

2021

8th March

BJJAGB COVID GUIDELINES

Schools Return



Children are back to school in England. No changes to Martial Arts schools as there is no exemption for children to attend sports classes.

All classes must remain online only at this time.

29th March

Everyone can train outdoors. No limit on numbers



Adults and Children can train outdoors. There are no limits on numbers but social distancing guidelines should be observed. No contact training is allowed -including sparring, pad work and weapons

12 April

Children can train indoors, adults can also train with limits



Children can train indoors as long as there are Covid Secure Measures in place. No contact training is allowed - including sparring, pad work and weapons

Adults can train in a gym setting individually, **not as part of a group class**. As the previous lockdown eased many instructors ran open mat training, where adults were given things to practice by an instructor and they did so individually. Social distancing guidelines should be observed.

The **rule of 6** applies - when students and parents arrive at and leave your school they must not congregate in groups larger than 6 inside your school, outside while waiting to enter or pick up their children or in your car-park while coming and going. We also advise that students or parents wear masks while entering and exiting your building. As a covid-secure establishment, it is your responsibility to make sure your staff, students, and parents are aware of the rules.

17th May

Children and Adults can train indoors

Indoor gyms and leisure centres reopen fully. Both adults and children can train indoors as long as Covid Secure Measures are in place.

No contact training is allowed -including sparring, pad work and weapons

The **rule of 6** applies - when students and parents arrive at and leave your school they must not congregate in groups larger than 6 inside your school, outside while waiting to enter or pick up their children or in your car-park while coming and going. We also advise that students or parents wear masks while entering and exiting your building. As a covid-secure establishment, it is your responsibility to make sure your staff, students, and parents are aware of the rules.

21st June Most Covid restrictions removed



This is the date most legal restrictions will be removed and regular training could resume. This is the earliest you could possibly return to sparring, pad work and any type of contact training.

Increased hygiene and awareness should still be followed.