



HEALTH AND SAFETY IS OUR PRIORITY

**COVID-19**

RE-OPENING COMPLETE MARTIAL ARTS AND FITNESS INC.  
**VERSION 1**

For more information please visit [www.completemma.ca](http://www.completemma.ca)



## PHASE THREE OF RE-OPEN SASKATCHEWAN

Re-Open Saskatchewan will consist of five phases. The timing and order of the businesses/workplaces included in each phase is subject to change throughout the process based on a continuous assessment of transmission patterns and other factors.

### Methodical and Phased-In Approach

Re-Open Saskatchewan is a plan built on a methodical and phased-in approach to slowly and responsibly lift restrictions on businesses and services. Flattening the curve and strengthening the system will remain priorities, as will our ability to manage the current COVID-19 pressures by building capacity in the coming weeks and months. Key elements will include increased testing and contact tracing, as well as the preparation of additional space and critical equipment.

Restrictions will be lifted in stages, with consideration given to socioeconomic factors and the risk of transmission. They will be implemented via public health orders and the timing will be dictated by evidence of transmission.

### Phase Three - Date TBD

#### Re-Opening Gyms and Fitness Facilities (TBD)

- Re-opening gyms and fitness facilities promotes physical and mental wellness. Physical distancing must be maintained and stringent cleaning and disinfecting protocols must be established.
- Clients over 40 years of age and those with underlying risk factors should use caution when considering visiting fitness facilities.

Based on the provincial governments five phase plan, phase three may allow Complete Martial Arts and Fitness Inc. to reopen with plan of social distancing and the implementation of strict sanitization protocols.

Re-Open Saskatchewan Plan. <https://www.saskatchewan.ca/COVID19>

## PHASED STRATEGY TO RESUME CLASSES

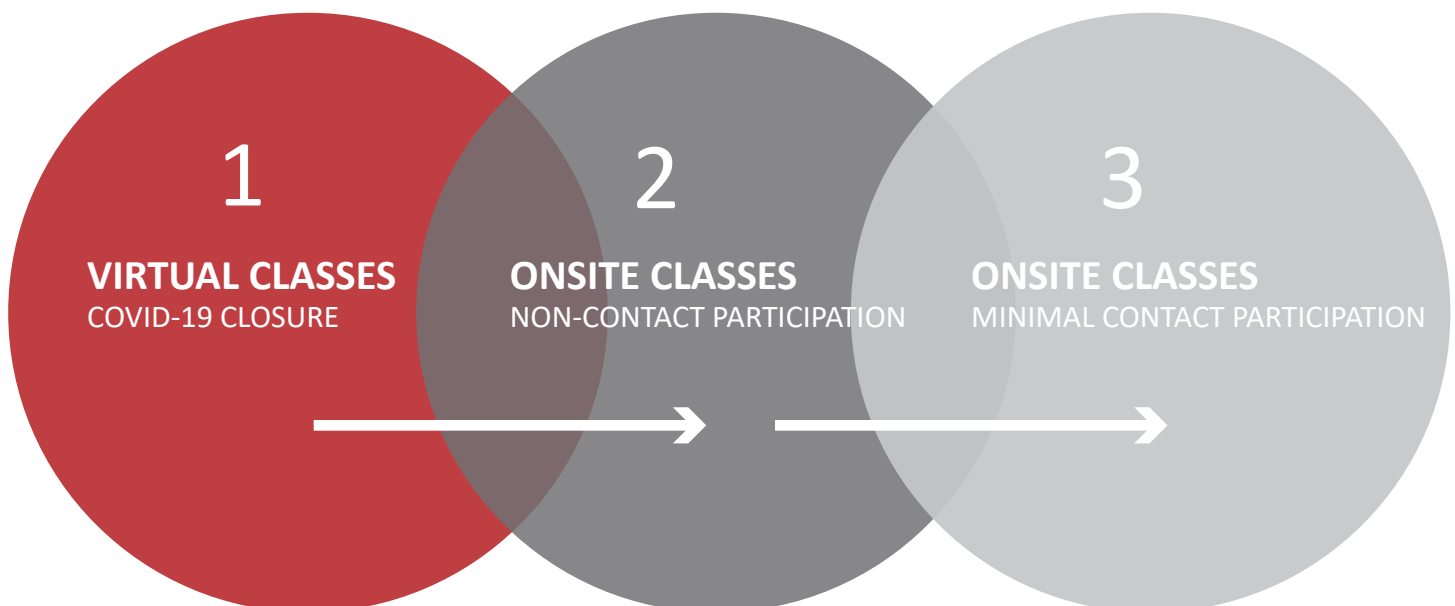
On March 16, 2020 we made an announcement to stop on-site classes due to the provincial government mandating the closure of schools in the province. This was enough information to act in the health and safety of our members.

