

CRISPIM BJJ & MMA

UPDATED RE-OPENING PLAN 11/9/20

Pleasanton & San Ramon – All Indoor Classes



To our Team,

For the **Pleasanton academy**, we will be moving all classes indoors effective 11/9/20. Since we have had the time change this past weekend, we cannot illuminate the Pleasanton field sufficiently, and most of our classes are now in the dark. We will be adding more fans inside of the Pleasanton academy to help continuously move the air around, and we will keep the large roll up door open weather permitting. We will also temporarily continue to use our back door in Pleasanton as the entrance and exit to the academy so that we can limit contact with our upstairs neighbors.

For the **San Ramon academy**, we will continue with all processes currently in place, including keeping the front and back doors open for air circulation (weather permitting), and the use of the ceiling fans.

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 as more of our San Ramon members return and request these classes. All indoor classes are set up to have individual training stations , 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.

For **Pleasanton**, all Jiu-Jitsu classes will resume on the big mats. All Stand Up classes (Boxing, Muay Thai and MMA Fitness) will be spread out in our heavy bag area, cage and ring so that we can maintain sufficient space between all students. We will continue to follow all safety measures that have been in place since our re-opening. This includes temperature checks upon arrival, masks to and from each person's individual training spaces, spacing at least 6 feet apart, disinfecting all used surfaces (mats, bags, dummies, etc.) in between all classes, and limiting the number of people in the academy at all times.

Prior to attendance in any class, please make sure 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>. 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.

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 3+ months of us being open with outdoor/indoor classes in Pleasanton and no safety issues, we feel good about continuing with our safety measures as we move all classes indoors. 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 and Michele

HOW IT WILL WORK...

PLEASANTON

- 1 Pleasanton classes will be indoors effective 11/9/20. All personal training spaces will be at least 6 feet apart. We will have fans set up in the Jiu-Jitsu mat area, as well as throughout the stand up area (ring, cage and heavy bags area).
- 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 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. And please only bring “necessary” personal items into the academy because all personal items will be stored next to you while training.
- 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.
- 5 Gis are not required for No Contact classes.
- 6 We have a touchless hand sanitizer station set up at the entrance to the 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 in the academy during class.
- 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!!!