



GB X COVID-19 - EXIT STRATEGY

SAFETY FIRST, ALWAYS

VERSION 1.5

**This document is based on “Guidelines – Opening Up America Again”, therefore it is limited to the scope of the federal guidelines and does not constitute legal or other professional advice. You should consult your professional adviser for legal and other advice in order to observe Federal, State and local requirements for resuming onsite training.*

***The strategies and guidelines presented in this document are suggestive only. They are meant to serve as a reference for an individualized exit plan to be developed for your school taking into consideration the particularities of your location, business, state and local laws.*

GB AND THE USA FEDERAL GUIDELINES FOR REOPENING

The US Government released a set of guidelines proposing a phased approach for re-opening society and the economy for businesses and individuals. The decision to re-open lies on local government and is likely to be specific to each county, but the federal guidelines indicate Gracie Barra Schools may be able to open, as long as they implement strict social distance and heightened sanitation protocols.

GATING CRITERIA

Specific local conditions called "Gating Criteria" must be satisfied for local government authorities to decide on exiting the COVID-19 lockdown and deciding if businesses may resume on-site operations.

GB Schools should monitor local gating criteria such as number of new COVID-19 cases, testing capacity and hospital capacity to estimate when lockdown requirements may be lifted.

3 PHASES

The federal guidelines propose three phases, defining a possible path for exiting the COVID-19 restrictions for business and individuals.

Evolving from Phase 1 (more restrictive) to Phase 3 (less restrictive) depends on being able to meet all gating criteria for two consecutive weeks.

The federal guidelines indicate GB Schools may be able to resume on-site training with strict social distancing in phases 1 and 2.

LOCAL DECISION

State and local officials are likely going to tailor the application of gating criteria and re-opening guidelines to local circumstances.

Gracie Barra schools must make an effort to meet and exceed all guidelines set forth by government officials. We must adapt business, teaching and training practices maintaining public safety as the number one priority.

BASIC CONSIDERATIONS

PUBLIC SAFETY

Now and always, the safety of our students and their families is our number one priority.

Exiting the COVID-19 lockdown and resuming on-site training must be pursued with caution while complying with strict social distancing guidelines and elevated sanitation protocols.

SCHOOL CONTINUITY

The evolving restrictions imposed by the COVID-19 environment, cannot prevent us from pursuing our mission of bringing Jiu-Jitsu for Everyone.

