

COVID-19

GUIDELINES FOR THE REOPENING OF
JIU-JITSU ACADEMIES DURING COVID-19 PANDEMIC



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Disclaimer: The recommendations provided in this safety protocol are to assist the Jiu-Jitsu community in the reopening of gyms and training spaces. These are to be used as suggested strategies only, with precedence given to the local government's and health department's guidelines in regards to resuming activities that involve contact sports.

INTRODUCTION:

The purpose of this manual is to suggest measures that may reduce the risk of spreading COVID-19 during the reopening process of gyms. This material was gathered from information provided by the WHO, CDC, and other health agencies; it does not replace any guidance or law in place by your government. Gyms should only reopen when their local government and health agencies have deemed it safe to do so.

IBJJF can update this manual accordingly as new guidelines are provided by relevant authorities. We emphasize that our recommendations do not take precedence or replace the guidelines and regulations given by governmental bodies and health organizations. It is at each academy's discretion to follow the suggestions given herein.

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RESOURCES FOR UP-TO-DATE INFORMATION ON COVID-19:

Your local health department

WHO: <https://www.who.int>

CDC: <https://www.cdc.gov>

We recommend gyms follow their local government's guidelines as the prevalence of COVID-19 varies greatly by location.

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SAFETY MEASURES TO BE IMPLEMENTED IN THE ACADEMY:

- Gyms should only reopen if their local agencies have deemed it safe to do so. Gyms should not reopen against the orders of their local government and health agencies.
- Provide sanitizer stations for student and employee use in all areas of the gym.
- Installation of an acrylic panel at the reception desk and use of a personal protection mask by the receptionist.
- Whenever possible, use electronic payment methods to minimize contact or exchange of currency (e.g: bank transfers)
- Register each student's attendance (date/time) in training to assist with contact tracing in the case of any student testing positive.
- Clean and disinfect the mat before and after each training session.
- Regularly and frequently disinfect common areas including any touched surfaces or items that people come into contact with.
- Adapt training schedules to allow enough time between classes to disinfect spaces.
- Avoid the use of changing rooms.
- Minimize use of bathrooms if possible. Allow only one person at a time and disinfect after each use.

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SAFETY MEASURES TO BE IMPLEMENTED IN THE ACADEMY:

- Air conditioning: it is not recommended to use air conditioning, giving preference to natural ventilation through the opening of windows.
- Mark common area floors to allow a distance between people interacting inside the gym, according to the local government's suggestions.
- Mandatory use of personal protective equipment (PPE) for employees, teachers and contractors.
- Provide masks for receptionists, teachers, cleaning staff, managers and third parties. All guidelines from the World Health Organization and Centers for Diseases and Control Prevention should be followed for the use of this equipment.
- Provide disinfecting stations for shoes of all attendees. For example, soaked rags or towels with disinfectant upon entrance.
- Restrict access to training sessions for students only. Prohibit spectators and visitors from waiting inside the gym if possible.
- Take surveys of every attendee entering the gym inquiring about contact with someone who is infected or suspected to be infected. If yes, entering the facility is not recommended.
- At-risk students (students who have been in contact with someone who is infected or suspected to be infected, or students who live with persons that are uniquely vulnerable such as elderly) should be limited to virtual training only.
- Check the temperature of everyone who enters the gym. Use a non-contact thermometer.

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SAFETY MEASURES TO BE IMPLEMENTED BY EACH STUDENT / TEACHER:

- Take temperature at home before class, at rest. Athletes should not attend training if they have a high temperature or are feeling ill.
- Gyms should avoid the entry of students, employees, and any Third-party workers with high temperatures.
- Disinfected footwear should be worn outside of the mat area at all times.
- Upon entering the gym, athletes should wear disinfected sandal-type footwear that is only for use inside the gym, or they should disinfect their shoes at a designed station.
- Each student / teacher must bring their personal disinfectant and protection material (hand sanitizer with at least 70% alcohol, towel and personal protective mask) and must not share them.
- Wash hands thoroughly and frequently. https://www.who.int/gpsc/clean_hands_protection/en
- Students should arrive at the gym already dressed for class to avoid the use of changing rooms.
- Wear a clean gi to each class and wash their gi immediately after training.
- Teachers should change their PPEs between every class.
- All athletes and instructors should bring their own bottle of water and must not share with others. If possible, gyms should disable drinking fountains or prohibit access.

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SAFETY MEASURES DURING TRAINING:

- Promote outdoor training if possible.
- Gyms should reduce the number of practitioners per class to reduce the potential risk of contagion.
- Professors should diversify class schedules to distribute students and avoid crowds by limiting each class to one hour in order to accommodate more students without raising the risk of contagion.
- Professors should also limit the number of classes each student can attend per week, in order to accommodate more students without raising the risk of contagion.
- Promote a pre-class check-in system so that students can confirm a spot in the class prior to going to the academy.
- Training spaces should be marked with tape or marking to clearly indicate the allotted space per student. Each space should provide the recommended distance between people that the local governmental and health authorities have recommended. We highly encourage that you increase the distance per space whenever possible to increase the safety of the athletes. If there is no regulation provided by your local authorities, we suggest a distance of at least 2 meters (6'6") between athletes in training.
- Implement protocol for entering and exiting the mat area with respect to the social distancing guidelines.
- Gyms should limit physical forms of greeting by not allowing handshakes or bodily contact.
- Gyms should discourage training with the aim of weight loss for category change. Nonessential, rapid, or unprecedented weight loss may lower the body's immunity and is not currently recommended.

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TRAINING

NO CONTACT:

As mentioned, it is strongly recommended that training should only take place in the indicated marked spaces, respecting the recommended distance between each person given by the local governmental and health authorities.

- Classes should consist of small groups with individual, mobility-based training. Specific solo Jiu-Jitsu exercises without partner training are recommended. (E.g: drills, aerobic exercises and drills with a dummy).
- Students should remain in their designated section during training.

WITH CONTACT:

The return of physical contact training will be at the sole authorization of your governmental and health authorities.

- Contact training could be carried out between groups of 2 to 4 students, which would be formed based on the proximity criterion: a group of people who already share the same routine. For example: members of the same family, household or similar situations.
- Guidelines for these groups include: stay in the same fixed group, always train on the same days with the same classmates, and always in the same designated area of the mat.

This suggestion aims to limit a potential spread between different classes of students.

The evolution of training towards something that is close to the pre-pandemic reality will be analyzed in due time, always respecting the regulations and protocol of official entities and competent bodies.

We hope you are all safe and healthy, and we look forward to seeing you on the mat as soon as possible!

