

Return To Training (Adults)

Control (Red Level)

Academy
Is Open
July 20th,
2020



TRAINING PARTNERS

Non-Contact training focusing on techniques, drills and fitness.
Students may also bring their own dummy to class, either purchased or homemade.



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, as well as providing our students with an Online Training Platform with a large library of techniques and drills.

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 having any difficulties, please send us an email.



2. Arrive Fully Dressed and 15 min Before Class

Students are to arrive fully dress in your Gi or No Gi uniform. Remember to bring **SEPARATE indoor sandals which are mandatory** and water. Arrive no earlier than 15 min before class.



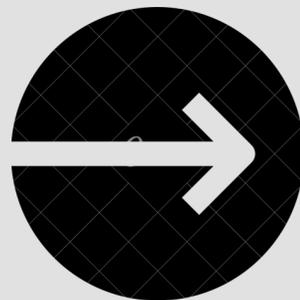
3. No Spectators During Class. Change Rooms are Closed.

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 and showers are closed. Our washrooms remain open.



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. Sanitize your hands before class.



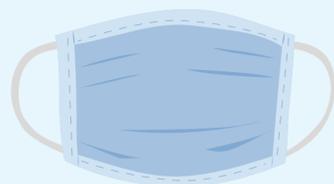
5. Complete Pre-Training Screening.

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. Students who fail the screening must go home.



6. Masks are Mandatory when Entering and Exiting the Gym

Masks must be worn at all times in the gym when not training on the mats. Students are encouraged to wear a sport mask when training.



7. Enjoy Class

Line up along the outside of the mats 6ft apart. The coach will assign you to a training square.

Enjoy Class :). During class you must remain in your training square.



8. Class Dismissal

When class is over the coach will dismiss you and proceed promptly out of the gym.

