



Covid-19 Health and Safety Protocol Recommendations for Re-opening BJJ Schools

Sport Jiu-Jitsu International Federation



A Message from President João Silva

The well-being of our members, athletes, professors and the community at large have and continue to be a top priority for SJJIF. Precautions and social distancing requirements amid the Covid-19 threat called for schools to temporarily close their schools and in-person instruction. While this action was necessary to do our part in flattening the curve, it has inevitably been hard on many BJJ practitioners, professionals, and schools across the world.

Soon, as regional and country orders are lifted, schools will begin opening. The return will not be a return to the old normal - that may take some time. However, it is important that we commit to taking the proper precautions to lessen the fears around training and lessen the risks of Covid-19 transmission.

The BJJ community is stronger together and together we can take the best next steps in safely and successfully re-opening our BJJ academies - allowing our academies to begin recovering from the impact of these unprecedented times.

For our BJJ community, training and getting physically and mentally healthy is an absolute positive! There has never been a time when our health is more important than it is now. Focusing on our health, bolstering our immune system is the one thing we can control right now that better positions us against Covid-19.

SJJIF staff has worked hard to put together these recommendations & we hope that we are able to ease some of the challenges BJJ schools may face as they prepare to re-open.

All the best,

João Silva



INTRODUCTION

As BJJ schools re-open it is important that the minimum recommended health protocols of each region and country are followed. It is also important to know that BJJ schools may adopt additional protocols consistent with their specific needs and circumstances to help protect the health and safety of all employees and customers.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in their respective regions' protocols, all of which should facilitate a safe and measured re-opening based on the specific needs of their community.

It is important the BJJ schools stay informed and take actions based on common sense and sound judgment that will protect health and support BJJ schools' re-opening.

To ensure a safe & successful re-opening:

-  Identify local re-opening requirements and safety protocols to ensure that your business is complying.
-  Determine a re-opening date.
-  Establish safety protocols and procedures for school, sanitation, and instruction. Optional Covid-10 specific waivers for members and guest.
-  Communicate safety protocols and procedures with staff, instructors, and students.



OUR GOALS

STAY OPEN

Maintain effective safety protocols in place that ensure that our schools remain open safely and successfully.

RE-OPEN

Re-open our schools with clearly communicated safety protocols in place.

PREPARE TO RE-OPEN

Prepare to safely and successfully reopen our schools by establishing safety protocols for sanitation and instruction and have necessary waivers in place.



PREPARATION

Actions to be taken prior to re-opening your school:

-  Re-opening sanitation of school, including, but not limited to all surfaces (benches, handles, switches, and countertops), all training / mat areas, all equipment, bathrooms/locker rooms.

-  Establish a temporary schedule that allows you to properly disinfect school between classes and meet local safety guidelines on spacing, number of students per class and overall capacity of people that may be in your business at a time.

-  Establish safety protocols and procedures for students that include entering and exiting school such as markers outside of building, taking temperatures before people enter building, requesting verbal disclaimers of no existing Covid-19 symptoms, identifying what areas may be closed (locker rooms and water fountains), training spaces, spectator limits, and social distancing protocols. Create Covid-19 waivers for all patrons that may visit your school.

-  Establish ongoing / routine disinfecting protocols using hospital-grade disinfectant or fresh 10% bleach solution as appropriate in order to mitigate virus transmission. Employees performing these routine disinfection measures should be wearing PPE in the form of nitrile gloves and know how to safely dispose of them.
 - This protocol should be conducted on all training / mat areas and equipment at least at the end of every class or in between use.
 - All surfaces (benches, handles, switches, and countertops) and bathrooms/locker rooms should be disinfected multiple times daily.



PREPARATION

Actions to be taken prior to re-opening your school:

- Establish the recommended number of sanitation dispenser stations.
- Confirm the necessary cleaning and safety supplies to keep your school safe.
 - Confirm you have an adequate supply of soap, disinfection spray, hand gel, paper towels and tissue;
 - Confirm stock of face masks and gloves on-site and on-order with proper lead time.
- Establish procedures to manage an exposure or suspected exposure to Covid-19.
 - Disinfecting procedures;
 - Filing an incident report, tracing in house contact and communicating to necessary parties;
 - Reporting with the necessary health line;
 - Quarantine (14 days before returning) & returning procedures such as a doctor's clearance form.
- Set-up a time to review and teach instructors and staff the safety protocol procedures.
 - All staff should know exactly what the daily protocols are and who's responsible for which tasks;
 - Staff should also know all of the protocols concerning students and parents and should be encouraged to help enforce them;
 - Establish routine meetings to ensure that all instructors and staff are up to date with the evolving / adapting safety protocol procedures in place.

