

COVID-19 - Training Approach

This document aims to define a consistent approach to the limited training currently possible due to the COVID-19 restriction.

1. Guiding Rules and Principles

- No contact, everyone stays in their designated zones
- No high intensity as hard breathing is more likely to spread the virus

2. Goals

Adults

- **Back to “mat shape”**
Start slowly to prevent injuries and to bring everyone back to “mat shape” for the time we can resume normal training
- **Shore up deficiencies**
This is a chance to take the time and work on some weaknesses.
E.g.: become more flexible, build up strength using proper form, practice basic striking

Kids

- **Back to the mat**
Start slowly to bring everyone back to mat for the time we can resume normal training and to practice Jiu-Jitsu movements that are safe to do alone.

3. Implementation

- Focus on form and execution rather than speed, reps and cardio: go slow with perfect technique
- Using time slots for an exercise rather than reps. E.g. everyone does the move for 1 minute with as perfect form (and not speed) as possible (instead of everyone doing 20 reps)

4. Class Template

Step	Phase	Possible Exercises	Timing
1	Warm Up	Mobilization, Dynamic stretching, light strength/cardio (jumping jacks, pushups, squats). Similar to usual class warm up, but with low to medium intensity.	10 min.
2	Main Part	Class topics can include, but are not limited to <ul style="list-style-type: none"> • Jiu-Jitsu mobility (examples: ginástica natural – mostly made up of JJ moves) • Striking (technical solo drills, shadow boxing) • Yoga/mobility moves • Strength training (e.g. pushups, squats) – focus: technique, not fast pace • More... 	20 min.
3	Cool Down	Stretching and meditation	10 min.

5. After Class (by Instructor)

- Air out Academy for 10 minutes by opening all windows
- Spray mats with soap water and mop mats
- Normal cleaning schedule in effect
- Instructor to fill in attendance tracking sheet