



BROWN'S
KICKBOXING • JIU JITSU

COVID-19 RETURN TO PLAY PROTOCOLS

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Our Goal

At Brown's Kickboxing and Jiu Jitsu, we are taking the proper measures to protect the safety and wellness of our members and their families. We want everyone to be comfortable returning to his or her training routine and have implemented industry protocols to help guide us as we navigate through the Covid- 19 pandemic. Martial Arts is not just an activity, it's a way of life. We will get through this together.

Purpose of This Presentation

- To describe the protocols and expectations at our facility that will allow you to return to training as quickly and as safely as possible while meeting the provincial and local health requirements
- To provide a framework for instruction and training at the different stages in a pandemic
- To be descriptive and not prescriptive – it will describe what to do, not how to do it
- To get us all back on the mats as soon as possible, as safely as possible

Reducing and Controlling the Spread During Reopening



Alignment with Public Health Regulations

Ensuring member clubs, individual club / dojo owners and / or directors are in compliance with the guidelines set out by their municipal and provincial health authorities.



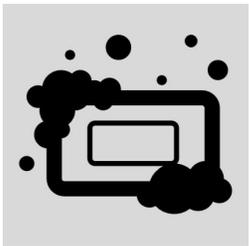
Facility Controls

Ensuring member clubs are safe and clean and follow public health recommendations for cleaning and sanitation. Ensuring that training facilities are engineered to promote social distancing and are properly sanitized.



Club Policies and Procedures

Ensuring member clubs are following administrative procedures that will ensure safety of members and allow for contact tracing if required.



Participant Hygiene

Ensuring that members follow personal hygiene requirements to avoid the spread of the virus between club members.



Level of Contact

Ensuring member clubs are following the guidance of provincial and local public health authorities with respect to levels of contact and size of gatherings.

Return to Play Stages of Reopening

Brown's Kickboxing and Jiu Jitsu offers a wide curriculum of techniques and skill building drills to participants. These include striking, throws and grappling, as well as conditioning and strength training.

Because of the wide range of techniques and the various levels of contact, we have implemented a staged approach to returning to training. Our reopening stages allow for a gradual return to participant contact.

The overall goal is to return to practice while reducing the risk to participants as much as possible.

Stage 1- Online virtual Lessons via Zoom

Stage 2- Online virtual Lessons via Zoom

Stage 3- Return to training protocols (No Sparring) Provincial government has relaxed physical distancing requirements and allows limited contact.

Facility Protocols During Stage 3

- Wash hands with soap and water before you arrive
- Before entering the dojo use the hand sanitizer that is available at our reception desk
- If you cough or sneeze, use a tissue or into your bended elbow and wash or sanitize your hands immediately afterwards.
- All visitors must sign in using our attendance system
- No use of changerooms. Please come dressed for class
- Only members may enter the facility. Parents and guest must remain outside due to capacity restrictions
- Facility will be cleaned each day
- All members must sign in using our attendance system

Classroom Protocols During Stage 3

- Classes will be limited to 20 participants in order to maintain social distancing
- During solo drills students will be encouraged to stay 2m apart
- During partner drills, students may only one select one partner for the entire class
- Partner drills are optional if a student does not feel comfortable and an alternate solo drill will be selected.
- No kickboxing or Jiu Jitsu free sparring permitted.

- Classroom will be cleaned after each class
- Please wash your uniform after each class
- Class time are staggered to promote social distancing

Stage 4- Return to Play Protocols (Preventative) Return to contact sports has been approved by the provincial government

Facility Protocols During Stage 4

- Wash hands with soap and water before you arrive
- Before entering the dojo use the hand sanitizer that is available at our reception desk
- If you cough or sneeze, use a tissue or into your bended elbow and wash or sanitize your hands immediately afterwards.
- All visitors must sign in using our attendance system
- Facility will be cleaned each day
- All members must sign in using our attendance system

Classroom Protocols During Stage 4

- No Restrictions on Training
- No Restrictions on Use of Facilities or Equipment
- Classroom will be cleaned after each class
- Please wash your uniform after each class
- Class time are staggered to promote social distancing
- Class sizes to follow public gathering requirments

Disclaimer

IT IS EXPRESSLY ACKNOWLEDGED BY THE MEMBER OR GUARDIAN THAT THERE IS RISK ASSOCIATED RETURNING TO BROWN'S KICKBOXING AND JIU JITSU AS A RESULT OF THE COVID-19 PANDEMIC AND THAT BY RETURNING TO THE FACILITY IN ANY WAY, INCLUDING BY FOLLOWING THE RETURN TO PLAY PROTOCOLS, THAT THE MEMBER OR GUARDIAN ASSUMES ALL RESPONSIBILITY FOR ANY COVID-19 RELATED SYMPTOMS, ILLNESS OR DEATH WHICH MAY RESULT FROM THE USE OF THE MEMBER CLUB. IN ADDITION, THE MEMBER OR GUARDIAN EXPRESSLY AGREES TO INDEMNIFY AND HOLD HARMLESS BROWN'S MARTIAL ARTS (HAMILTON) INC. OR ITS STAFF MEMBERS IN THE EVENT OF ANY INJURIES OR CLAIMS ARISING OUT OF OR RELATED TO COVID-19.

