

# Return To Training

Follow These Easy Steps

Academy  
Opening  
July 20th,  
2020



## Focus on Safety

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. We are excited to reopen our gym and look forward to continue our dream of bringing Jiu Jitsu to Everyone.

## Stay Home If You Are 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.



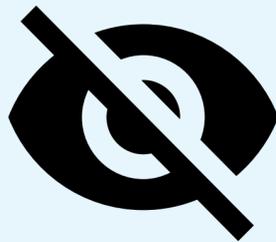
### 2. Arrive Fully Dressed and 15 min Before Class

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.



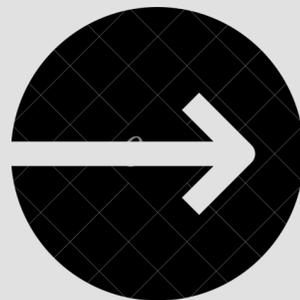
### 3. No Spectators During Class. Leave Personal Items In the Car

**No spectators** are allowed in the gym. Students are not permitted to hand out in the gym after class, so make sure your ride arrives on time. Bring only your water, medications, keys, phone and indoor sandals into the gym. **No bags permitted**.



### 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.



### 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. 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. The coach will assign you to a training square.



### 7. Enjoy Class

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 in your uniform while maintaining 6ft of space. The change rooms are used only for bathroom purposes.

