



MN Brazilian Jiu Jitsu Academy

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# MNBJJ Reopening Strategy

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Safety. Planning. Precision.

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## **Our Members, Our Family**

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.

The evolving restrictions imposed by the COVID-19 environment cannot prevent us from pursuing our objective of bringing Jiu-Jitsu to everyone.

We must continue to adapt and innovate to keep our students connected, minimize the interruption of their learning, and, in doing so, be able to preserve our school.



# Phased Approach To Returning to Training

## Based on Provincial Guidelines

Lockdown

At Home Training through our MNBJJ Online Platform.

Step 1

Junior/Kids/Adult Programs open for In Person Non-Contact Training at the gym and continued online training at home.

Step 2

Junior/Kids/Adult Programs open for In Person Non-Contact Training at the gym and continued online training at home.

Step 3

Adult and Kids In Person Training with Contact Training and continued online training at home.



# Outline of Phases and Continuity of Training

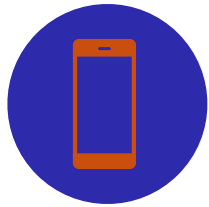
	Lockdown At Home Training	Step 1 (June 14, 2021) Non-Contact Training	Step 2 (June 30, 2021) Non-Contact Training	Step 3 (July 19, 2021) Contact Training
Classes	<ul style="list-style-type: none"> <li>• Live MN BJJ Classes on Zoom               <ul style="list-style-type: none"> <li>• Drills</li> <li>• Adult and Youth BJJ</li> <li>• Kids and Junior BJJ</li> </ul> </li> <li>• Recorded Zoom Classes</li> <li>• Library of BJJ videos               <ul style="list-style-type: none"> <li>• Drills</li> <li>• Techniques (fundamental, kids, advanced)</li> </ul> </li> <li>• Daily Strength &amp; Conditioning workout</li> </ul>	<ul style="list-style-type: none"> <li>• Day Camps for Kids open for In Person Training</li> <li>• Continued Live Zoom Classes and Online Training Platform</li> </ul>	<ul style="list-style-type: none"> <li>• Day Camps for Kids open for In Person Training</li> <li>• Continued Live Zoom Classes and Online Training Platform</li> </ul>	<ul style="list-style-type: none"> <li>• Junior/Kids/Youth Open for In Person Training</li> <li>• Adults Open for In Person Training</li> <li>• Contact Fundamental Classes</li> <li>• Contact Advanced Classes</li> <li>• Contact No Gi Classes</li> <li>• Contact Kids Classes</li> <li>• Fitness Classes</li> <li>• Contact Private Lessons.</li> <li>• Continued Live Zoom Classes and Online Training Platform</li> </ul>
Guidelines	<ul style="list-style-type: none"> <li>• MNBJJ Online Training Etiquette</li> </ul>	<ul style="list-style-type: none"> <li>• Camp Guidelines:</li> <li>• Non-Contact training</li> <li>• Students divided into cohorts</li> <li>• Mats divided into 6ft squares</li> <li>• Limit class size to 18 students</li> <li>• Elevated Sanitation Protocols</li> <li>• At risk individuals limited to at home training</li> <li>• Masks to be worn while inside the gym.</li> </ul>	<ul style="list-style-type: none"> <li>• Camp Guidelines:</li> <li>• Non-Contact training</li> <li>• Students divided into cohorts</li> <li>• Mats divided into 6ft squares</li> <li>• Limit class size to 18 students</li> <li>• Elevated Sanitation Protocols</li> <li>• At risk individuals limited to at home training</li> <li>• Masks to be worn while inside the gym.</li> </ul>	<ul style="list-style-type: none"> <li>• Contact is permitted during training.</li> <li>• Limit class size to 26 students.</li> <li>• Elevated Sanitation Protocols</li> <li>• Restrooms Locker-rooms and showers are open.</li> <li>• At-risk individuals limited to at home training.</li> </ul>

# Summary of Step 3 (July 19, 2021)

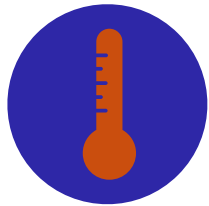
- 1 Full Contact BJJ Classes at the gym. Continued Online training and Live Zoom Classes. All at-risk individuals should restrict their training to virtual classes.
- 2 All students MUST sign up on Mindbody prior to training. A one time additional waiver must be signed.
- 3 Class size is limited to 26 students. Contact is permitted during class. The mats will be disinfected after each class.
- 4 Everyone entering the gym must fill out a Pre-Training Screening Survey every time they come to the gym. No spectators are permitted in the gym.
- 5 Students must wear footwear at all times outside the mats. The change rooms, washrooms and showers are open. Masks must be worn in the change rooms.
- 6 Students who prefer to train with a single partner will arrange with that partner to attend class together.
- 7 Masks are to be worn while inside the gym. Masks may be removed while training.

