



## RETURNING TO TRAIN

WHAT TO EXPECT WHEN IN PERSON CLASSES RESUME





## RETURNING TO TRAIN

**We are all excited to return to train at the Academy!**

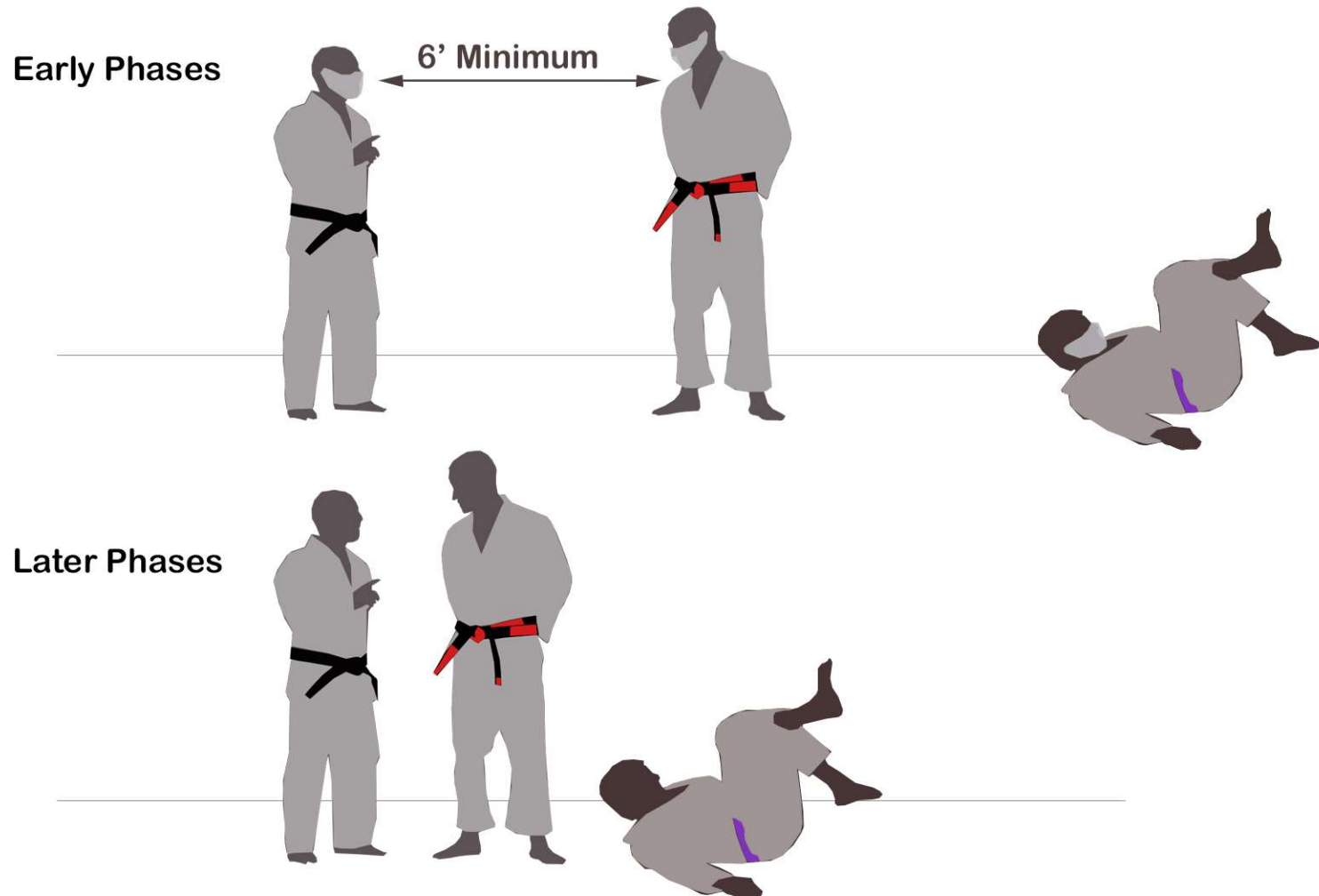
We must however, adhere to certain guidelines to transition back into grappling. Following these guidelines will help us get back to training!

- During the re-opening phases, we will practice drills, movements, functional training and we will encourage that students bring their training dummies to the academy (please sanitize your dummies before and after training!).
- Use of mouth and nose covering will be required.
- Social distancing in the academy common areas off of the tatame (reception, circulation areas, etc.) must be respected.
- We prefer that parents drop off their children for kid's classes. We will supervise the dismissal of students just outside the academy and their safe return to their parents/guardians.
- We will measure the temperature of students entering the academy to train and hand sanitizer will be provided.
- Arrive at the academy with gym/no gi clothing and clean Kimono in hand. Once inside the academy, dress into your Kimono over your no gi clothing. The Locker/ Changing areas will be limited in terms of simultaneous occupants.



## RETURNING TO TRAIN

**We understand that things will be different at first!**  
Everyone at the Academy will see that this will be a period of adjustment.

