

Return to Training:

We at JTI want to keep you updated on how we will be creating a safe place for you to come back and train with us.

Additional Cleaning and Sanitation

- Before and after each training session or class equipment (boxing bags, machines, bikes, free weights, floors and surfaces will be cleaned and sanitized with bacteria killing products.
- Sanitizing wipes and hand sanitizer will be available throughout the facility.
- Staff will be required to wear masks if within a 6 foot distance of a member or staff
- Change Rooms and Shower will not be available for use at this time
- We ask that as you enter to use our hand sanitizer at the front and in the workout area after you training session.
- If you use the washroom please follow the How to Wash Your Hands protocol located in each washroom
- The facility will be thoroughly deep cleaned when opened, again before we close and in-between session wiping down all high traffic areas, surfaces, handles and washrooms.

Social Distancing and Maintaining Safe Space

- All Sessions as normal will be booked in advance through our JTI App or Online
- You will go through the self-screening check list provided on your email appointment confirmation and our signage posted on the front door
- To ensure sufficient space in waiting areas, and to allow for complete sanitation between classes, there will be a minimum of 15 minutes between training sessions.
- A 6-foot radius will be maintained at all points during, and before / after the workout.
- Each boxing bag will maintain a 6 foot radius from another member.
- Lockers will not be used
- Floor markers will be placed under boxing bags and gym areas
- We ask that you arrive on time for sessions and leave right away, doors will be locked during training sessions.
- If you are bringing your youth to JTI we ask that only 1 parent wait inside following all rules laid out here to members.
- Our store-front retail merchandise will still be available for purchase, on a cashless basis. We won't be accepting returns at this time.

Boxing Experience

- You will be able to use your own personal boxing bag only – we will not be sharing switching bags
- There will be no borrowing of boxing gloves, hand wraps or skipping ropes during this time, you must use your own personal equipment for training.
- There will be no use of our boxing ring in this time.
- Coaches will be teaching at a distance at least 6 feet from you. If for whatever reason they have to come closer they will put on their mask.
- There will be a 0-minute policy for late entries. Once the training session has started, no one will be permitted inside the club

Ensuring Health of you and our Staff

- We will have PPE to use at the front if you do not have your own.
- Masks will be worn if physical distancing is not able to occur.
- All Coaches and Members will be pre-screened upon entry into the studio to ensure they HAVE NOT been exposed to COVID-19 using our Ontario Health Screening Assessment and Boxing Ontario Checklist that will be verbally communicated by your coach. If you have symptoms, not feeling well or have been exposed to someone with COVID-19 we ask that you stay home – please refer to our COVID-19 Screening Questions attached.
- If any staff or member has felt sick after being at JTI Boxing we ask that you contact us immediately so we can contact Public Health.
- If you are at high-risk to get COVID-19 we ask that you post-pone your visit to JTI.
Who is at high risk?
- People with medical conditions including:
 - Heart disease
 - Hypertension (high blood pressure)
 - Lung disease
 - Diabetes
 - Cancer
- People with weakened immune systems from a medical condition or treatment, such as chemotherapy
- Older adults

Opening and Closing Procedures at JTI

- The JTI Staff Member who is opening and/or closing that day will ensure all signage, wipes, hand sanitizers and cleaners are in place.
- The staff member will ensure all supplies are full and ready for use
- The staff member will clean all surfaces, equipment and high traffic areas with sanitizing cleaners.
- Washrooms will be cleaned thoroughly upon opening and closing with checklist and sign off.

JTI