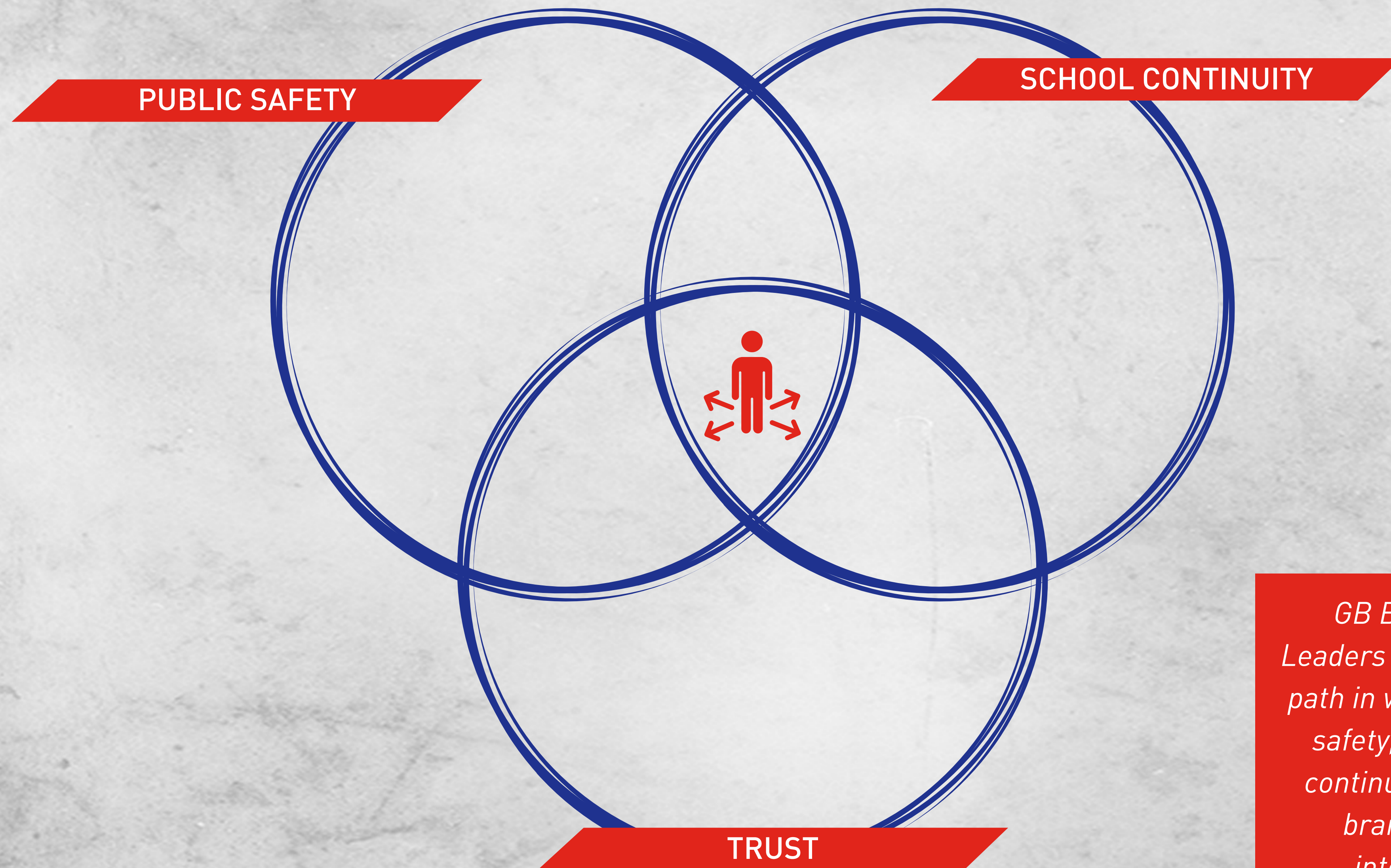
We must continue to adapt and innovate to keep our students connected, minimize the interruption of their learning, and, in doing so, be able to preserve our schools.

TRUST

As we expand our school's operations, we must remember we are in this together. Now more than ever, our individual actions affect the team as a whole.

Our near term actions to preserve our schools must be guided by integrity keeping public safety as the number one priority and inspiring trust in Gracie Barra and Jiu-Jitsu as a whole.