# Gym Etiquette During COVID

## What to Expect



**ALL** students **MUST** schedule a class ahead of time on Mindbody. **NO** walk-ins or visitors will be allowed to join class. If you would like to cancel your reservation, please do so 24hrs before the class to allow another student to take your slot.



**ALL** students, participants and coaches will be required to fill out our **Pre-Training Screening Online Form** prior to training. This form must be completed every time you enter the gym. Please arrive 15 min early to complete the form and be ready for class. The form can be accessed using a QR code or online at <https://mnunesbjj.com/pre-training-screening-covid-19/>



Students are permitted to use the change rooms. Shower use is permitted. Masks must be worn in the change room at all times. Students **MUST** wear sandals off the mats and shoes in the reception area.



There will be sanitation stations set up throughout the gym. Each student and coach will sanitize their hands before and after entering the mats.



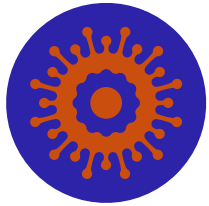
Students will wait for permission from the instructor to enter and exit the mat area. Students will wait along the perimeter of the mat area, keeping 6ft apart. Students will not be lined up in graduation order, but instead will be directed to a designated training area. At the end of class, students will only bow to instructors and will leave without shaking hands.

# Gym Etiquette During COVID

## What to Expect



There will be **NO** spectators allowed in the gym. Only students and parents/guardians participating in the class will be permitted in the school. Parents waiting in their car can watch the class live on Zoom.



If you are feeling sick or displaying any cold/flu symptoms, are considered to be in a high-risk group, recently traveled outside of Canada, or have been in close contact with someone who has or could have COVID-19, please stay home and enjoy our Online Platform.



Every person participating in an in-person class must sign an additional one-time waiver to account for the added risk of training during this pandemic.



There will be a 15 min transition between classes to allow for adequate cleaning of the mats and equipment before the next class starts. The students finishing the class will exit single file into the reception area and exit the gym promptly. Students are to arrive no earlier than 15min before class to prevent overlap of students.



# Enhanced Cleaning Procedures

Based on Provincial Guidelines



Require all team members (staff and students) to sanitize their hands before and after training. There will be sanitation stations set up.



Sanitize the mats and equipment after every class. Use EPA approved cleaning products that are recommended by the CDC to kill COVID-19 and other viruses/bacteria.



Sanitize the front desk, bathrooms, locker rooms and highly trafficked areas multiple times through the day using EPA approved cleaners.



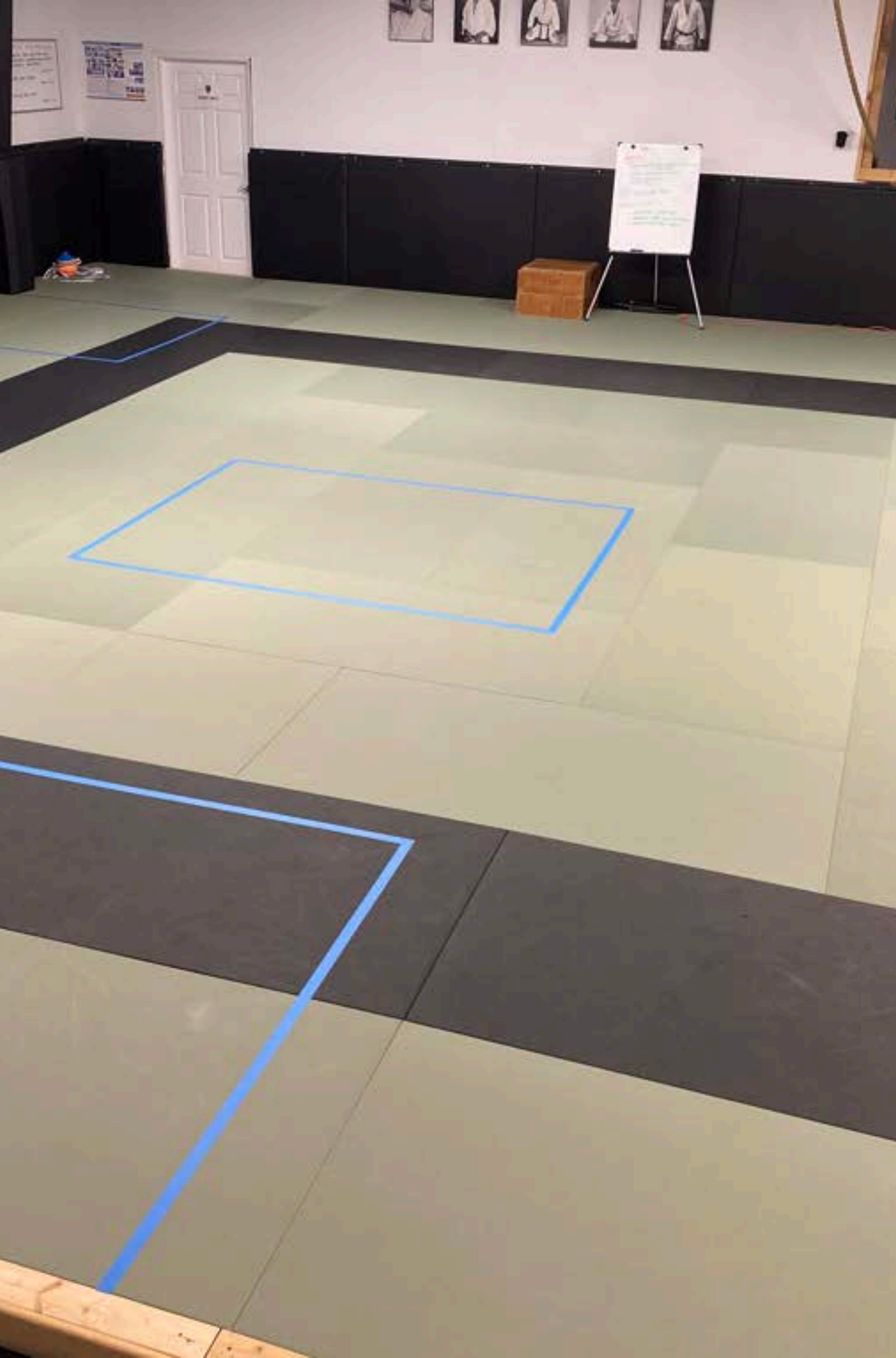
Set up a cleaning schedule with specific cleaning checklists.