“Before anything else, preparation is the key to success.”

- Alexander Graham Bell



RE-STARTING CLASSES

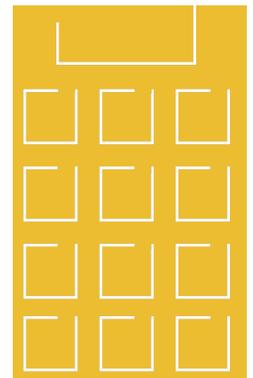
Class structures that may need to be temporarily modified:

- Checking in and out of class protocols
- Class size
- Length of class
- Class format
- Pre and post social distancing protocols.



Different Levels of Personal Vulnerability

Recognize that we all have different values and opinions regarding health risks and level of personal vulnerability. Some parents and students will still not feel comfortable attending in person classes for a while. Continue to provide virtual training as long as necessary.





EXAMPLES OF CLASS FORMAT PROGRESSION

*Phases only note new or changed practices

STAGE 1

- Staff scans people upon entering school (temperature check & verbal disclaimer) & class check-in.
- Clearly marked training stations on mat.
- Solo and dummy drills / exercises on assigned training area.
- Shorter class times to allow for mat and equipment cleaning and minimize people traffic.
- Closed locker rooms and water fountains.
- Social distancing always practiced.
- No spectators.

STAGE II

- Assigned partners or dummy work for drills and exercises.
- Possible semi-private drills with individuals who have negative Covid-19 test results (Based on available testing and result turnaround).
- Possible to have 1 spectator per member if social distancing can be maintained.

STAGE III

- Assigned small group partners of 4-6 people for drills and exercises.
- Widened training stations (marked) on mat.
- Locker rooms and water fountains are re-opened. Possible limits and intermittent cleaning required.

STAGE IV

- Students may check-in to classes.
- Training stations are no longer defined on mat.
- Class sizes returns to normal.
- Cleaning schedule may be adjusted but should still be held to a rigorous standard.



COVID-19

Covid-19 Symptom Checklist:

- Cough
- Sore throat
- Loss of taste or smell
- Shortness of breath or difficulty breathing
- Chills or repeated shaking with chills
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have Covid-19.
- Muscle pain
- Diarrhea
- Headache

Social Distancing Protocols:

Social distancing is a simple yet effective practice to mitigate risk of virus transmission. Effective practices may mean:

- Staying 6 feet away from others as a normal practice.
- Eliminating contact with others, such as handshakes or embracing. Bow only to begin and end class and excuse students from mat one by one.
- Avoiding touching surfaces touched by others when possible.
- Temporarily closing areas of congregation such as locker rooms, water fountains, and clearly mark sitting areas to ensure 6 feet of distance between people.



COVID-19

Procedures to manage an exposure or suspected exposure to Covid-19:

- Daily Covid-19 symptom checklist and temperature scanning of staff and members prior to entering school / building.
- Have staff and members provide a verbal disclaimer upon entering school that they have experienced no Covid-19 symptoms or have been in contact with a person with suspected or confirmed Covid-19 in the prior 14 days.
- Maintain an accurate database of contact tracing (detailed attendance of members and spectators) for school records to support necessary actions in the case of an exposure or suspected exposure to Covid-19.

In the case of an exposure or suspected exposure to Covid-19:

- Contact local health authorities or health line to determine next best steps.
- Document incident and contact tracing information.
- Maintaining confidentiality, advise all members of an exposure or suspected exposure to Covid-19.
- Enforce a 14-day quarantine on potentially exposed member(s) and require a negative Covid-19 test upon return.
- Enforce an immediate 24-hour school closure to appropriately disinfect school.



ENSURING CONTINUED SAFETY AND SUCCESS

STAFF

Maintain routine meetings to ensure that staff is aware of safety protocols, including changes and specific duties/tasks they are responsible for.

STUDENTS & PARENTS

Maintain communication to ensure that students are aware of safety protocols, including changes so they are aware of expectations when attending an in-person class.