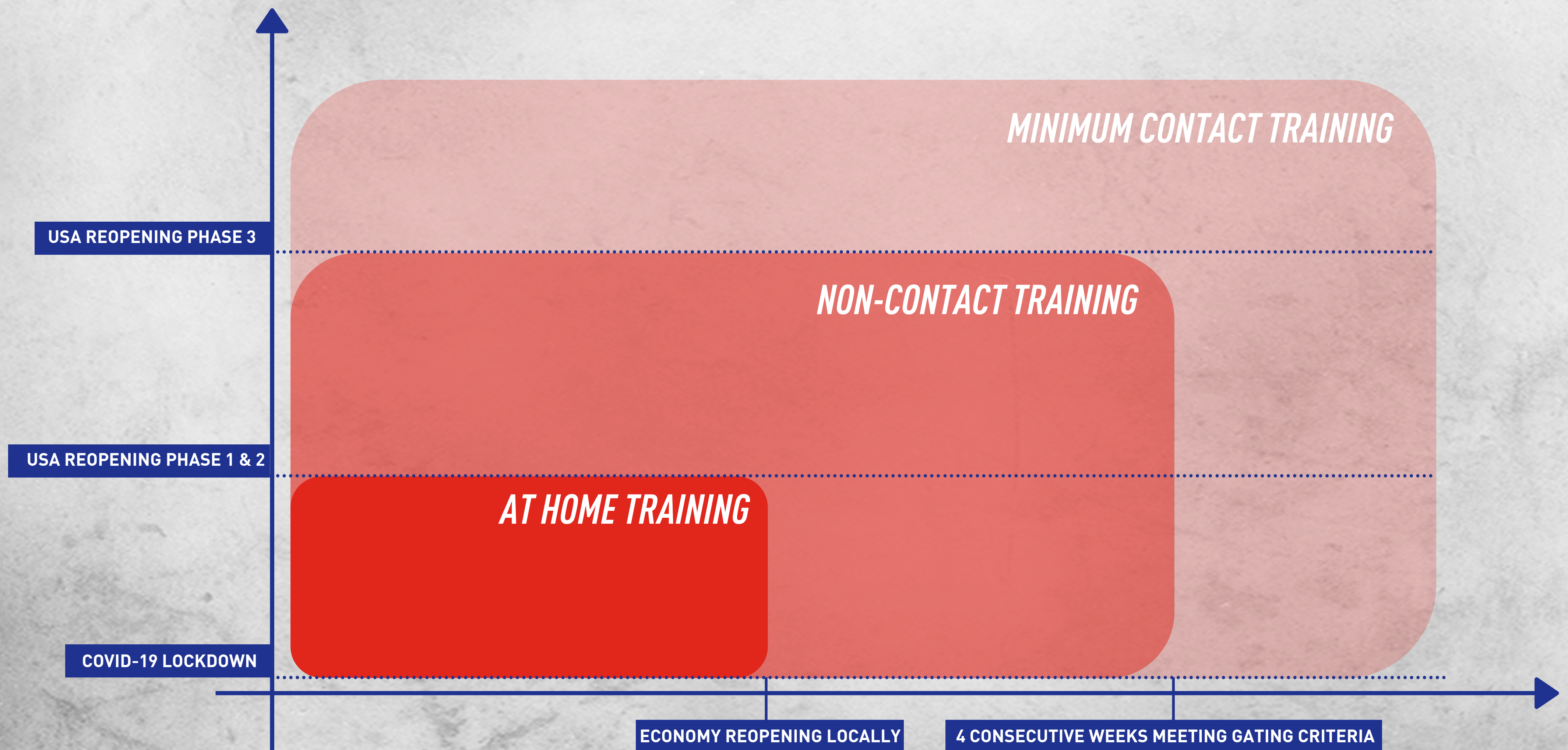
NARROW PATH AHEAD



GB Business Leaders must seek a path in which public safety, business continuation, and brand trust intersect.

PHASED APPROACH FOR RESUMING TRAINING AT YOUR SCHOOL

Using the federal guidelines for reopening society and the economy, Gracie Barra Schools can derive a progressive approach for reestablishing onsite training. The continuation of our schools must focus on adapting to keep students connected and learning while adhering to (and exceeding) all local, state and federal COVID-19 guidelines for safety.



