

COVID 19 - Mitigation Plan

FOR REOPENING OF JUNE 1, 2020

Langley Marcus Soares BJJ Academy

103-20691 Bypass 10
Langley, BC Canada
V3A 5E8

Maple Ridge Marcus Soares BJJ Academy

105-11517 Kingston St
Maple Ridge, BC Canada
V2X 0Z5

Vancouver Marcus Soares BJJ Academy

201 - 910 Richards St.
Vancouver, BC Canada
V6B 3C1

Members

Entry - Controlled Access

Please arrive **no more** than 15 minutes early and wait outside. Markers will be placed 6 feet apart for you to wait. A designated person will open up 15 minutes prior to class start time and allow entry and orient students on where to go. When children come to class only 1 accompanying person/student for arrival and departure will be allowed.

Thermal temperature will be taken for all children entering and **everyone will be asked the following questions when they arrive:**

- **Do you have any of the following symptoms:** fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite
- Are you, or anyone you are living with, either sick, self-isolating, or quarantined?

Any member who answers yes to either of the questions above will not be permitted to enter. It is recommended that anyone who has the symptoms of COVID-19 call 8-1-1.

Do not come to the academy if you have any symptoms of being unwell.

Upon Entry

LANGLEY AND MAPLE RIDGE - All shoes will be taken off inside the lobby area. No shoes will be allowed off the carpeted area. Place shoes on the shoe rack in the gym. Please bring with you, your own designated indoor flip flops to wear inside the dojo area. **NO OUTSIDE SHOES WILL BE ALLOWED INSIDE WAITING ROOM AND DOJO AREA. NO EXCEPTIONS!**

VANCOUVER - Students will line up in the hallway 6 feet apart. Shoes will be taken off in the hallway and placed on a shoe rack. The shoe rack will be taken inside once everyone has entered the dojo. When class ends, the shoe rack will be taken outside for you to grab your shoes one by one.

Time will be allowed for each person to take off their shoes in the lobby and enter the Dojo before the next person is allowed entry.

USE THE HAND SANITIZER PROVIDED AT THE FRONT COUNTER BEFORE ENTERING THE DOJO (MAT AREA).

Once inside the Dojo (mat area), place your belongings inside one of the cubbies. Every other cubby will be marked with an X for your usage.

Once inside the Dojo use your own sanitizer that you will be required to purchase from us. We will PROVIDE HAND SANITIZER FOR YOUR USAGE TO USE BEFORE ENTERING THE DOJO (MATED AREA), **HOWEVER, EVERYONE WILL BE REQUIRED TO SPRAY THEIR HANDS AND FEET BEFORE GOING ON TO THE MATS. THIS WILL BE REQUIRED BEFORE AND AFTER EACH CLASS.**

1. This limits everyone touching the same bottle.
2. The spray sanitizer we are asking you to purchase has been approved
3. Buy using the spray alcohol vs the liquid gel types inside the Mat area, will prevent any accidental spills of the gel and prevent a build up on the mats.
4. Please label your own sanitizer and take home with you after each class

Entering and Leaving The Mat Guidelines

After you have sprayed your hands and feet, enter the mats immediately and place yourself on a marked area, which will be 8² Meters apart. This is where you will stay your entire training session.

UPON LEAVING the mats you will be required to spray your hands and feet again with the sanitizer. Also, indoor flip flops must be worn at all times when not on the mats (going to the bathroom, and to leave the dojo area to get your outdoor shoes).

To avoid crowding around the cubbies, spray and immediately go to the mats. If there is someone at the cubbies when you arrive in the waiting room, have a seat on the wooden benches. Benches will be marked with X's 6 feet apart for you to wait. Let the person get on the mat before you use the cubby area.

Masks

Masks are **optional** according to WORKSAFE BC, unless you can't keep a distance of 6 meters.

Where physical distance cannot be maintained

- Where distance cannot be maintained, consider separating people with partitions or plexiglass barriers.
- Where other measures are not sufficient, consider the use of non-medical masks, understanding that these have limitations.

BUT IF YOU CHOOSE TO WEAR A MASK, DO NOT LEAVE THEM ON THE MATS, IN THE LOBBY, CHANGEROOM, BATHROOMS, CUBBIES, etc. Dispose of your own mask in trash can provided or take them home. If choosing to wear a mask, choose one that you can breathe in while exercising.

In Vancouver's Mitigation plan, Mask will be required as you wait in line to enter the academy to respect other tenants in the building who will be walking by. Your mask will be required to be left in your own personal bag until the end of class or disposed of in a trash can provided.

Bathroom and Change Room Usage

We ask that you come dressed for the class and leave in the same clothing. We want to limit the use of the changeroom and bathrooms. ***If you absolutely*** have to use the bathroom during the class, use your indoor flip flops to go.

Wash your hands using the guidelines posted in the bathroom.