VIRTUAL TRAINING

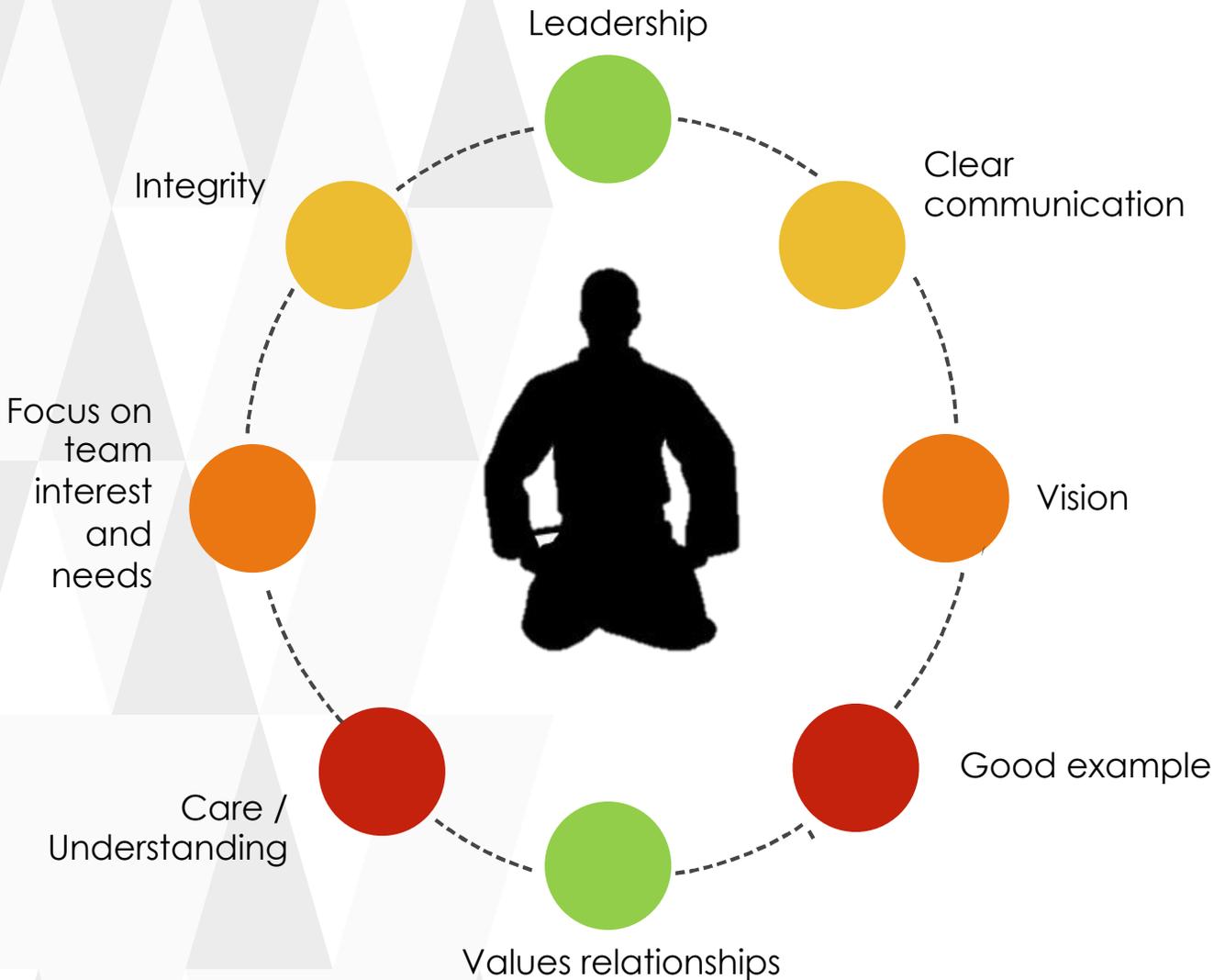
Some parents and students will not feel comfortable attending in person classes for a while. Continue to provide virtual training as long as necessary.

INFORMATION

Stay up to date with county, regional, state and country orders to ensure that your safety protocols are in compliance and prioritizing the safety of your school and members.



OUR VALUE



As BJJ professors or gym owners we are valued as leaders of the BJJ community. In these unprecedented times, when fear and uncertainty is so rampant, it is important that we carry ourselves as leaders and be an example for staff, students, and the BJJ community.

Use of the BJJ daily lessons and learn to adapt to overcome. Keeping the brother/sisterhood spirit and family values is key when taking the necessary measures and decisions to keep us all safe and our businesses open. Stay strong, stay healthy, and stay positive - we are confident that we will overcome this challenge and get back to doing what we love.



RESOURCES

- ◆ CDC Covid-19 Websites – Link to CDC resource page with websites to help researchers find research related to COVID-19 (2019 Novel Coronavirus)
<https://www.cdc.gov/library/researchguides/2019novelcoronavirus/websites.html>
- ◆ SBA: Coronavirus (COVID-19): Small Business Guidance & Loan Resources
<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>
- ◆ US Chamber: Small Business Re-opening Guide: Tools, Tips, & State-by-State Guidance
<https://www.uschamber.com/co/small-business-coronavirus>
- ◆ World Health Organization: Coronavirus disease (COVID-19) pandemic page
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



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