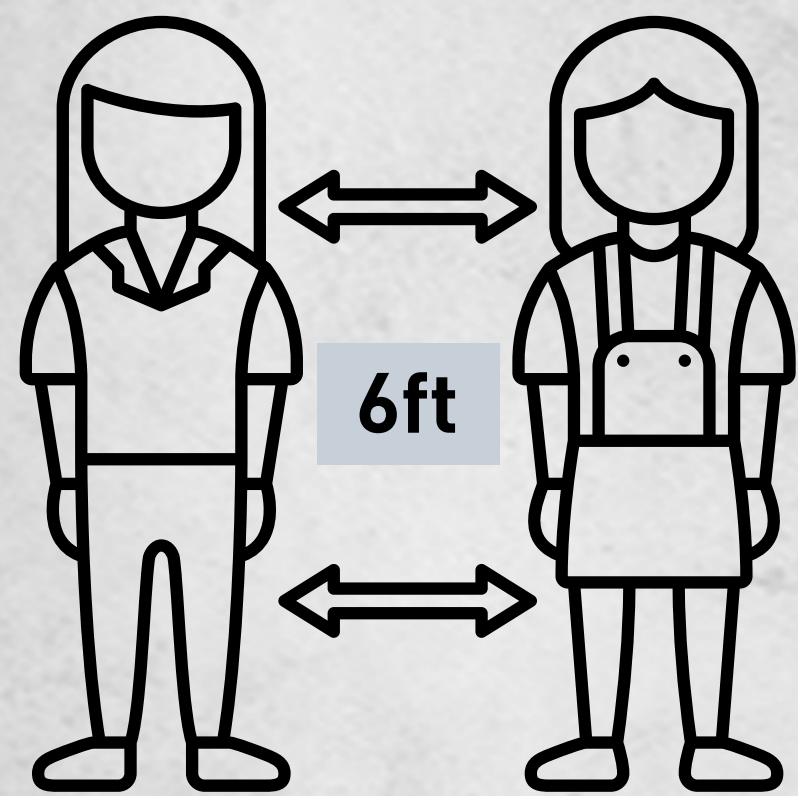
THE CONTINUITY OF OUR SCHOOLS

CLASSES X GUIDELINES

	AT HOME TRAINING	NON-CONTACT TRAINING	MINIMUM CONTACT TRAINING
Classes	<ul style="list-style-type: none"> • Virtual GBK Classes • Virtual GB1 Classes • Virtual GB2 Classes • Virtual BARRAFIT Classes • Virtual Private Lessons • GB Online Live Training Classes • GB Online Ondemand Programs 	<ul style="list-style-type: none"> • Non-Contact GB1 Classes • Non-Contact GB2 Classes • Non-Contact BARRAFIT Classes • GB Family Classes • Non-Contact Private Lessons 	<ul style="list-style-type: none"> • Minimum-Contact GB1 Classes • Minimum-Contact GB2 Classes • Minimum-Contact GB3 Classes • Minimum-Contact BARRAFIT Classes • GB Family Classes • Private Lessons
Guidelines	<ul style="list-style-type: none"> • GB Virtual Class Training Etiquette • Update Insurance Policy and Waiver 	<ul style="list-style-type: none"> • Students train with their own dummy • Students at least 6ft away from each other • Limit class size to 10 participants • Limit attendance to twice a week • Require the use of masks • Elevated Sanitation Protocols • Water fountain deactivated • Limited use of restrooms and locker-rooms • At risk individuals limited to at home training • COVID-19 Specific Liability Waiver 	<ul style="list-style-type: none"> • Students train with only one training partner • Pairs at least 6ft away from each other • Limit class size to 30 participants • Students cannot visit other GB Schools • Limit attendance to twice a week • Require the use of masks • Elevated Sanitation Protocols • Water fountain deactivated • Limited use of restrooms and locker-rooms • At-risk individuals limited to at home training • COVID-19 Specific Liability Waiver

SAFETY FIRST, ALWAYS.

While the path ahead is narrow and challenging, we must continue to move forward with an open mind and diligent commitment to public health. Gracie Barra Schools must focus their best efforts on the Two Pillars of Prevention (1) Strict Social Distancing and (2) Elevated Sanitation Protocols.



STRICT SOCIAL DISTANCING

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ELEVATED SANITATION PROTOCOLS



We can develop business resilience by adapting our operations and teaching practices to exceed COVID-19 All Public Health And Safety Guidelines. In doing so, we can continue to gain the trust of our students, encouraging them to stay on their Jiu-Jitsu journey.

ELEVATED SANITATION PROTOCOLS



- Require all team members (staff and students) to sanitize their hands often. Set up hand sanitizer kiosks in highly trafficked areas, by the front door and close to training areas.



- Sanitize the mats and gear after every class. Use EPA approved cleaning products that are recommended by the CDC for use against the virus that causes COVID-19.



- Maximize the air circulation in your school by opening all windows and doors multiple times per day. Change air conditioning filters at least once per month.

ELEVATED SANITATION PROTOCOLS



Sanitize the front desk, bathrooms, locker rooms, and all highly trafficked areas after every class. Use EPA approved cleaning products that are recommended by the CDC for use against the virus that causes COVID-19.



Set up a cleaning schedule with specific cleaning checklists. Retrain your entire staff on how to safely and diligently practice the elevated sanitation protocol.



Reinforce the requirement of wearing sandals or shoes when circulating off the mats.

STRICT SOCIAL DISTANCING



- Use painters tape or frog tape to create 6 x 6 ft training zones at least 6 ft away from each other. You can have at least 8 training zones in 1000 SF mat space.

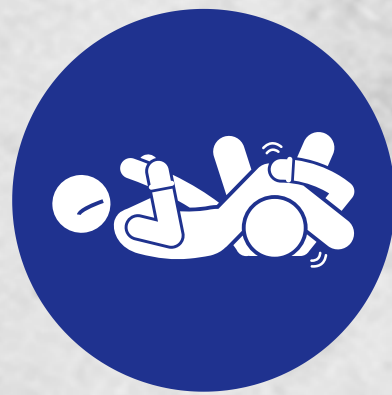


- Class size should be limited to 10 participants including the instructors.



