

Return To Training (Adults)

Phase 3. Follow These Easy Steps

Academy
Is Open
July 20th,
2020



TRAINING PARTNERS

Adults must train with a partner or dummy. This partner **MUST** be a family member or someone in the students social circle of 10. Your partner **MUST** be a paying member of the club and chosen before the beginning of class. You can speak to one of the coaches to help arrange a training partner for classes.

If you do not have a training partner, you must bring a dummy to class, either purchased or homemade. Professor Marcio has produced a video to help you make a homemade dummy.

STAY HOME IF NOT WELL

Please be honest with yourself and your teammates. **Stay home** if you are not feeling well, if you have come in contact with anyone who is sick, or if you have any doubts. Also stay home if you have any risk factors. We will still be streaming all of our classes Live on Zoom and posting recordings of the classes on our website.

1. SIGN UP ON MINDBODY

Before coming to the gym you **MUST Sign Up on Mindbody**. No walk-ins will be allowed. If you are training with a partner, **ONLY 1** partner needs to Sign Up Online.



2. Arrive Fully Dressed and 15 min Before Class

Fully dress in your Gi or No Gi uniform at home. Remember to bring **SEPARATE indoor sandals which are mandatory** and water. Arrive no earlier than 15 min before class and you **MUST** wait outside until your partner arrives (if you have one).



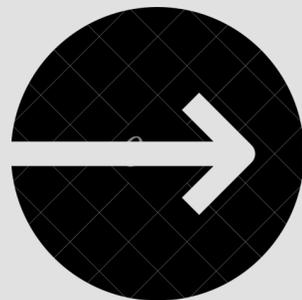
3. No Spectators During Class. Change Rooms are Open.

No spectators are allowed in the gym. Students are not permitted to hang out in the gym after class, so make sure your ride arrives on time. Our change rooms are now open, although we still encourage students to come fully dressed.



4. Line Up for Pre-Training Screening

Line up at the Screening table. Please respect personal space while lining up using the marked lines on the floor. Partners must wait for each other outside the gym and screen together.



5. Complete Pre-Training Screening.

Complete the pre-training screening and temperature check before every class using the QR codes in the gym or save the link into your cell phone. If you have a partner, you **MUST** screen together. Students who fail the screening must go home.



6. Sanitize Your Hands. Line Up For Class

Make sure you sanitize your hands before leaving the front desk. Line up along the outside of the mats 6ft apart. Training partners can line up together. The coach will assign you to a training square.



7. Enjoy Class

Enjoy Class :). During class you can **ONLY** train with your pre specified training partner. This could be your sibling, friend (in your social circle) or parent. There will be **NO** switching partners during class in Phase 2.



8. Class Dismissal

When class is over the coach will dismiss you and proceed promptly out of the gym. The change rooms are now open, however the showers remain closed.

