



Academy Beliefs

- According to the CDC, the #1 factor for having a bad response to COVID-19 is obesity and a poor state of health in general. Maintaining a strong, healthy mind and body along with the many other preventative measure are vital to getting through this pandemic with the least amount of negative result.
- Every student should have the opportunity to engage their mind and body in healthy activity regardless of the spread of COVID-19 in our community
- The Academy has a vital role in providing the community with an environment that is as safe as realistically possible for students to focus on both social-emotional and physical health.
- By working together our staff, coaches, students, parents, and other community members can overcome and solve any problems we may face.
- As a team we will make decisions based on the most current and up to date science and guidance from local, state, and national officials
- As a 'People First' community, we will always try and ensure our plans meet the needs of our members.



HOME HEALTH AND SAFETY PROTOCOLS

TEMPERATURE | STUDENTS

Students are encouraged to take their or their child's temperature before sending them to the Academy. Students with a fever of 100.4 F or higher should not come to the Academy. If you or your child has a fever, you need to consider him or her contagious. Please do not take medicine to reduce the fever and then come to the Academy. Students must be free of fever without medicine for 24 HOURS before returning to training.

TEMPERATURE | STAFF

The Academy has also encouraged all staff members to take their temperature daily before coming in. Employees/coaches/staff with a fever of 100.4 F or higher should not return to their positions until fever free for 24 hours. Staff are also informed to not take medicine to reduce their fever in order to come to the Academy.

PRESCREENING | STUDENTS AND STAFF

In addition to the screening of temperature, we ask that families and staff conduct a daily health screening.

If an individual is exhibiting the following symptoms of COVID-19 they should remain home.

One of the below symptoms

- Fever of 100.4
- Loss of taste and/or smell

OR

Two or more of the below symptoms

- Cough
- Chills
- Shortness of breath
- Muscle aches
- Headache
- Sore throat
- Nasal congestion
- Diarrhea
- Nausea/vomiting
- Foot sores that recently appear



BEFORE TRAINING SCREENER

Students/Parents are asked to review this daily health screener before coming into the academy.

(Parents do not need to send the questionnaire to the Academy)

Have you/your child had close contact with a confirmed case of COVID-19 in the past 14 days?

Yes___ No___

Do you/your child have a new or worsening shortness of breath?

Yes___ No___

Do you/your child have new or worsening cough?

Yes___ No___

Do you/your child have a fever of 100.4 or greater?

Yes___ No___

Do you/your child have chills?

Yes___ No___

Do you/your child have a severe sore throat?

Yes___ No___

Do you/your child have a new loss of taste or smell?

Yes___ No___

If **YES** to any of these questions **STOP!**

Do not come to the academy. Contact your healthcare provider.

If you are able to answer **NO** to all questions, feel free to come to the Academy.



MASK USE

Due to the nature of what we do, wearing of masks will not be mandatory but their use is not discouraged. If you feel you can comfortably participate while wearing a mask, we encourage you to do so.

PHYSICAL DISTANCING

Again, due to the nature of what we do it is impossible for us to maintain much separation in the class.

But we can take measures to limit the amount of close contacts we have per session such as limiting partner switches and staying spread out around the mat.

We can maintain distance outside of class by:

- Coming dressed for class to avoid using the change rooms.
- Showing up right before class and
- Leaving immediately after to avoid hanging around.
- Waiting outside for rides etc. if needed instead of inside.
- Avoid shaking hand, Slap bumps, etc.

ONLOOKERS

To limit the amount of interactions in the academy we ask that **ONLY PARTICIPATING STUDENTS** come in.

Please do not bring any children, parents, family members or friends who are not participating at that time into the Academy to watch or hang out.

Parents are encouraged to wait outside or drop off/pick up kids. If you do drop off, please return **on time** to pick up your child.

CONTACT TRACING

The academy will maintain a record of attendance for every class as well as a list of 'who partnered with who' for each class. This will allow us the ability to rapidly notify all individuals involved in the case of a potential exposure.

Remember, it is mandatory to check in at the front desk kiosk for every class you attend.



ROUTINE SANATIZATION / CLEANING

The FargoBJJ Academy has always had a high standard for cleanliness even before Covid. We will continue to uphold these standards while enhancing even further to meet current health and governmental recommendations.

Enhanced focuses include:

- Cleaning of the mat several times a day with anti-microbial mops using commercial grade anti-Viral/Anti-Fungal/Anti-Bacterial cleaner that is listed on the CDC's approved cleaner list
- Medical alcohol hand sprayers and hand sanitizer gel placed throughout the Academy
- Restrooms and locker rooms
- Front desk area to include check in screens
- Lobby/Seating area
- Doorknobs & Light switches
- Heavy bags

The following COVID-19 Response Procedure is taken directly from the CDC and North Dakota's Official response criteria.

*** We used the [West Fargo Public Schools Official Guidelines](#) as the template for our outline.



COVID-19 Response Procedure Outline

EXCLUSION / RETURN CRITERIA

STUDENT / STAFF WHO ARE POSITIVE FOR COVID-19

- Must be excluded (isolation period) from the academy for ten days after onset of symptoms (if no symptoms, then exclusion is ten days after collection date of test)
- Be fever free for 24 hours (without the use of fever reducing medications) and have improvement of symptoms, whichever is longest.
- Receiving at least two negative COVID-19 tests at least 24 hours apart is also an allowable measure for returning to training.

COVID-19 SYMPTOMS WITHIN THE ACADEMY

If it is discovered that a student in the Academy exhibits the following, they will be asked to leave immediately.

One of the below symptoms

- Fever of 100.4
- Loss of taste and/or smell

Or Two or more of the below symptoms

- Cough
- Chills
- Shortness of breath
- Muscle aches
- Headache
- Sore throat
- Nasal congestion
- Diarrhea
- Nausea/vomiting
- Foot sores that recently appear

Students exhibiting clear Symptoms will be excluded from the Academy until:

- Provide a negative COVID-19 test result
- Be at least 10 days from onset AND fever-free for 24 hours without fever-reducing medication AND symptoms are improving, whichever is longest.
- Be diagnosed by a health care provider with another illness that does not require exclusion.



CLOSE CONTACT TO COVID-19 OUTSIDE THE ACADEMY

Symptomatic or Asymptomatic

Close contacts to a confirmed case of COVID-19 will be quarantined (must stay home) for 14 days from their last exposure to a case.

A close contact is defined by NDDoH as:

- Someone who is within six feet of a confirmed case for 15 minutes or greater (cumulative in a day) with or without a mask.

OR

- Someone who is directly coughed on or exposed to a case's secretions.

COMMUNICATION STEPS FOR SUSPECTED COVID-19

- We will announce all known COVID-19 exposures academy wide in a timely manner.
- Classmates of a known exposure will be contacted directly.
- Training partners of a known exposure will be required to follow CLOSE CONTACT procedure.
- Due to privacy we will not be able to give out the name of any known exposures.

Final Thoughts...

“The impediment to action advances action; What stands in the way becomes the way” - Marcus Aurelius

Unlike most other business who need to worry and respond to the irresponsible behavior of strangers with no connection or care to their company, we have the benefit of being a private member community.

We all know and care about each other and we should actively consider the well-being of our fellow students when we make decisions.

If we all stick together, make smart team-oriented decisions, and stay focused on the long game... there is no reason why we cannot maintain a training space that is as healthy and safe as possible for everyone!

Thanks for all the support,
Prof. George & Sarah Andersch