



The safety of our Instructors and members remain our top priority. To prevent the spread of Covid-19 and reduce potential risk of exposure to our staff and members we require you to thoroughly read and have a good understanding of the following new COVID-19 Protocols

1. ESSENTIAL KIT

(Items that all attending members must have with them in the academy)

- Mask/Face shield
- Own hand sanitiser
- Sweat Towel
- Own water bottle (we are not selling refreshments at this time)

2. PRE-PREPARATION

(Members responsibilities before arriving at the academy)

- Watch the video shared on Sunday 19 July 2020 explaining the new class safety procedure)
- We are limiting Capacity to allow for social distancing, please book your space by sending your classes for the day/week to the academy mobile 081 400 1130 so we can book you into our system
- Send electronic your self-screening declaration/waiver to the academy mobile before each class you attend - this is only to be sent from your phone so we have your details to match class attendance
- Arrive 15 minutes early to allow for new entry protocols
- Arrive already dressed in your GI wearing your belt – locker rooms are not accessible for changing or showering

3. ARRIVAL

- Please wait until all members from the previous class have left before entering. If there is a long queue outside the door, please remain in your car until the queue has shortened , you may then approach standing 1.5 meters apart
- There is no seating inside the academy, no spectators will be allowed to enter the academy

4. ENTERING THE ACADEMY

- Please sanitise your hands at the front door
- Wait until your temperature has been measured before entering
- The staff member at the door will check the academy phone for your waiver for the day, then check your temperature
- You will have been pre-booked into our student management program so your temperature will now be recorded with your class attendance for contact tracing purposes

- There will be no handling of sign in forms or collection of your progress card – this will all be managed by 1 person working the door and reception
- If your temperature measures 37°C or lower you will be granted access.
- Any person displaying a temperature between 37.1°C & 37.9°C will be asked to sit in our isolation area outside the academy until a second temperature test is done
- On the second testing, if the temperature has decreased – access will be granted
- If the temperature has increased, access will be denied & the person will be required to go to the nearest clinic

5. PROCEEDING TO YOUR TRAINING SPACE ON THE MAT

- As you enter the academy, you'll take your shoes off and leave them in the space provided
- You'll take the rest of your belongings with you as you proceed to the foot bath to disinfect your feet before stepping onto the mat.
- After the foot bath you'll walk between the blue lines until you find your square (You only cross a blue line to enter your square)
- The area marked with red tape is the instructors teaching space

6. TRAINING SPACES

- We have 16 training spaces, 6 of those are large enough for partner training
- We are allowing trusted training pairs where you may train with someone you live with or have been training regularly with over the last few weeks
- To ensure you and your partner are allocated your training space please specify that you are training with a partner when booking your class/ Both you and your partner will need to specify this and each send your electronic waiver for the class.
- We will under no circumstances allow a change of partners during a class
- We will also not allow you to book a solo training session and then arrive and arrange a partner on arrival
- Members may only move within their designated block (1.5-2 meter) distancing

7. RESTROOM PROTOCOLS

- No changing rooms to be used
- Bathrooms are to be used only in case of emergency (Please try use the bathroom at home)

8. DEPARTURE PROTOCOLS

- The Instructor will dismiss members one at a time starting from closest to the door
- Please wait for the person before you to have left before proceeding to the exit
- Self-sanitise when leaving the academy
- As soon as all members have left the building the Instructor with 2 staff members will put on disposable gloves and sanitise the used training spaces prior to the arrival of the next group

A FEW ADDITIONAL POINTS:

- All classes will cater for Solo training & Partner training
- Zoom lessons will continue from the academy – this is now part of our offering going forward