

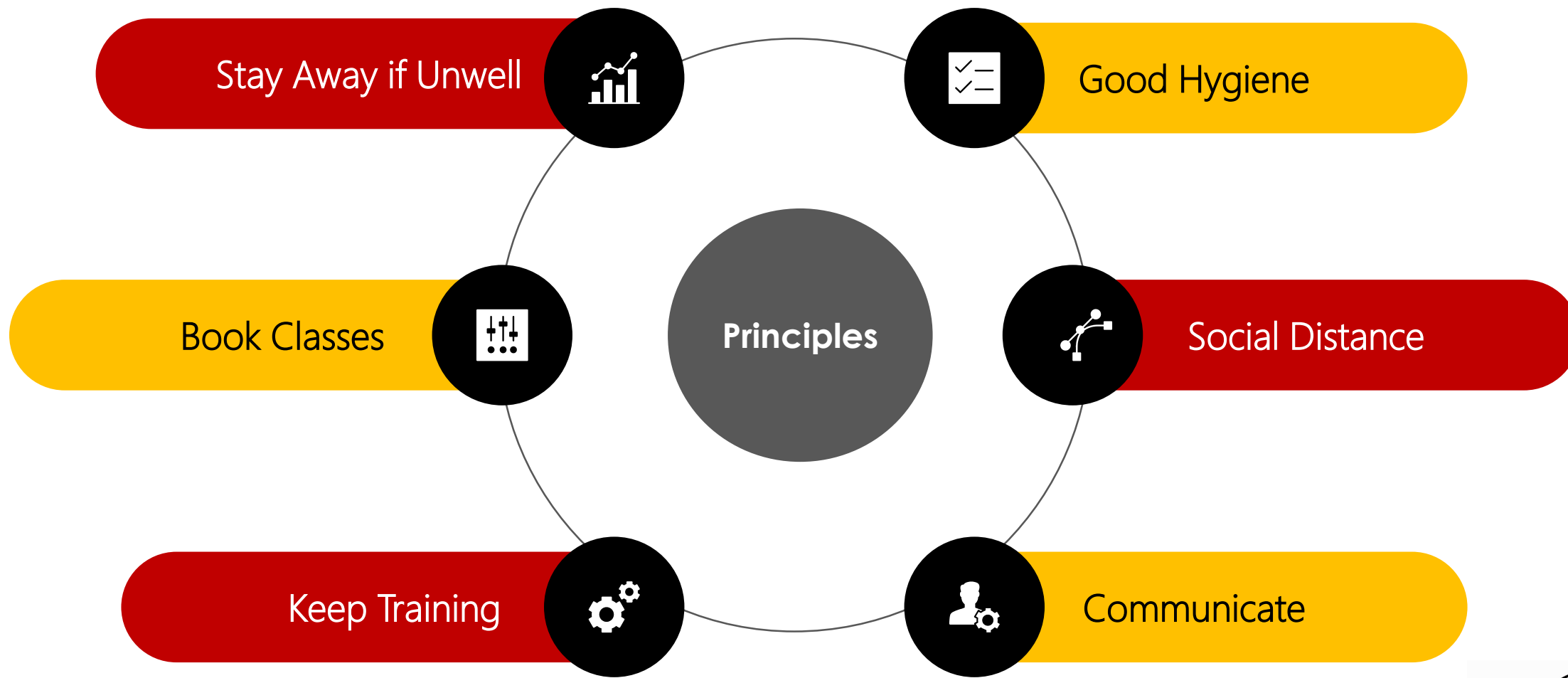


ROOTS Brazilian Jiu-Jitsu

Covid-19 Business Safety Plan

1 July 2020

Keeping it Simple Keeping it Safe



Our Covid-19 Safety Plan Goal



The Basics

The Basics of the COVID-19 Safety Plan

Team

Stay Away if Unwell

- › If you are unwell and have symptoms of COVID or any other infectious condition, please let the instructor know and self-isolate until safe. This is standard at ROOTS BJJ, if you are sick, don't train.

Social Distance

- › Maintain distance from ROOTS teammates when getting changed and before and after class. Keep in virtual contact, we are a team and we are stronger together

Gym

Cleanliness

- › Our ROOTS gyms are always kept clean as this is part of the martial arts tradition, but we have increased our cleaning and use of sanitizers for your increased safety

Keep Fit

- › Make sure that you keep fit, eat well, and keep up your immunity. A good strong immune system will help you to fight infections.



Keep Informed

Keep up-to-date with all of the Government information.

The situation is changing rapidly, and we need to ensure that we all know what is going on.

Find current information at <https://www.australia.gov.au/>