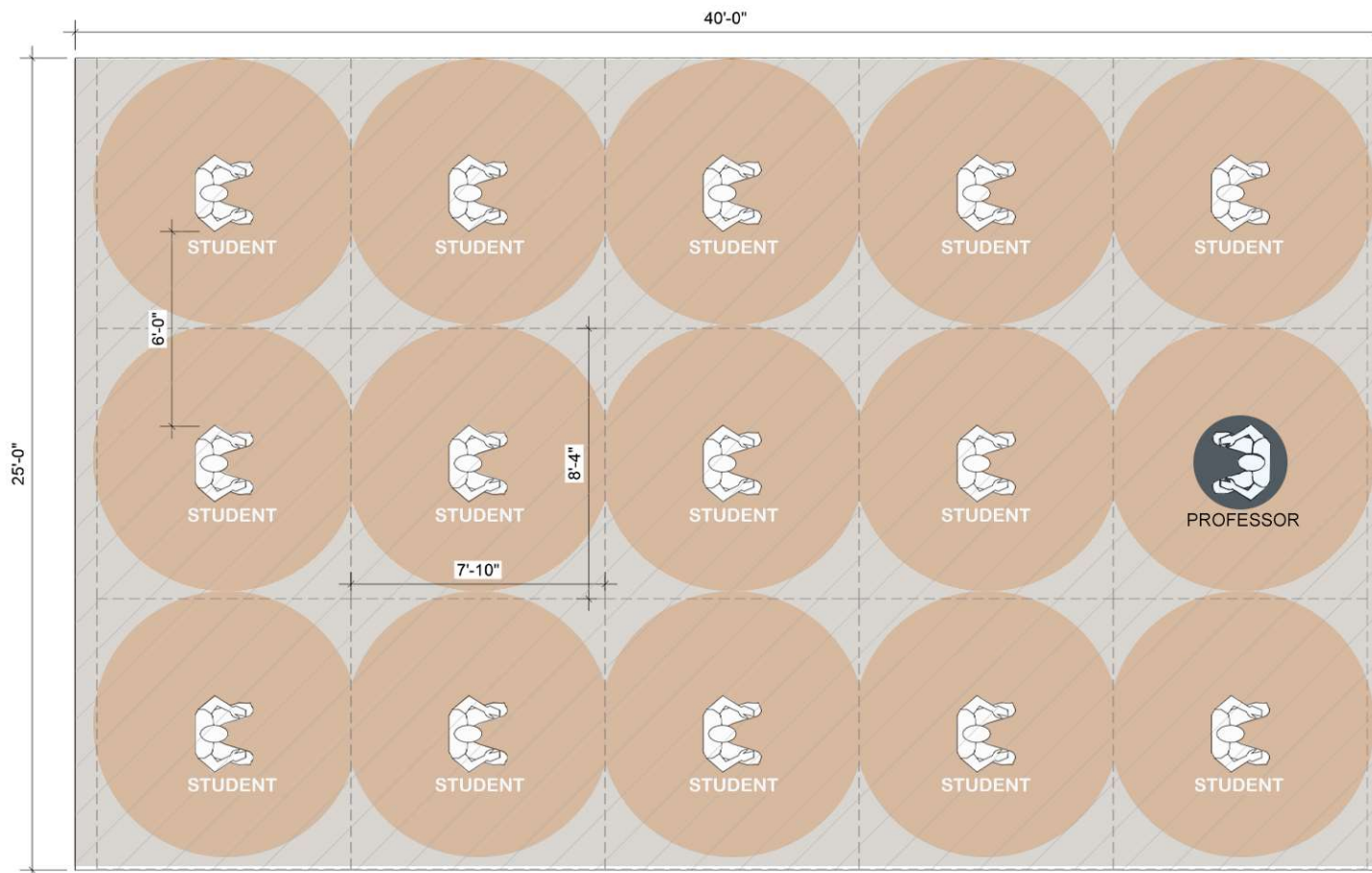






## RETURNING TO TRAIN

- The following diagram is a suggested distancing guideline for students on the mat. Students will be assigned a training area and should remain in this area throughout the duration of the class. Guidelines of local government, (if more restrictive of occupants compared to this diagram) shall be followed.



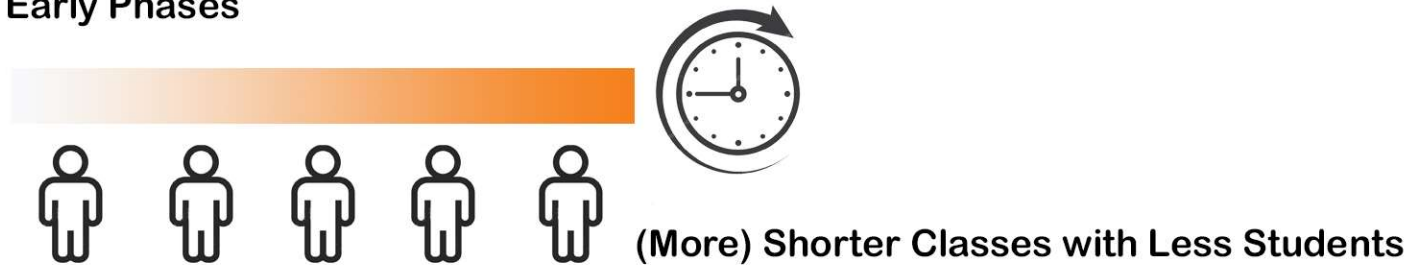
For Phase 1 & 2, Max 15 Persons per 1000 sqft until grappling resumes.



