

# Return To Training (Kids)

Phase 3. Follow These Easy Steps

Academy  
Open  
July 20th,  
2020



[www.mnunesbjj.com](http://www.mnunesbjj.com)

## TRAINING PARTNERS

Kids **under the age of 12** must train with a partner. This partner must be a family member or someone in the students social circle of 10. Both kids **MUST** be paying members of the Club.

If your child is **under 12 years old** and has no training partner, then one parent is required to be on the mat with the child during class. This parent does not have to be paying member.

## 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. We will send instructions on how to Sign Up on Mindbody.



### 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).



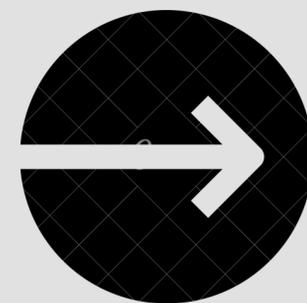
### 3. No Spectators During Class. Leave Personal Items In the Car

No spectators are allowed in the gym. We ask parents that are not participating in class to wait in their car. Kids are not permitted to wait in the gym after class, so please pick up your children on time. Bring only your water, medications, keys, phone and indoor sandals into the gym.



### 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. Parents must accompany kids for the screening as cell phones are required and 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 Screening Table. 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 3.



### 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.