We immediately announced we would continue to offer services virtually. On March 25, 2020 we began offering virtual classes to all our members. An additional kids class was added to the schedule with hopes of keeping the kids active and learning during the closure.

The Premier made an announcement on April 23, 2020 of the Re-Open Saskatchewan Plan. The third phase in the plan identified gyms and fitness facilities. The third phase will be implemented following an evaluation of transmission patterns of COVID-19, and does not have a pre-determined date.

With this announcement, we have started to plan a strategy for reestablishing on-site classes. We are optimistic that phase one and two will allow phase three to start in June.

## THREE PHASED STRATEGY

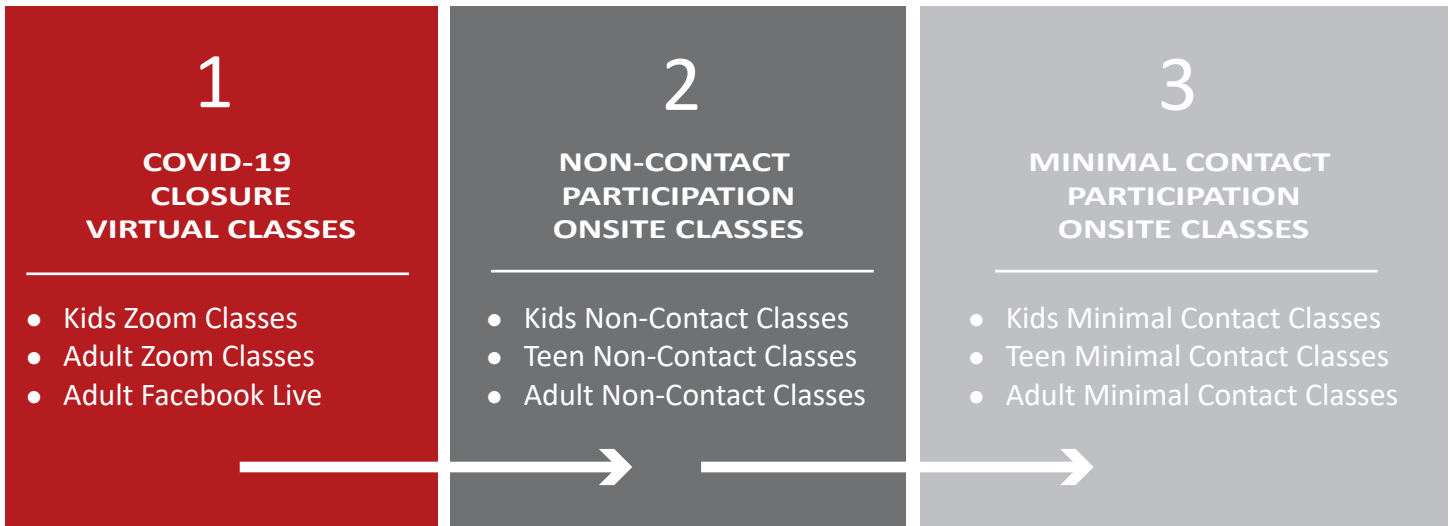




## CONTINUITY OF CLASSES

### Three Phase Guidelines

In order to follow the recommendations and guidelines of the provincial government's Re-Open Saskatchewan, dates to phases two and three of our plan are unable to be assigned at this time.



### Non-Contact Guidelines

- Members train solo and remain 6ft away from each other.
- Limited class sizes may be implemented.
- Masks may be used during class.
- Mandatory hand washing and sanitizing before class.
- At risk members limited to virtual classes temporarily.
- COVID-19 Waiver Form and COVID questionnaire completed.
- Arrive to class with GI on and fully sanitized gym bags.

