



EDDIE FYVIE
JIU-JITSU ACADEMY

RE-OPENING ACTION PLAN

RETURNING SAFELY TO THE MATS



FIRST DAY BACK:

05/27/20

JOURNEY TO NORMAL

GAMEPLAN TO RESUME TRAINING

1

AT HOME ZOOM CLASSES.

2

*GYM RE-OPENING
NO CONTACT TRAINING*

3

*CONTACT RESUMES W/1-2
TRAINING PARTNERS*

4

*ROLLING AND NORMALCY
RETURNS!*

*THESE PHASES WILL BE RE-ANALYZED WEEKLY
TO INSURE MAXIMUM SAFETY & COMFORT*

****ALL PLANS DESIGNED UNDER THE GUIDANCE OF MEDICAL PROFESSIONALS*

5 GUIDELINES FOR RE-OPEN

COVID-19 RETURN PLAN

1



SOCIAL DISTANCING

CAPACITY CONTROL

2



PRE-CLASS HEALTH SCREENING

SYMPTOM SELF-MONITORING

3



INCREASED SANITATION

PROTECTIVE EQUIPMENT

4



MEMBER COMMUNICATION

IMMUNE SYS. & VIRUS EDUCATION

5



PROTECTING AT-RISK

MEMBERS & FRIENDS

A TEMPORARY INCONVENIENCE FOR A PERMANENT GOAL!

***SPACE DESIGNED UNDER THE GUIDANCE OF MEDICAL PROFESSIONALS

TRAINING ELIGIBILITY

CLASS ATTENDANCE CRITERIA

PART ONE

14

DAYS W/O



SYMPTOMS

14

DAYS W/O



TRAVELING

14

DAYS W/O



**EXPOSURE TO
ANYONE SICK**

MORE DETAILS TO COME...

****SPACE DESIGNED UNDER THE GUIDANCE OF MEDICAL PROFESSIONALS*

CLASS SIGN UP & PROCEDURES

FIRST WEEK - PANDEMIC RETURN

- ① *You must sign up VIA the Mindbody APP for class 24 hrs in advance.*
- ② *Doors will be locked until 5 minutes before class. (Please wait in your car until doors open).*
- ③ *One person will be let in at a time for questionnaire/temperature check.*
- ④ *Doors will be locked during class.*
- ⑤ *Doors will be locked after class for cleaning.*
- ⑥ *Locker Rooms will not be open week one, please arrive in training attire.*
- ⑦ *You will bring your training bag to your sectioned off*

ENTERING THE ACADEMY

TEMPORARY SAFETY MEASURES



1st

TEMPERATURE CHECKS W/FOREHEAD THERMOMETER



2nd

BRIEF CDC SYMPTOM/HEALTH QUESTIONNAIRE



3rd

CLEAN HANDS W/ALL NATURAL EPA & CDC APPROVED CLEANSER



4th

USE DEFENSE SOAP FOOT CLEANER (TWO STATIONS NEAR MAT)

WE WILL REASSESS THESE MEASURES AFTER WEEK ONE

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EQUIPMENT REQUIREMENTS

FIRST WEEK - PANDEMIC RETURN



KIMONO

GI'S MUST BE CLEANED BEFORE AND AFTER EACH CLASS IMMEDIATELY.



RASH GUARD

RASH GUARD MUST BE WORN UNDER KIMONO.



GRAPPLING DUMMY

BRING YOUR OWN GRAPPLING DUMMY TO CLASS. IF YOU HAVE A FAMILY MEMBER, THEY CAN ATTEND CLASS W/YOU.



BOXING GLOVES

IF YOU DO NOT HAVE YOUR OWN PAIR, WE WILL GIVE YOU NEW GLOVES FOR FREE AS A GIFT FROM US!



GYM BAG

BRING SUPPLIES IN YOUR BAG AND BRING THIS BAG TO YOUR MAT AREA.



WATER BOTTLE

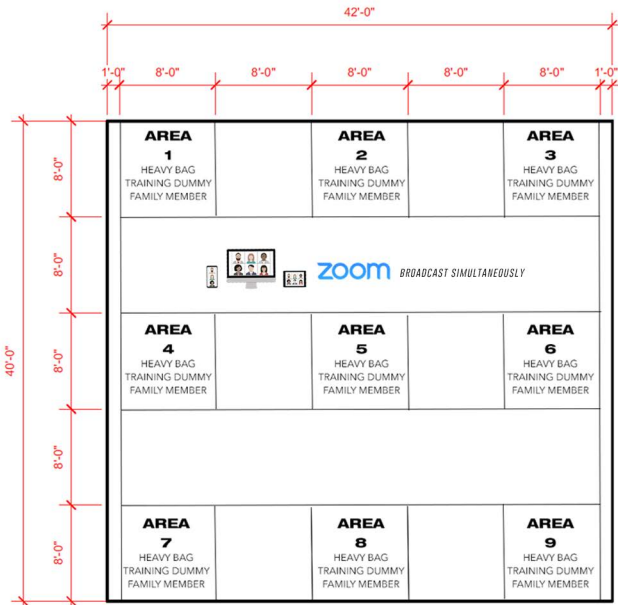
BRING YOUR OWN WATER BOTTLE TO CLASS. WE WILL NOT BE SELLING THEM DURING WEEK ONE.

A TEMPORARY INCONVENIENCE FOR A PERMANENT GOAL!

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NO CONTACT MAT LAYOUT

FIRST WEEK - PANDEMIC RETURN



MORE DETAILS TO COME...

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