



HEIGHTS ACADEMY

BRAZILIAN JIU-JITSU
HAGATNA GUAM

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BUSINESS REOPENING PLAN

Inspirit, LLC dba Heights Academy Guam hereby submits the following plan to comply with the Guam Department of Public Health and Social Services (DPHSS) PCOR 2 Guidance and Minimum Pandemic Workplace Operational Requirements. Heights Academy plans to resume Martial Arts training activities on Friday, June 19, 2020.

- ✓ This reopening plan will be distributed electronically to all registered students and parents.
- ✓ Registration for classes will be done online and attendance will be monitored and tracked by the instructor eliminating the need for students to sign in to class using the iPad.
- ✓ All staff off the mat shall be required to practice social distancing and wear a mask at all times.
- ✓ Classes will be limited to a maximum of 20 students plus 2-4 Instructors/coaches.
- ✓ Parents will be encouraged to drop off their kids and not remain at the Academy.
- ✓ If parents must stay and watch the class, they will be required to wear a mask at all times and sit 6 feet apart on benches that line the perimeter of the Academy.
- ✓ The number of parents/spectators will be limited to a maximum of 10 per class.
- ✓ The Academy has designated entrance and exit doors to help minimize physical contact during drop-off and pick-up of students.
- ✓ Appropriate signage will be posted outside the Academy's main entrance door stating the rules for entrance and that all members/guests must not have traveled within the past 14 days and no one within their household has been diagnosed with COVID19 or has COVID19 related symptoms.
- ✓ Students/parents shall self-assess prior to coming to class. If a student has cold symptoms, such as cough/sneezing/fever, stay home.
- ✓ The main Academy door will be left open 5 minutes prior to the beginning of each class to minimize the touching of the main door handle.
- ✓ All students will be required to arrive at the facility with clean bodies (especially hands and feet), wearing a clean mask, and in freshly washed and dried full uniform (gi top, gi pants, rashguard inside gi, belt, and slippers) and with a clean water bottle/flask clearly marked with their name.



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- ✓ All students and parents must use the newly constructed hand washing station located outside the Academy's main entrance. Anyone entering the Academy will be required to wash their hands with soap and water prior to entering.
 - ✓ Upon entering the main door (at the bottom of the stairs) everyone must wipe their slippers/shoes on the disinfectant mat prior to walking up the stairs.
 - ✓ An infrared thermometer will be used to ensure that everyone entering the Academy is fever free.
 - ✓ Upon reaching the top of the stairs, sanitized slippers/shoes must be taken off and placed neatly in the slipper/shoe rack.
 - ✓ Absolutely no footwear will be allowed on the wood tile floors.
 - ✓ Upon entering the Academy, students will place their labeled water bottle/flask in the designated area and place their mask next to it. No sharing of personal items.
 - ✓ Prior to the start of each class, Instructors will line students on the mat and review the rules and importance of following the protocols contained in this plan.
 - ✓ During non-contact training, Instructors will organize students into groups that minimize physical contact and maintain social distancing.
 - ✓ During contact training, Instructors will organize students into 5 groups of 4 individuals that will partner together. These groups will be maintained until further guidance is received under PCOR 3 or PCOR 4. This will minimize physical contact between students and still allow for effective training.
 - ✓ After training, all students must sanitize their hands and wear their mask as they exit.
 - ✓ The entire facility (i.e., floors, mats, restroom, benches, doors, and countertops) will be sanitized after training using MatPRO® by MATGUARD which is a cleaner, disinfectant, detergent, virucide, and deodorizer (see attached MSDS data sheet for reference). MatPRO® will also be used in the shoe sanitizing station at the base of the stairs.
 - MatPRO® concentrated surface disinfectant is effective against a broad spectrum of germs and viruses including COVID - 19, Listeria, e. coli, Pseudomonas, Staphylococcus (MRSA, VISA), salmonella, VRE, C. diff (vegetative form) and harmful bacteria. Virucidal: kills HIV-1, HBV, HCV; Influenza A, herpes simplex types 1 and 2, Avian Influenza A, human corona and SARS-associated corona virus and pathogenic fungi.
 - ✓ Air conditioner (A/C) dust filters shall be cleaned and disinfected weekly.



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- ✓ Quarterly preventive maintenance/deep cleaning was recently conducted on both A/C units on June 8, 2020.
 - ✓ Air conditioners will be operated 24hrs per day and 7 days per week to ensure the facility stays clean and sanitary.

===== NOTHING FURTHER =====