

Gym Protocols

1. Arrive 10 minutes before your scheduled class
2. Proceed to hand sanitizing station
3. Symptom & temperature check upon arrival
4. Masks worn unless actively training
5. Arrive in uniform to limit changing room usage
6. Please stay within designated mat area
7. Respect others and the space around you
8. No visitors or spectators
9. Classes are reservation only
10. Limit to 15 person max (adults) & 10 person max (kids)



LIMITATIONS

Training Will Be Prohibited If:

- You are currently exhibiting ANY cold like symptoms
- You participated in any physical contact sport outside of Momentum BJJ within 14 days
 - Traveled by air within 14 days
- You came in contact with anyone who tested positive for Covid-19 within 14 days
 - You tested positive for Covid-19
- You arrive without a clean & proper uniform