Use a Clorax wipe that will be provided and wipe down the faucet and toilet handle before leaving. **Dispose of the Clorox wipe in the bathroom garbage can.**

Class Time

The mats will have a clear marking where you can work out. Stay on your marked spot and do not deviate from your area. There will be a spot designated for the Instructor. Bring your water bottle to your designated spot to avoid going back and forth off the mats. **MAKE SURE YOU BRING YOUR WATER BOTTLE BACK HOME WITH YOU..**

The common greeting at the end and beginning of each class (assembling in a line and high fiving, etc) will be replaced with a bow from your marked area, before and after class.

End of Class Time

15 Minutes will be allotted to allow for the same protocols as entry and enough time for students to avoid being within 6 feet of each other.

At the end of the session, the instructor dismisses the students by turns in order to get back to the assigned area next to the training location (where the personal belongings have been left before the start of the session).

- Sanitizing hands and feet
- Grab your belongings out of the cubby. Limit what you bring and leave quickly to the shoe area. Leave immediately.

If choosing to say goodbye and socialize to your teammates outside, do so 6 feet apart and respect the other tenants and patrons of the building.

Any accompanying person (guardian/parent of child) has to arrive at the academy 5 minutes before the end of the session, waits at the entry, and respects the security distance together with the other accompanying people.

No parent/guardian or guest will be able to wait in the lobby or waiting areas at this time. **In Maple Ridge the upstairs is for Staff only.**

Greeting and Goodbyes

For now there will be no handshaking and hugging or any form of contact.

Students Required To Use The Zenplanner App To Reserve A Spot

There will be no exception to this! If your name isn't on the list, you won't be allowed entry. If your name isn't on the list 15 minutes prior to class and you show up hoping to get in you will be sent to the back of the line, you will be required to reserve your spot and priority will be given to those who used the app. Do not call the school to see if there is a spot available, use the App! The app will show how many spots are available to attend class. If you reserve a spot ahead of time and can't make it, take your name off and allow others to reserve.

[Zenplanner for Android](#)

[Zenplanner for iPhone](#)

Sanitary Recommendations To Be Performed Before Arriving To The Training Location

- Take a shower and wash your hair
- Make sure that your athletic attire and Gi has been washed properly (tracksuit, BJJ gi, etc.)
- Wash your hands properly and keep your nails short
- Go to the restroom before the training
- Avoid public transport as much as possible
- Wear a mask on public transport if you can't avoid it
- Wear your training outfit under a tracksuit (+ a coat if necessary) in order to keep the training outfit clean on the way to the training location
- Have a bag that is big enough to contain your disposable tissue papers, sanitiser gel/liquid, water bottle and a paper containing the contact details of your accompanying person who can be reached in case of issues during the training session (for minors)

Sanitary Recommendations to be Taken upon Arrival at Home

- Take a shower
- Wash the training outfit (Gi and/or athletic garments)
- Wash the water bottle

- Disinfect the bag
- Restock the sanitary kit (sanitizer, tissue paper, mask)

Instructors

Instructors and staff will be required to wear a face mask until the start of class time if maintaining a 6 foot distance is not possible when students enter. They will be required to put on a mask at the end of class for the same reason.

Members and Coaches

Staff and Students who are at a higher risk for experiencing severe symptoms or live with someone who is at high risk should refrain from participating in the classes.

Trial and Drop In Students

All Trial Class students and Drop In Students will be required to reserve a spot. No drop in students without a reservation will be taken at this time. You will be asked if you have recently travelled and if so we ask that you wait 14 days before scheduling your trial class. When we return to a full contact sport, all trial class students will now be charged the standard \$30 drop in fee, which will include a clean sanitized Gi for free. When you sign up, this will be taken off of your first month. We have instituted this new policy to have serious prospects only during this time, as class sizes will now have a limited capacity.

Injury during class

If you receive an injury during class that requires attention (ice, band aid, etc.) please let your instructor know and they will provide you with what is necessary. Previous to COVID students could access some of the items on their own, please ask your instructors or a designated staff to assist you now.

Should You Become Diagnosed with COVID-19

Please inform the Coach or Program Director ASAP. We will keep your name confidential but will have to inform the students who participated in your class.

We Can Do This Together And Safely

Members, we know there is more work and precautions in place to come to a class now. Some of you may appreciate the extra safety precautions and others may find it unnecessary. Whatever,

you feel this has to be done to be able to open, so please help out your staff and respect the mandates set forth by the health authorities and your school.

Next Phase

When the health authorities allow for a next phase of contact sports, we will proceed with another Mitigation Plan on how that will look. However, until then we can only train 2 meters apart and without contact.

REFERENCES

[GUIDANCE FOR GYMS AND FITNESS CENTRES - FRASER HEALTH AUTHORITY](#)

[COVID-19 AND RETURNING TO SAFE OPERATIONS - PHASE 2 -WORKSAFE BC](#)

[INTERNATIONAL JUDO FEDERATION](#)

[DO NOT ENTER IF UNWELL POSTER](#)

[PHYSICAL DISTANCE POSTER](#)

[HAND HYGIENE POSTER](#)

[ORDER OF THE PROVINCIAL HEALTH OFFICER](#)

[FRASER HEALTH BULLETIN - GYM CLOSURE ORDER LIFTED](#)

[NOTICE OF TERMINATION OF CLASS ORDER FITNESS](#)