

Training Checklist

- Successfully completed Covid-19 Self-Assessment.
- Registered Online for class.
- All my Gear has been cleaned since last class. (Gi-, No-Gi, Face Covering, etc.)
- Washed my Hands, Face and Feet.
- Arrive 10 minutes early at the FRONT of the building. Please maintain Social distancing.
- Do not enter until door is opened. Hand sanitizer will be dispensed at the door.
- You will be assigned a training area.
- Late arrivals will not be admitted.
- Parents remaining to watch their children MUST stay within the assigned training areas.
- A single bathroom is available, but please refrain from use unless it is absolutely necessary.
- At the end of class please wait in your assigned specific training area until dismissed.
- HAVE **FUN!** TRAIN **HARD!**