Reinforce the requirement of wearing sandals or shoes when circulating off the mats.

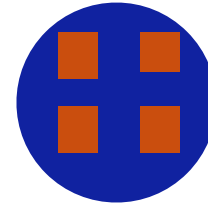




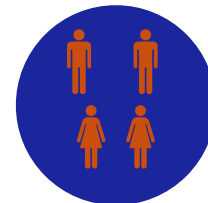


# Strict Social Distancing

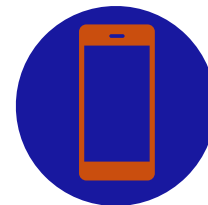
## Based on Provincial Guidelines



The mat area will be divided into individual training squares 6ft apart using tape.



Class size will be limited to 26 students.



Only students participating in the class who have signed up online will be permitted in the gym.



Students who prefer to train with a single partner will arrange with that partner to attend class together.



The change rooms are open. Shower use is permitted. Students are required to wear a mask while in the change room.

# Strict Social Distancing

## Based on Provincial Guidelines



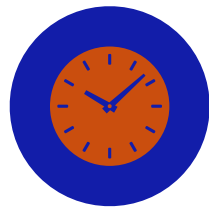
Students are encouraged to bring their own bottle of water filled, or purchase a bottle from the front desk.



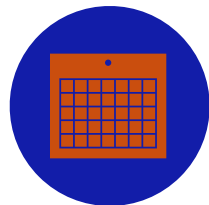
No hand-shakes. Wave instead. Class ending will be limited to bowing.



Students should not line up at the beginning or at the end of class. Instead, they should be invited to take their positions in a training zone.



There will be 15 min allotted between classes to ensure agglomerations do not occur.



Coaches will handle the kids attendance cards. Parents are to help their kids maintain social distancing before and after class.

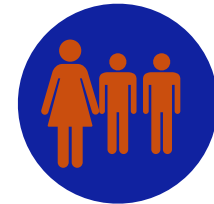




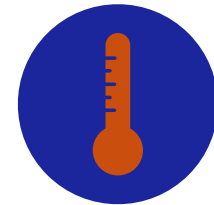


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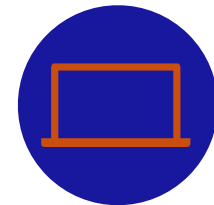
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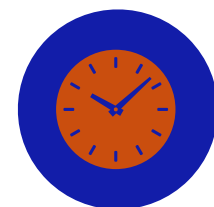
All spectators are required to wait outside the gym.



Use of non-contact thermometer to check temperature of students and coaches prior to class.



All at-risk individuals should restrict their training to virtual classes.



All Classes will be streamed live on Zoom. This is an option if the class is full and you are unable to register on Mindbody, or if you do not feel comfortable training at a gym yet.



# Thank you for all of the support!

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# Let's get back on the mats!

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