

Return To Training (Kids)

Control (Red Level)

Academy
Open
July 20th,
2020



www.mnunesbjj.com

TRAINING PARTNERS

Non-Contact training focusing on techniques, drills and fitness.



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 our Online Academy is updated regularly with new videos.

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 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. Our change rooms are closed.



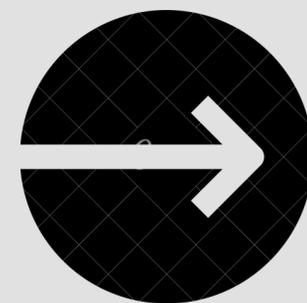
3. No Spectators During Class. Leave Personal Items In the Car

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 with your child. Please respect personal space while lining up using the marked lines on the floor, wear a mask and 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. Parents must accompany kids for the screening as cell phones are required and 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 while maintaining 6ft of space.