- Set up a pre-class check-in system to help students plan ahead and guarantee a spot in classes.

STRICT SOCIAL DISTANCING



- Students should be encouraged to bring their own homemade grappling dummy for non-contact classes.



- Encourage your students to bring their own bottle of water. Turn off the water fountain.



- Encourage your students to avoid using the bathrooms, unless it is absolutely necessary.

STRICT SOCIAL DISTANCING



Encourage your students to come dressed up in their uniforms and minimize the use of locker-rooms.



No Hand-shakes. Wave instead. Class ending should be limited to bowing.



Students should not line up at the beginning or at the end of each class. Instead, they should be invited to take their positions in a training zone.

STRICT SOCIAL DISTANCING



Establish a 15 minute interval between all your classes so you can clean your school and minimize agglomerations.



The Attendance cards should be placed in a hidden area. Instructors should be handling attendance cards, not the students.



Encourage parents to drop-off and pick-up their children. Assign a coach to coordinate the process and keep kids safe.

STRICT SOCIAL DISTANCING



Use a non-contact thermometer to check temperature of your staff at the beginning of every shift. Consider checking the temperature of your students.

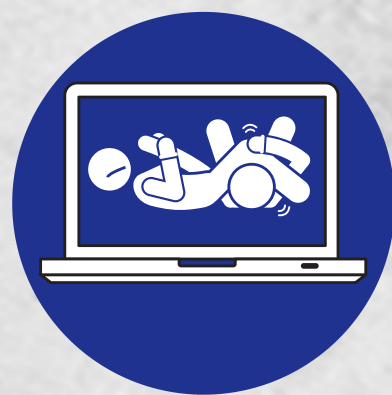


All at-risk individuals should restrict their training to virtual classes.



Require team members to wear protective masks while at the school.

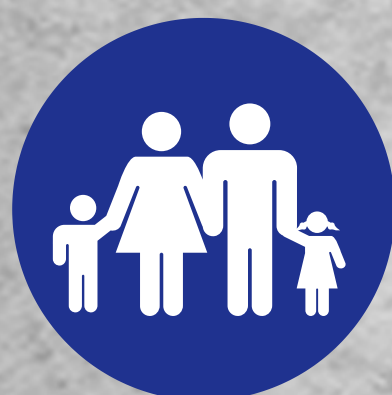
STRICT SOCIAL DISTANCING



Offer virtual classes. The convenience and safety of training at home is very important to keep your students training through this pandemic.



