



# HIGH ROLLERS JIU JITSU

## COVID 19 SAFETY PLAN

- Instructors, staff, members and any visitors must stay home if they are sick or unwell, or have come in contact with someone who is sick or unwell.
- Current classes will be conducted in classes of up to 20 students, adhering to the 4 square metre rule.
- Members must pre-book their attendance on the website via the Mindy Body Soul app or book directly on the Mind Body Soul app. Members must also physically check-in via the tablet at the High Rollers Jiu Jitsu business premises. All class attendance will be recorded.
- Visitors or non-members such as parents and guardians are encouraged to stay at the premises only if necessary, and to wait in the outdoor area if possible, in order to minimise contact and crowding.
- It is encouraged that only Instructors, staff and members attending class should be inside the premises. If it is not possible to do so, markers are placed to ensure a safe distance between people within the premises.
- Members must wait until the class prior to their class finish and vacate, prior to entering the premises and joining the class.
- Members are encouraged to attend the premises already dressed in training uniform or clothing to avoid the use of changerooms. There should be no more than two people at a time in the communal bathroom and changeroom area.
- Members are encouraged to use the sanitisers provided at the premises, before and after their classes, or alternatively wash their hands in the bathroom or front of the premises. Signs with hand washing instructions are placed in these areas.
- It is expected that members maintain a high level of hygiene, and ensure they train with clean clothing and equipment at all times.
- Members are encouraged to bring their own uniform, and Boxing and Muay Thai equipment, where possible. Other equipment used during classes, such as bags and pads, will be sanitised by staff after each class.

- The premises and equipment will be cleaned and sanitised thoroughly throughout the day with hospital grade disinfectant.
- At least one High Rollers Jiu Jitsu COVID marshal will be present at all times. Marshals will ensure that the Covid 19 Safety Plan will be adhered to. Students and visitors must respect the High Rollers Covid 19 safety Plan and direction given by the Covid Marshalls. Any concerns should be voiced to the Marshals who distinctively wear yellow badges.

**COVID MARSHALS:**

LEONARDO PECANHA

CHLOE GRECH

TONY SILVESTRO

RITA SILVESTRO

NORIEL BERNARDO

RICEL BERNARDO