



_____ BTT REOPENING POST-QUARANTINE PROTOCOL _____

Following the guidelines of the world public health authority, WHO, and national authorities, both from Brazil and USA, about reopening academies after the Covid-19 quarantine, Brazilian Top Team has defined the guidelines contained in this document in order to offer safety to its students when they return to training.

This reopening protocol will be a guide for our gyms around the world to provide a safe and sanitized environment so that the students can return to their physical activities gradually and without risk

For this purpose, we have taken into consideration a positive evolutionary framework of Covid-19, believing that authorization for reopening by local authorities will be given at the appropriate time where there is minimal risk of contagion in the region in question. However, the timing of this Protocol may be changed to more or less depending on the disease evolution in the regions of each BTT Academy. In order to define these deadlines accurately, our affiliates will follow the guidelines and reports of the local health authorities on a daily basis.

We have divided our reopening into 4 phases. The 3 first ones will last 14 days each. The last will be the phase where the academy can return to its normal class routine. For this to occur as planned, the pandemic numbers, the number of infected and deaths - in each phase after reopening - should progressively decrease before moving on to the next phase.

MEASURES THAT WILL BE IMPLEMENTED BY BTT ACADEMIES AFTER REOPENING:

- Intensive hygiene of the entire academy and especially the training areas immediately after each class;
- All academy staff should be tested for Covid-19 before reopening;
- Request all academy students to test for Covid-19 to check if they are contaminated with the virus or if they are already immunized. If the student has a positive test result, it is recommended that he or she seeks immediate medical attention and only returns to practice when fully recovered;
- Masks must be worn by the entire staff of the academy daily during working hours;
- We will recommend the use of masks to all students of the academy during classes;
- We will provide alcohol gel in our facilities for the use of our staff and students. Hands hygiene should be done periodically by our staff after each class;
- Request everyone to remove their shoes before entering the academy;
- Use thermometers to measure the temperature of all attendants, staff and students daily: the temperature up to 37.7°C will be considered appropriate. The thermometer used should be sanitized after each use in case of contact. In case of measurement equal or superior to 37.8°C, the student should seek medical advice and will not be able to train until it is proven to be in good health;

- Require that those responsible leave their children before their classes and return only at the end to pick them up, thus avoiding the crowding of people inside the academy during class hours;
- Use a plastic container with a cloth inside moistened with a cleaning product or disinfectant, so that the students clean their feet when entering the mat and/or the academy;
- Avoid shaking hands and hugging as a greeting inside the gym;
- Take a maximum of 2 classes at a time in the academy if it has two environments, one for each discipline;
- Keep as few professionals as possible working inside the academy. One employee responsible for the reception, only one teacher responsible for each discipline in each class time and a general services assistant;
- Maintain as much air circulation as possible in the academy. If possible leave windows and doors open and the air conditioning off. If it is not possible to turn off the air conditioning, provide the cleaning of the air filter more frequently than usual;
- isolation and/or social distance, without contact with infected people or persons suspected of being contaminated by Covid-19 in the last 14 days until the date of signing the referred term.

1ST PHASE OF REOPENING

- The academy will be reopened only after the release of the responsible local authorities;
 - People considered to be at risk (elderly over 60 or with chronic diseases) should remain at home in this phase, taking advantage of the online classes offered by the academy's staff;
 - Maximum of 1 hour class for each discipline;
 - Private classes will be suspended at this stage;
 - Maximum number of 8 students per class: it is recommended to schedule classes by phone to ensure vacancy;
 - Training should be individual in all disciplines (Jiu Jitsu, Boxing, Muay Thai, Functional). Make markings on the floor and mat for student positioning during the lesson, maintaining a protective distance of 2 square meters between each marking;
 - In Jiu-Jitsu classes: drills training and specific exercises to improve performance.
 - Do not make alignment to greet before Jiu-Jitsu classes, only the greeting before entering the mat.
- * Definition of Risk Group: elderly people over 60 and/or with chronic diseases.**

2ND PHASE OF REOPENING

- It will start 14 days after the reopening of the academy released by the local authorities, since there is a decrease in the number of contaminations in the area where the academy is located and no attendant, student or staff member has shown symptoms of Covid-19 during the 1st Phase of the academy opening;

*** symptoms of Covid-19: fever, tiredness, difficulty breathing, headaches, cough, body aches, runny nose, sore throat;**

- Return of private lessons at this stage;

- Maximum of 1 hour class for each discipline;

- Maximum number of 10 students per class: it is recommended to schedule classes by phone to ensure vacancy;

- Jiu Jitsu: start of training in permanent fixed pairs (which should work together for at least 14 days without changing partners); maintain a protective distance of 2 square meters from one pair to another throughout the class.

*** Students who live with people who belong to Risk Groups should train with others in the same situation at this stage.**

- Other disciplines (Boxing, Muay Thai, Functional): start of training in Boxing and Muay Thai with permanent fixed partners (who should work together for at least 14 days without exchange). Continue with the markings for positioning during classes, maintaining the protective distance of 2 square meters between each student and/or pair throughout the class.

3RD PHASE OF REOPENING

- It will begin 28 days after the reopening of the academy released by the local authorities, since there is a decrease in the number of contaminations in the area where the academy is located and no attendant, student or staff member has shown symptoms of Covid-19 during the 2nd Phase of the academy opening;
- Return to training of people considered to be at risk group;
- Maximum number of 10 students per class: it is recommended to schedule classes by phone to ensure vacancy;
- Jiu Jitsu: alternation among 4 students (maximum) to make positions/drills , excluding students living with people included in risk groups, who should continue training among themselves.
Beginning of sparring/rolling trainings with fixed partners. Each sparring/roller should last a maximum of 5 minutes, with 2 or 3 minutes rest between them.
- Muay Thai/Boxing: start of sparring trainings, alternation among 4 students (maximum). 3-minute training maximum, with 1 to 2 minutes rest intervals between them;
- Maximum of 1 hour class for each discipline.

4TH REOPENING PHASE

- It will begin 42 days after the beginning of the reopening of the academy, as long as there is a decrease in the number of contaminations in the area where the academy is located and no attendant, student or staff member shows signs of contagion during the 3rd Phase of the academy opening;
- Returns to the normal routine of classes and training of all disciplines at the academy.

**THE WELFARE OF OUR STUDENTS IS OUR
GREATEST COMMITMENT**