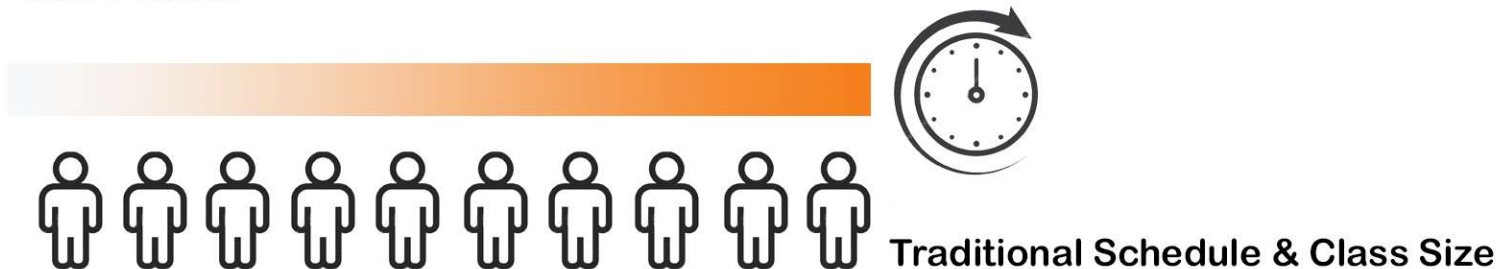
## RETURNING TO TRAIN

**Because class sizes will be limited, we will make adjustments!**  
We will offer more classes to accommodate as many as we can. Arrive early!  
Reserve your place in class if your academy has a reservation system.

### Early Phases



### Later Phases

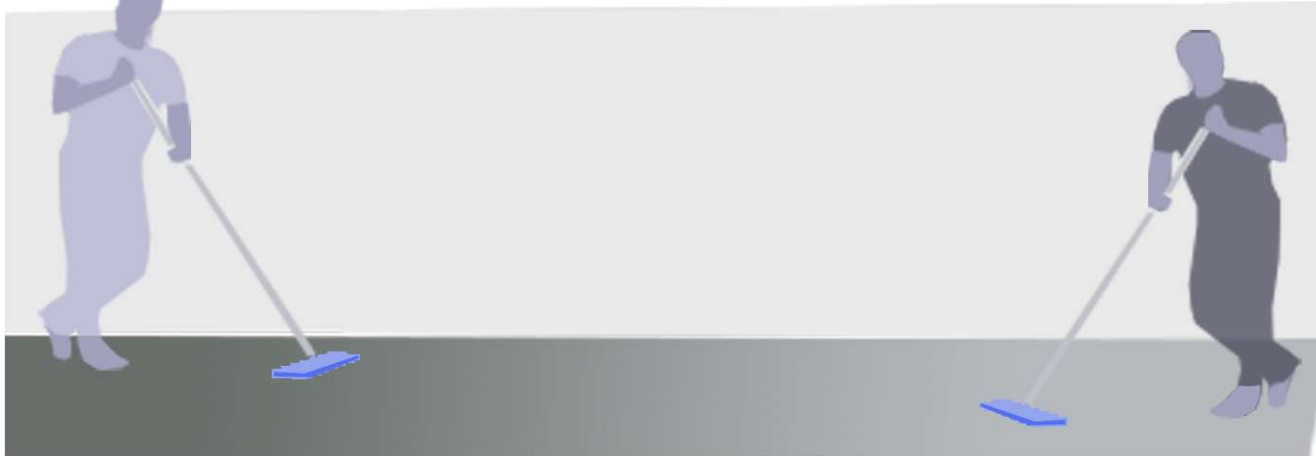




## RETURNING TO TRAIN

### **We will be constantly sanitizing the mats!**

One of the reasons why we must make the class times shorter is for a constant mat sanitizing protocol. We use trusted industry brand anti-viral treatment and we will be cleaning the mats **BEFORE & AFTER** each class.



The product we use is a disinfectant effective against a broad spectrum of bacteria including *Staphylococcus aureus* (MRSA), and is viricidal including HIV-1, HCV, H5N1, H1N1, H9N2 and HBV. It also inhibits the growth of mold and mildew and their odors when used as directed.

This product is an effective fungicide against *Trichophyton mentagrophytes* - the agent that causes Athlete's Foot fungus on bathroom surfaces - and is used to clean and disinfect hard, non-porous sport surfaces.





**Together we will get through this!**

We thank our members for their continued support during this time period!  
Our Team will emerge stronger from this and we are all looking forward towards  
training with our team mates, colleagues and professors!