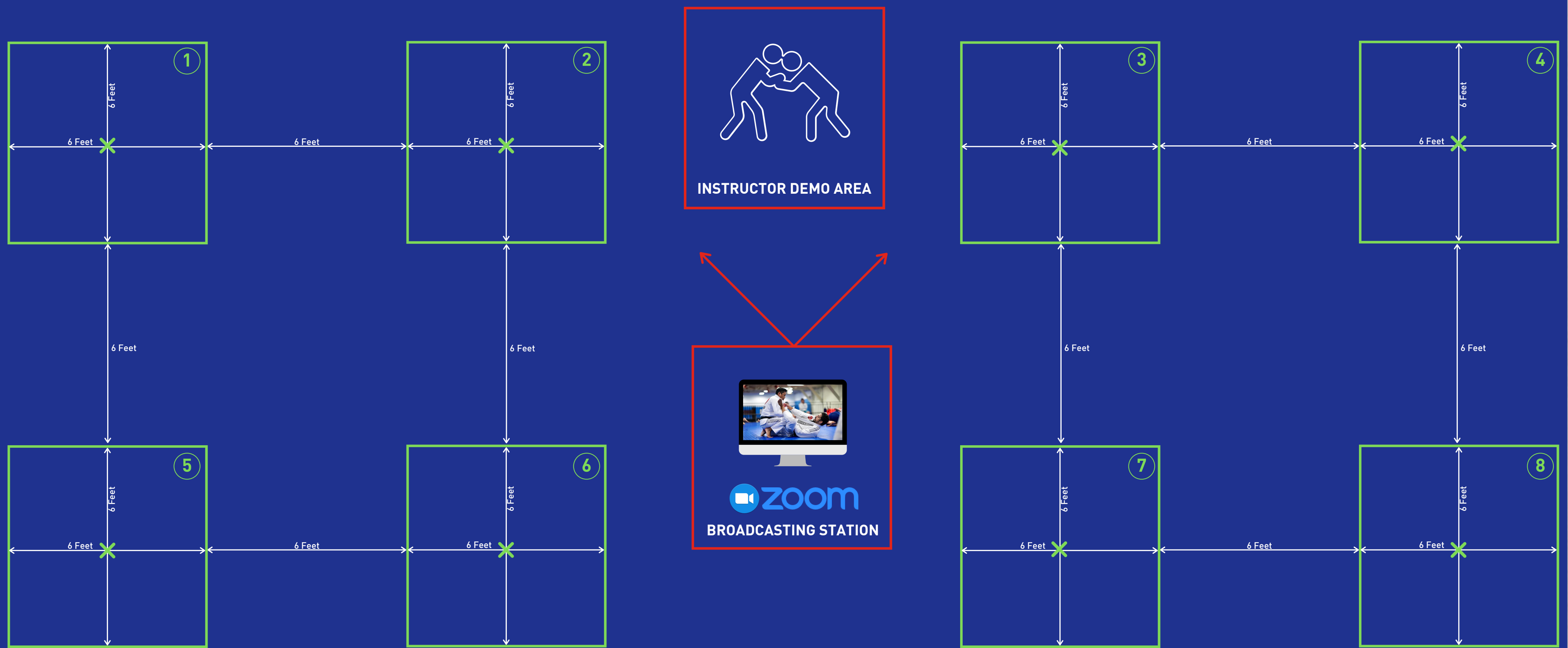
When legally permitted, resume on-site training in your school by offering BarraFIT and non-contact BJJ Classes according to the guidelines of this document.



When legally permitted, consider offering BarraFIT and BJJ Family Classes. People who live in the same household are not a hazard to each other.

GB MAT LAYOUT FOR NON-CONTACT CLASSES

*This is suggestion a for a non-contact class, with strict social distancing in place. Students train solo drills or with their own dummy.
One thousand feet of mat space can contain eight 6x6 ft training zones spaced 6 ft away from each other.*



NON-CONTACT CLASS STRUCTURE

The non-contact classes experience must be similar to regular Jiu-Jitsu classes while respecting strict social distancing requirements. The class structure below serves as a good reference to make this happen.

TIME	CLASS ELEMENT	NOTES
0:00 - 0:03	Class Opening	Welcome students and get everyone set up on the training zones.
0:03- 0:05	Welcome Message	Welcome message, explain the class plan.
0:05 - 0:12	Warm Up	Lead the warm up.
0:12 - 0:16	Technique 1 Demonstration	Demonstrate the technique breaking down steps. Add details. Demonstrate solo drill.
0:16 - 0:22	Technique 1 Practice	Time the solo drill. 4 Rounds x 1 Min / 30 Seconds Break = 6 Mins.
0:22 - 0:24	Water Break	Encourage your students to keep their own water bottle on the mats close to them.
0:24 - 0:28	Technique 2 Demonstration	Demonstrate the technique breaking down steps. Add details. Demonstrate solo drill.
0:28 - 0:34	Technique 2 Practice	Time the solo drill. 4 Rounds x 1 Min / 30 Seconds Break = 6 Mins.
0:34 - 0:38	Technique 3 Demonstration	Demonstrate the technique breaking down steps. Add details. Demonstrate solo drill.
0:38 - 0:44	Technique 3 Practice	Time the solo drill. 4 Rounds x 1 Min / 30 Seconds Break = 6 Mins.
0:44 - 0:46	Water Break	Encourage your students to keep their own water bottle on the mats close to them.
0:46 - 0:48	Training Drills Demonstration	Demonstrate the training drill.
0:48 - 0:51	Training Drills Round 1	2 Rounds x 20 seconds On / 10 Seconds Off for Each Solo Drill = 3 Mins.
0:51 - 0:52	Water Break	Encourage your students to keep their own water bottle on the mats close to them.
0:52 - 0:55	Training Drill Round 2	2 Rounds x 20 seconds On / 10 Seconds Off for each solo drill = 3 Mins.
0:55 - 1:00	Cool Down and Closing	End of Class Message + Closing.