



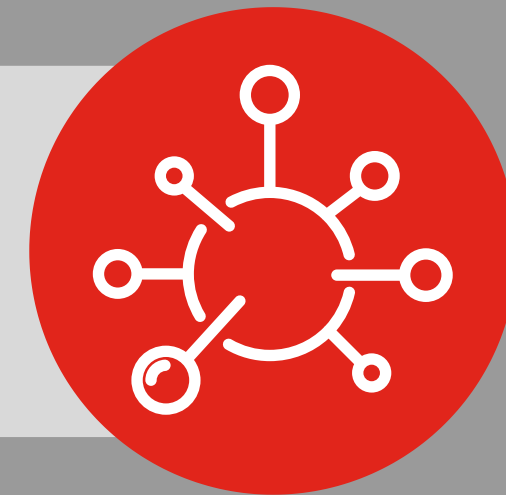
# 0 COVID-19

## What do we know about the coronavirus?\*



**FROM CHINA TO THE WORLD-** The first case of human contamination by the coronavirus happened in Wuhan, China. It has been spreading globally since December of 2019. It is threatening because it is new, it is contagious, and there is no vaccine nor a precise treatment plan yet.

**COVID-19 IS SIMILAR TO INFLUENZA** - The current data coming from a little over 100 thousand cases around the world has shown the coronavirus symptoms are very similar to influenza ("The Flu"), and so are the health risks associated with it.



**ELDERLY PEOPLE AT HIGHER RISK** - The coronavirus brings a more serious health risk to elders or ill individuals.

**CHILDREN ARE AT MUCH LOWER RISK** - Current data indicates that healthy children are among the least vulnerable to the coronavirus.



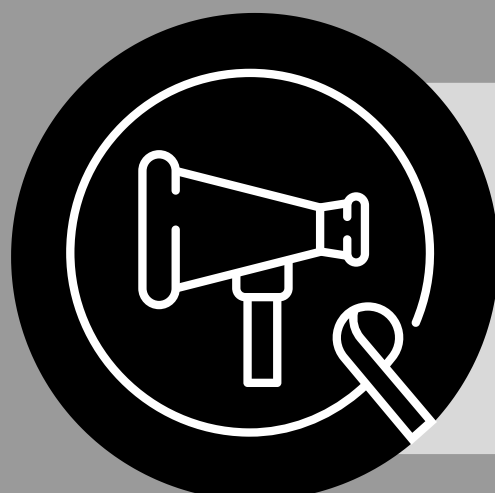
**SPREAD X SYMPTOMS** - One of the biggest concerns about the coronavirus is on how fast it spreads, but the good news is eighty percent of the individuals who contract the coronavirus only experience minor symptoms.

*\*These facts are from the United States Centers for Disease Control and Prevention (CDC) as of March 8th, 2020. We will continue to update these measures based on new recommendations made by the CDC, local health authorities and the World Health Organization.*



# THE COVID-19

## Preventive measures for GB Schools\*



**RAISE AWARENESS** - Knowledge is power. We are deploying a global communication plan to reach each one of our schools around the World. Our goal is to empower GB Owners, Instructors, staff, students, and parents by sharing the most updated information about the Coronavirus and effective preventive measures they must take to maintain a healthy and safe training environment.

**TRAINING HYGIENE** - We require all team members to sanitize their hands when entering the school before shaking hands or touching anything. Instructors and staff will be requiring all students to sanitize their hands before class. Students will be asked to only dress-up on their uniforms after entering the premises of the school. We will also be reminding all team members about the obligation to wash their uniforms after class.



**EXTRA CLEANING** - Since there is research that suggests that the Coronavirus may live on surfaces for hours, all mat space, restrooms, front desk space, couches, and other high traffic areas of the schools must be cleaned multiple times a day after classes. These areas must be cleaned with appropriate disinfectants or alcohol solutions with at least 70% alcohol.

**BE A GOOD TEAMMATE** - If you are feeling under the weather, if you are coughing or sneezing, if you have a mild fever, headache, or any other cold / flu-like symptoms, take a break from Jiu-Jitsu. Stay home, rest, eat well and look for a doctor in case the symptoms get worse or don't go away.



**SCREENING** - Screening Protocols will be implemented at the beginning of work shifts and before classes. If anyone is sick, he or she will be required to return home immediately and remain at home until fully recovered.

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# THE COVID-19

## Preventive measures for GB Students\*



**BE SMART** - Stay informed, be aware of risks, but don't panic. Use the discipline you learned in Jiu-Jitsu to create enhanced personal hygiene routines in your life. Wash your hands frequently, wash your uniform, and take a shower after practice, avoid touching your eyes, nose, and mouth. The CDC has put together an excellent website with plenty of information on the Coronavirus [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov).

**TRAINING HYGIENE** - To protect yourself and your training partners, make sure to sanitize your hands when entering the school before shaking anyone's hands or touching anything. Instructors and staff will require all students to sanitize their hands before class. Lastly, only put on your uniform after you enter the school premises.



**STAY HEALTHY** - This is a crucial time to make your health a priority and do all you can to boost your immunity. This means eat well, sleep well, consider taking additional supplements to boost your immunity systems, and of course, keep training!

**BE A GOOD TEAMMATE** - If you are feeling under the weather, if you are coughing or sneezing, if you have a mild fever, headache, or any other cold / flu-like symptoms, take a break from Jiu-Jitsu. Stay home, rest, eat well and look for a doctor in case the symptoms get worse or don't go away.



**TRAVELING FROM AFFECTED AREAS** - If you have been in touch or have traveled from areas affected by the Coronavirus, avoid contact with others for a few days, observe cold or Flu symptoms, and seek medical advice if needed.

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