### Minimal Contact Guidelines

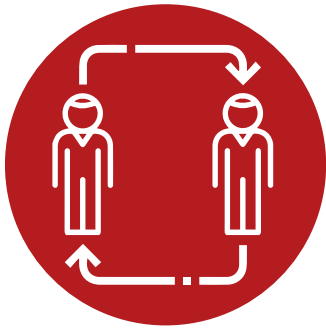
- Members will use the buddy system and train with the same partner.
- Maintain reasonable distance between other members.
- Temporary limited use of change rooms, showers and rest rooms.
- Arrive to class with GI on and fully sanitized gym bags.

These guidelines are temporary until we can return to the normal with everyone's health and safety in mind.

## HEALTH AND SAFETY IS OUR PRIORITY

Our number one priority continues to be the health and safety of our members. As we know there will be changes and new standards to our sanitization protocols.

There may be challenges going forward, but we are confident in our staff and members that we will continue to have the the best Jiu Jitsu Academy in Regina.



→ In implementing our re-opening plan we want to ensure the health and safety we provide sets us apart as a leader in both our community and as a martial arts and fitness facility. We will continue to communicate with you our efforts to flatten the curve and maintain the safety of our members.



→ Physical distancing is suggested whenever possible throughout all five phases of the Re-Opening Saskatchewan plan. We will not disregard this suggestion. In order to safely re-open we have created a plan to maintain minimal contact among members. This will be a temporary phase.



→ We have created a checklist for our facility sanitization protocol. This checklist will be followed daily. A checklist will be available for all staff and members in poster format in specific areas.

## FACILITY SANITIZATION PROTOCOLS

We use a sanitization solution called Generation 5. Generation 5 is a phosphate-free formulation designed to provide effective cleaning, deodorizing, and disinfection in hospitals, nursing homes, hotels, schools, food processing establishments, restaurants, athletic/recreation facilities, sports stadiums, amphitheaters, convention centers and other institutions where housekeeping is of prime importance in controlling cross-contamination from treated surfaces.

**Generation 5 Technical Data Sheet** → [www.completemma.ca/docs/Generation5.pdf](http://www.completemma.ca/docs/Generation5.pdf)



Routine sanitization of all high traffic areas will be completed before and after every class.



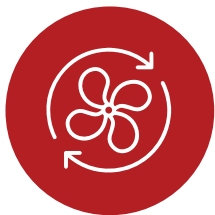
15 minutes will be scheduled between each class to sanitize the mats. Mats will be cleaned before and after every class.



Hand sanitizing stations will be available in all high traffic areas. This will allow staff, coaches and members to sanitize when required.



Both front and back entrances of the facility will be open periodically during classes to provide fresh air circulation.



Routine Hvac filters will be changed for maximum filtered air from central air.

## MEMBER SANITIZATION PROTOCOLS

In order to eliminate any transfer of virus it will be a joint effort. We require all members to understand the sanitization protocols and practice them at all times.



We will avoid hand shaking at the end of class and limit to bowing only.



A new protocol will require all members to wear flip flops in the facility at all times with the exception of the mat area. Flip flops are to be neatly lined up along the mat area. Please have a set of flip flops for inside use only.



Cover your cough or sneeze and immediately leave the mat area and wash your hands. If you feel unwell please leave the facility until you are well again.



Cloth face masks are optional when participating in class.



While participating in class avoid touching your face (eyes, nose and mouth).

## MINIMAL CONTACT PROTOCOLS

We are able to accomodate 22 members while managing social distancing with a partner on the main level. There is a possibility that the lower level mat area will also be used to maintain social distancing. All training zones are 6x6 ft with 6ft of distance between each.



Adult members will be required to book classes online so that we can manage the amount of students in each class.  
**This is temporary.**



Kids attendance cards will be pulled by a staff member as each student arrives.  
**This is temporary.**



