

Return To Training (Kids)

Protect (Yellow Level)

Academy
Open
July 20th,
2020



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.

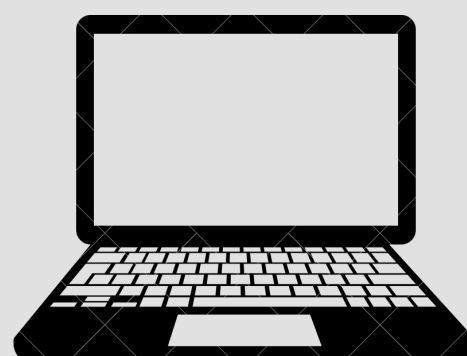
If your child is **under 12 years old** and has no training partner, then one parent is required to be on the mat with the child during class. This parent does not have to be paying member.

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. We encourage all students to pre-arrange their partner prior to class.



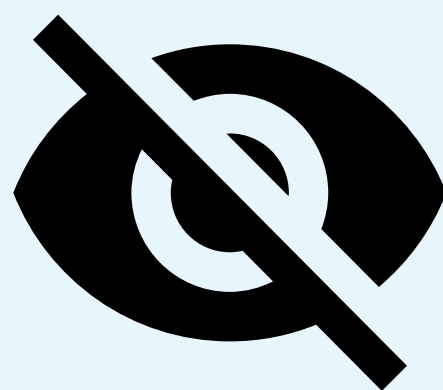
2. Arrive Fully Dressed and 15 min Before Class

We encourage students 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.



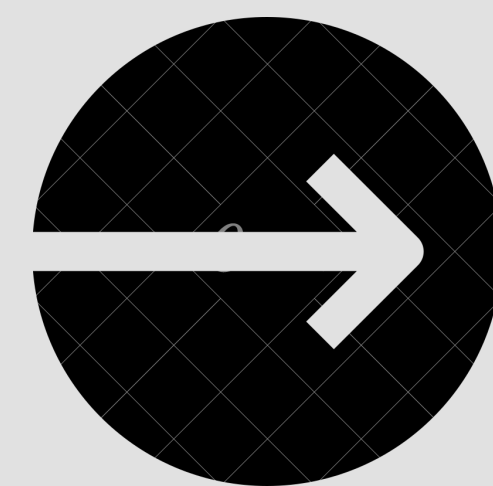
3. No Spectators During Class. Leave Personal Items In the Car

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.



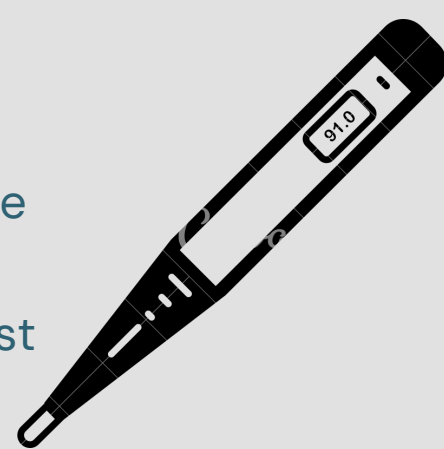
4. Line Up for Pre-Training Screening

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.



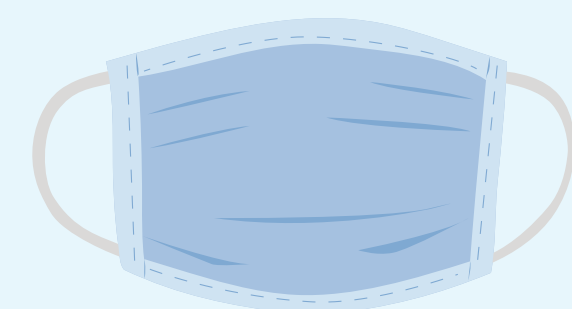
5. Complete Pre-Training Screening.

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. Masks are Mandatory when Walking in 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

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.



8. Class Dismissal

When class is over the coach will dismiss you and proceed promptly out of the gym while maintaining 6ft of space. The change rooms are open, however the showers remain closed.

