



REOPENING TRAINING

PROTOCOL

Phase 1

PREPARATION

No training during 7 days

The purpose of Phase 1 for jiu jitsu academies is to give them time to prepare for Phase 2:

- ✓ Determine solo drill class schedule
- ✓ Determine number of staff members necessary to run each class
(i.e. someone screening students for entry; someone assisting with mat ingress and egress, and enforcing locker room policy; and the instructor)
- ✓ Set up hand sanitizing stations
- ✓ Demarcate the mats to allow for solo training and determine how many students the mat space will accommodate with the 6'x6' restriction
- ✓ Determine mat ingress and egress
- ✓ Set up online sign-ups for solo drill classes
- ✓ Set up instructor-led solo drill (and/or grappling dummy curriculum)

Phase 2

REOPENING
During 14 days

May open gym for instructor-led solo drills with 36 square feet of clearly demarcated mat space separating each student provided that:

- **PRIVATE LESSONS**
- **CONFINEMENT PARTNER**
- **GROUP ACTIVITY: SOLO DRILLS AND INDIVIDUAL EXERCISES**

Distance: 10m² per student

Avoid handshake or end of class greetings.

1) A normal temperature is obtained for every person entering the academy for every class he or she enters:

- A temporal or oral thermometer may be used
- Normal temperature will be defined as $< 37.6^{\circ} \text{C}$ ($< 99.3^{\circ} \text{F}$)

**Note that fever is normally defined as a temperature $> 38^{\circ} \text{C}$ ($< 100.4^{\circ} \text{F}$)¹. However, it seems logical to set the threshold for Brazilian jiu jitsu training lower given the following:*

- *Changes in normal body temperature throughout the day*
- *"A forehead (temporal) scanner is usually 0.5 F (0.3 ° C) to 1 ° F (0.6 ° C) lower than an oral temperature."²*

Phase 2

REOPENING
During 14 days

2) A Each person entering the gym confirms the following:

- No symptoms of COVID-19 within the last 14 days including³:
 - ✓ Fever
 - ✓ Chills
 - ✓ Headache
 - ✓ Cough
 - ✓ Repeated shaking with chills
 - ✓ Sore throat
 - ✓ Shortness of breath or difficulty breathing
 - ✓ Muscle pain
 - ✓ New loss of taste or smell
- No known contacts with anyone testing positive for COVID-19 within the past 14 days (this includes all healthcare workers participating in the care of COVID-19 patients).

Phase 2

REOPENING
During 14 days

- Has complied with the following social distancing guidelines⁴ for the last 14 days:
 - ✓ Staying at least 6 feet away from others during shopping at the grocery store or pharmacy
 - ✓ Wearing a cloth mask covering the nose and mouth when out in public
 - ✓ Avoiding “large and small gatherings in private places and public spaces, such a friend’s house, parks, restaurants, shops, or any other place”
 - ✓ Work from home when possible

Phase 2

REOPENING During 14 days

- Is neither a member of nor lives with a member of a population uniquely vulnerable to COVID-19 including:
 - ✓ "People 65 years and older
 - ✓ People who live in a nursing home or long-term care facility
 - ✓ People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - ✓ People with chronic lung disease or moderate to severe asthma
 - ✓ People who have serious heart conditions
 - ✓ People who are immunocompromised
 - ✓ People with severe obesity (body mass index [BMI] of 40 or higher)
 - ✓ People with diabetes
 - ✓ People with chronic kidney disease undergoing dialysis
 - ✓ People with liver disease"⁵
- 3) No more than one person is allowed into the changing/locker room at a time
- 4) Hands must be washed or disinfected with hand sanitizer prior to stepping onto the mat after removing shoes

Phase 3

During 14 days
Three scenarios are possible:

1-HOUR LESSON

- **PRIVATE LESSONS**
- **FIXED PARTNER**
- **GROUP ACTIVITY:**
SOLO DRILLS + TECHNICAL
ACTIVITIES WITH FIXED
PARTNER + SEMI PRIVATE
GROUPS (TESTED) +
IMMUNE GROUP (TESTED)