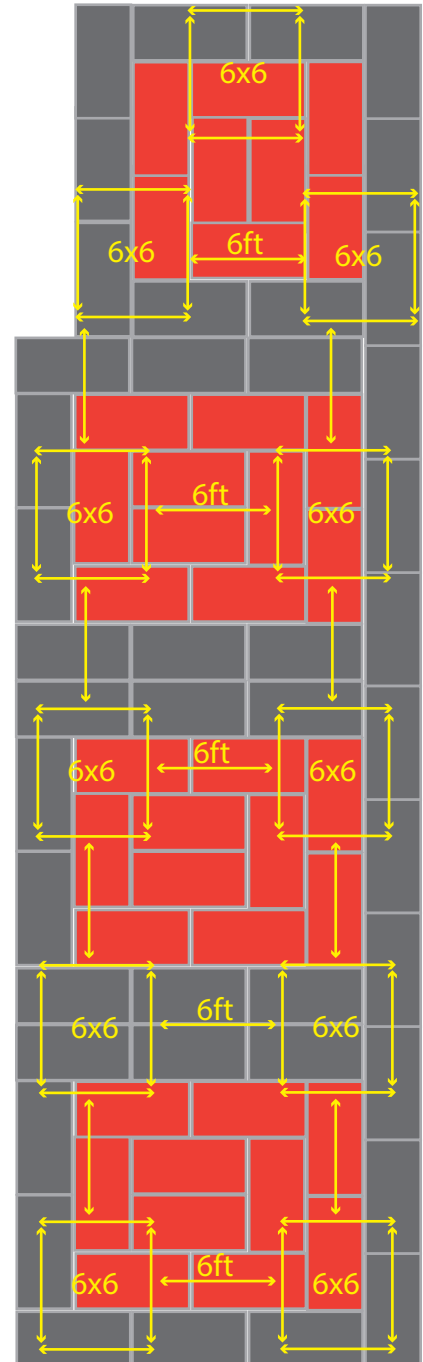
Drop off and pick up of kids will be implemented for **all** kids classes. Their will be an exception for kids that are 4 & 5 years of age and require a parent's assistance. Only one parent per student will be allowed in the facility at a time.  
**This is temporary.**



At the beginning of class members will take position in one of the training zones. At the end of class you will bow out in your selected training zone.  
**This is temporary.**



30 minute intervals between adult classes and 15 minute intervals between kids classes will be implemented. This will allow mat sanitization to be completed.



## MINIMAL CONTACT CLASS SCHEDULE

The class times below are temporary. We will do our best to provide the same experience we did prior to COVID-19.

### **ADULT BEGINNER CLASS - Monday's and Wednesday's - 6PM - 7PM**

- Classes have been reduced to one hour to allow for mat sanitization protocol.

### **ADULT ADVANCED CLASS - Monday's and Wednesday's - 7:30PM - 8:30PM**

- Classes continue to be one hour.

### **UFC 4 KIDS CLASS - Tuesday's and Thursday's - 5:30PM - 6:15PM**

- Classes have been reduced to forty five minutes to allow for mat sanitization protocol.

### **UFC 4 KIDS CLASS - Saturday - 10:30AM - 11:15AM**

- Class has been reduced to forty five minutes to allow for mat sanitization protocol.

### **ELITE KIDS CLASS - Tuesday's and Thursday's - 6:30PM - 7:15PM**

- Classes have been reduced to forty five minutes to allow for mat sanitization protocol.

### **ELITE KIDS CLASS - Saturday - 11:30AM - 12:15AM**

- Class has been reduced to forty five minutes to allow for mat sanitization protocol.

### **ADULT ALL LEVEL CLASS - Tuesday's - 7:30PM - 8:30PM**

- Classes continue to be one hour.

### **ADULT NO GI CLASS - Thursday's - 7:30PM - 8:30PM**

- Classes continue to be one hour.

### **ADULT ALL LEVEL CLASS - Friday's - 6:30PM - 7:30PM**

- Classes have been reduced to one hour to allow for mat sanitization protocol.

## APPENDIX

### **Sanitation Solution Generation 5**

[www.completemma.ca/docs/Generation5.pdf](http://www.completemma.ca/docs/Generation5.pdf)

### **Government of Saskatchewan Self-Assessment Tool**

<https://public.ehealthsask.ca/sites/COVID-19/>

If you have no symptoms or exposure concerns, but have questions about COVID-19, you can:

- Call HealthLine 811
- Access the most up-to-date news and information on [www.saskatchewan.ca/COVID19](http://www.saskatchewan.ca/COVID19)
- Email [COVID19@health.gov.sk.ca](mailto:COVID19@health.gov.sk.ca)

### **Self-Monitoring Informaion Sheet**

[www.saskatchewan.ca/-/media/files/coronavirus/covid-main/self-monitor-information-sheet-march-20-2020.pdf](http://www.saskatchewan.ca/-/media/files/coronavirus/covid-main/self-monitor-information-sheet-march-20-2020.pdf)

### **Most current version of the Re-Open Saskatchewan Plan**

<https://publications.saskatchewan.ca/api/v1/products/105097/formats/117638/download>