

CRISPIM BJJ & MMA

RE-OPENING PLAN October 12, 2020

Pleasanton-Outdoor/Indoor & San Ramon Indoor



To our Team,

We are so excited to announce that we will FINALLY be re-opening the Pleasanton and San Ramon academies INDOORS on Monday, October 12th, 2020. For the time being, Pleasanton will also continue with some outdoor classes as well until Alameda County allows us to open indoors with a larger number of students.

All of our classes are No Contact unless it is stated otherwise. (i.e. Adult BJJ Limited Contact and Boxing-Pad Work- both in Pleasanton) . We will add Limited Contact Adult BJJ classes in San Ramon over the next several weeks as well. Both outdoor and indoor classes are set up to have individual training stations with either a 5x10 mat and a dummy for BJJ or a heavy bag for Stand Up classes for each registered member, and each training area will be spaced approximately 6 feet apart.

Please see the class schedules for both Pleasanton and San Ramon. For Pleasanton, you will notice that some classes have “(IN)” next to the class, and this means that it is an Indoor class. We have also added several classes to the Pleasanton schedule including a Monday night Boxing class that will focus on Pad work so there will be Limited Contact and the class will be indoors. Also, we have added both a 7-10 and a 11-14 Kids BJJ class on Thursdays to help alleviate the full classes we have been experiencing. And finally, we have added an additional Limited Contact Adult BJJ class on Thursday nights. For San Ramon, we will re-open with 3 days of classes initially. Once we see how many of our members will be returning, we will open up additional days and classes immediately as needed. Please note that both of these schedules are temporary and will change as more members return, and as the counties loosen up the restrictions so that we can have more people inside.

Prior to attendance in any class, we will initially require you to register online for any classes you wish to attend due to smaller class sizes. Currently we are registering class at <https://linktr.ee/CrispimBJJ>. Due to a lot of problems with the scheduler, we will be introducing a new scheduler to start on 10/12/20. We will send out a separate email when that link is live. If you are unable to attend a class you registered for, please make sure you cancel asap so that someone else can fill your unused space. If you have any difficulty registering for a class due to it being full, please message us because we will proactively be adding more classes as more of our team returns. Also, prior to registering for your first class back, we will need for you to complete two forms that can also be found at the link [SCHEDULER](#). Please complete the updated Waiver and the Membership Reactivation Form.

We understand that some of our San Ramon members may not be ready to switch their memberships back to San Ramon from Pleasanton yet as they prefer the outdoor classes, and this is fine! We are inviting any of our members, who prefer outdoor classes, to remain training in Pleasanton until we move all classes indoors. And for those San Ramon members who are currently training in Pleasanton and are ready to return to San Ramon, please send us an email to let us know so we can reassign your membership. (Info@CrispimBJJ.com). Also we have been having kids attend different age group classes if classes have been full, but with the addition of new classes and some of the kids moving back over to San Ramon, we are asking everyone to try to register their children for their appropriate age group classes. If there is still a problem with full classes, please let us know asap so we can make any necessary changes.

Please see the following page for our safety protocols for re-opening both Pleasanton and San Ramon indoors.

We know that this is a very difficult time as we attempt to balance safety while trying to have some “normalcy” in our lives. And we believe that after 10+ weeks of us being open with outdoor classes in Pleasanton and no safety issues, we feel good about continuing with our safety measures both inside and outside. Please know that everything we are doing is to ensure that our members and our staff remain healthy and safe! We hope to see everyone back training and we miss all of you so much!

Please message us at Info@CrispimBJJ.com with any questions! Thank you for your support during this difficult time and stay safe and healthy!

All Our Best,
Crispim, Michele, Beto and Jeremiah

HOW IT WILL WORK...

PLEASANTON

- 1 Pleasanton classes will be both outdoors and indoors. All classes that will be indoors, beginning 10/12/20, are noted on the schedule with “(IN).” All other classes will remain outdoors for now. All No Contact classes will have individual training spaces (both indoor and outdoors) and will all be at least 6 feet apart from each other.
- 2 Please enter at the back of the academy by the roll up door. The front door will remain locked at this time. Please do not park in the back parking lot as it will be roped off, and please make sure that you do not come to class more than 5 minutes before start time. This will allow us sufficient time for the previous class to leave the field/academy, and also for us to disinfect the mats and any equipment used. When you arrive 5 minutes prior to class, please line up on the Social Distancing Spaces on the ground in the back parking lot and wait for a staff member to come take your temperature. We will use a touchless thermometer to ensure that anyone who enters does not have a fever over 100 degrees. Also, you will be asked if you have any cold, flu or COVID-19 symptoms or have recently been sick because we are still asking you to stay home if you are sick or have any symptoms to help keep everyone safe.
- 3 Bathrooms, Showers, Cubbies, Pro Shop, and Water Fountain will all be closed initially. Please make sure you bring a water bottle.
- 4 Please wear a mask when you arrive until you get to your individual training space. Please make sure your mask is on when you leave your individual training space and exit the academy/field.
- 5 Gis are not required for No Contact classes.
- 6 We will have a touchless hand sanitizer station set up at the entrance to the field/academy. Please make sure you use it prior to entering, and also when leaving.
- 7 Our staff will be wearing face shields and/or masks, and gloves.
- 8 Parents – please make sure you are on time to pick up your child(ren) as we won’t have a place to watch them while they wait. And at this time, no one other than staff and students in the class will be on the field or in the academy during class. You are welcome to watch the outdoor classes from behind the fence, but please do not stand near the gate or by the roll up door to the academy so that we can maintain social distancing at all times.
- 9 FINALLY... come and let’s have some fun!

THANK YOU and we hope to see you soon!!!

HOW IT WILL WORK...

SAN RAMON

- 1 All San Ramon classes will be held indoors. The mat will be divided into individual training areas for each student and class size will be limited to 5 students plus the instructor at this time. Each individual training area will be at least 6 feet apart from each other.
- 2 Please do not enter the academy upon your arrival, but rather wait outside (social distance please) until the instructor comes out 5 minutes prior to class. At that time, we will take your temperature (with a touch-free thermometer) to ensure that your temperature is 100 degrees or less. Also, you will be asked if you have any cold, flu or COVID-19 symptoms or have recently been sick because we are still asking you to stay home if you are sick or have any symptoms to help keep everyone safe.
- 3 Bathrooms, Cubbies, and seating area will all be closed initially. Please make sure you bring a water bottle.
- 4 Please wear a mask when you arrive until you get to your individual training space. Please make sure your mask is on when you leave your individual training space and exit the academy/field.
- 5 Gis are not required for No Contact classes.
- 6 Our staff will be wearing face shields and/or masks, and gloves.
- 7 Parents – please make sure you are on time to pick up your child(ren) as we won't have a place to watch them while they wait, and we will be preparing for the next class. And at this time, no one other than staff and students in the class will be in the academy during class since we are so limited in the number of people in our space at a time. You are welcome to watch through the windows, but ask that you still social distance and clear the doorway when students are entering/exiting.
- 8 FINALLY... come and let's have some fun!

THANK YOU and we hope to see you soon!!!