Distance: 10m² per student

*Avoid handshake or end
of class greetings*

- 1) No additional COVID-19 RT-PCR testing capacity in the area in which the academy is located → NO CHANGE
- 2) Additional COVID-19 RT-PCR testing capacity is available in the area in which the academy is located to test asymptomatic persons without specific risk factors for COVID-19 (meaning anyone can get a test for any reason) → Instructors and students may begin sparring IF BOTH partners can confirm a negative COVID-19 RT-PCR test within the previous 24 hours
- 3) Students who do not belong to or live with someone who belongs to a vulnerable population may be matched with a SINGLE partner for partner drills, understanding that partner drills at this stage are not-risk free and that they may be exposing themselves and their families to COVID-19. These partnerships may not be substituted for the entire duration of phase 3.
- 4) Academy owners will need to determine if separate classes need to be set up to facilitate partner training based upon mat space restrictions.

Phase 4

During 14 days

1-HOUR LESSON

- **PRIVATE LESSONS**
- **SMALL GROUPS 4-6**
- **ALL OF THE ABOVE PLUS GROUPS OF 4 IN GROUP CLASSES**
- **GROUP ACTIVITY:**
TECHNIQUES ALLOWED
WITH FIXED PARTNER

Distance: 5m² per student

Avoid handshake or end of class greetings

- Definition: No cases of person-to-person transmission of COVID-19 within the county (if rural) or major metropolitan area within which an academy is located for the last 14 days OR widespread testing is available (as specified in Phase 3 above)
- All instructors and students meeting the criteria specified in Phase 2 above may begin to partner training, including sparring.
- Class size should remain below 50% capacity
- Students and instructors who live with or are members of a vulnerable population may return for instructor-led solo drills (as specified in Phase 2).

Phase 5

During 14 days

(an addendum specifically addressing the unique risk imposed by Brazilian jiu jitsu)

➤ **CLASS SIZE
MAY RETURN
TO NORMAL**

➤ **RESUME NORMAL
ACADEMY ACTIVITY**

- Definition: No cases of person-to-person transmission of COVID-19 within the county (if rural) or major metropolitan area within which an academy is located for the last 14 days OR widespread testing is available (as specified in Phase 3 above)
- All instructors and students meeting the criteria specified in Phase 2 (including those who live with or are members or a vulnerable population) above may begin to partner training, including sparring.

Phase 6

During 14 days

(an addendum specifically addressing the unique risk imposed by Brazilian jiu jitsu)

- Definition: No local cases of COVID-19 (including those being treated in hospitals) within the within the county (if rural) or major metropolitan area within which an academy is located for the last 14 days (as specified in Phase 3 above)
- Healthcare workers previously treating COVID-19 patients may return to training.

SPECIAL SITUATION: STUDENTS AND INSTRUCTORS WITH PRESUMED IMMUNITY TO COVID-19

- Definition: Students/instructors who were confirmed (via COVID-19 RT-PCR) to have been infected with COVID-19, subsequently recovered, and are confirmed to carry (via serology testing) anti-COVID-19 IgM AND IgG (via serology testing)
- Positivity for IgM alone does NOT qualify for immunity for the purposes of these guidelines.
- This definition does NOT apply to those without symptomatic history AND previous positive RT-PCR test, who were able to obtain a serological test (i.e. for study purposes) which was found to be positive for IgM or IgG against COVID-19.
- All instructors and students meeting this definition may be allowed to train among themselves separately from the other students to whom the above phases apply.

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Was born on January 14, 1984 in Columbus, Ohio – USA growing up in Atlanta, Georgia.

Chris helped us in the development of this protocol.

He is a Brazilian jiu jitsu black belt under the legendary Romero Cavalcanti.

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NO ONE

WILL BE LEFT BEHIND