

Kemptonville Academy of Martial Arts Return to Play Guidelines

Purpose:

This document outlines the specific "RETURN TO PLAY" guidelines for Kemptonville Academy of Martial Arts. The guidelines encompass all services provided: Brazilian Jiu Jitsu, Japanese Jiu Jitsu, Self-defense, Mixed Martial Arts, Kickboxing, Yoga, and Mobility. Whether it is group classes, Private classes or small group Private classes.

Outline:

Both Kemptonville Academy of Martial Arts (KAMA) and the Ontario Jiu-Jitsu Association's (OJA) guidelines are living documents. As specific guidelines change or become clearer, so will the wording and clarity of these documents. All KAMA's specific guidelines will meet and reference the OJA's guidelines in the "Covid-19 RETURN TO PLAY PROTOCOLS", except where clarity or guidance is given by local Public Health Officials.

Facility (General):

The facility shall maintain strong sanitation protocols. The facility will be cleaned thoroughly at the beginning and the end of each day. In between Classes and Appointments, the common surfaces and specific equipment will be thoroughly sanitized. There will be no access to water fountain or dispenser. Washrooms are for emergency (Urgent need) or First Aid use only. Hand sanitizer will be used by all who enter the facility. All who enter will have performed a self-assessment questionnaire

Club Policies and Procedures:

Attendance registration and tracking will be handles through *Mindbody*. Clarity of staged opening will be aided by reference sheets.

Staged Openings (1 to 4):

All OJA guidelines will be followed for each stage except as clarity is given for each stage.

Stage 1:

Individual training area will be 4m². There are eight Individual Training Areas at KAMA.

No Contact except for the allowance by local Public Health allowance for same household partners.

If mouthguards are used, they must be placed in before entering the facility and stay in place until after leaving the facility.

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Stage 2:

Individual training area will be 4m². There are eight Individual Training Areas at KAMA. Some full floor activity may be used but will maintain 2m social distancing requirements.

No Contact except for the allowance by local Public Health allowance for same household partners and Social Circle Members (Agreement required).

Masks are still required for full floor exercise, but no longer required within segregated training area. Wearing masks at all times is still encouraged.

If mouthguards are used, they must be placed in before entering the facility and stay in place until after leaving the facility. A mask **MUST** be used at all times if using a mouthguard.

Stage 3:

Masks are no longer required but are still encouraged.

If mouthguards are used, they must be placed in before entering the facility and stay in place until after leaving the facility. A mask **MUST** be used if using a mouthguard.

Specific Training (resistive) starts, but not full sparring (Randori / Newaza)

Stage 4:

Return to Normal.

Masks are no longer required but are still encouraged.