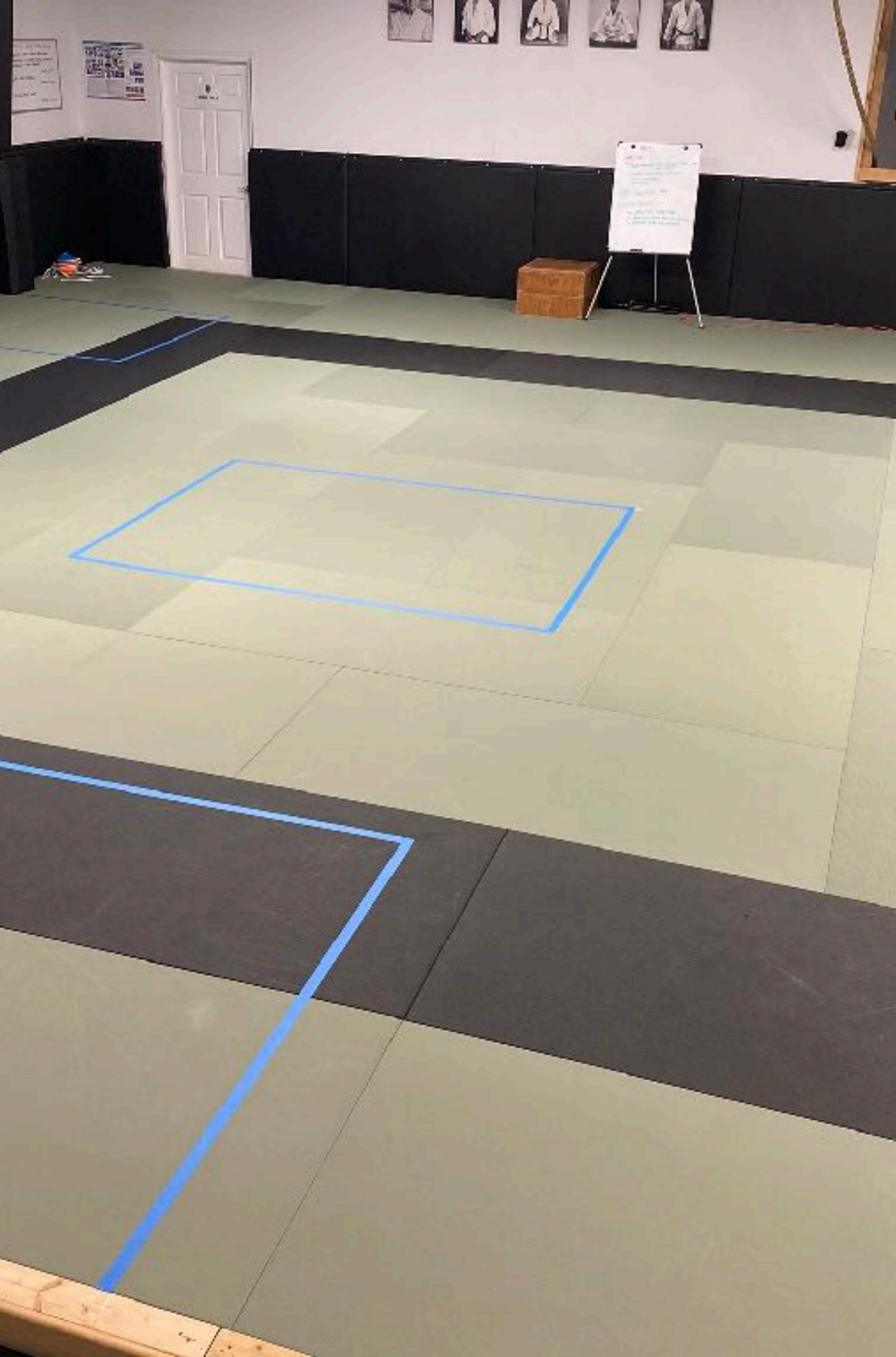


Set up a cleaning schedule with specific cleaning checklists.



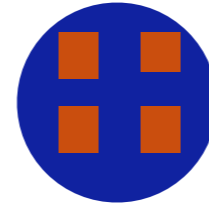
Reinforce the requirement of wearing sandals or shoes when circulating off the mats.



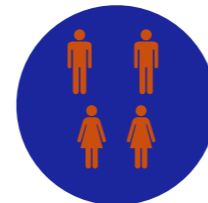


Strict Social Distancing

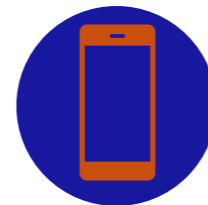
Based on Provincial Guidelines



The mat area will be divided into individual training squares 6ft apart using tape.



Class size will be limited to 8 students/pairs and one instructor.



Only students participating in the class who have signed up online and parents/guardians of minors participating in class will be permitted in the gym.



Students will bring their own grappling dummy (homemade or purchased) to class if not training with a partner.



Students are encouraged to come to class dressed in their Gi and leave in their Gi, ready to train to minimize locker room use.

Strict Social Distancing

Based on Provincial Guidelines



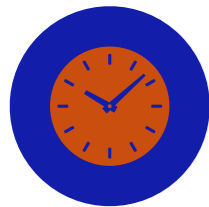
Students are encouraged to bring their own bottle of water filled, or purchase a bottle from the front desk.



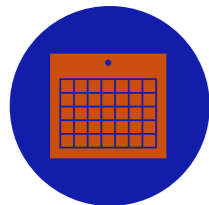
No hand-shakes. Wave instead. Class ending will be limited to bowing.



Students should not line up at the beginning or at the end of class. Instead, they should be invited to take their positions in a training zone.



There will be 45 min allotted between classes to ensure agglomerations do not occur.



Coaches will handle the kids attendance cards. Parents are to help their kids maintain social distancing before and after class.





Strict Social Distancing

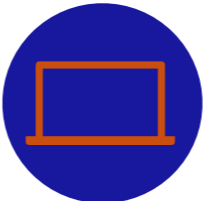
Based on Provincial Guidelines



Only one parent/guardian is permitted to attend the gym during class to participate with a minor. All other spectators are required to wait outside the gym.



Use of non-contact thermometer to check temperature of students and coaches prior to class.



All at-risk individuals should restrict their training to virtual classes.



All Classes will be streamed live on Zoom, as well as recorded and posted. This is an option if the class is full and you are unable to register on Mindbody, or if you do not feel comfortable training at a gym yet.

Thank you for all of the support!



Let's get back on the mats!
