Phase 3: Responsible Participation (including Sparring)

- Please adhere to your state and local government most up-to-date guidelines.

- Encourage responsible social distancing while allowing mitt drills, partner drills and sparring. Follow local guidelines for capacity allowances.

- Inform members that mitts, drilling and sparring will be allowed in the gym and reinforce record keeping and responsible practices (ex. reservations; sign-in/out sheets; use personal equipment; washing hands, etc.)

- Stay home if you show symptoms or may be in a high risk population.

- If possible, take each member’s temperature before entering gym.

- All members should follow all hygiene precautions (ex. face covering, wash hands, use hand sanitizer, etc.) Homemade masks are acceptable.

- If possible, BYOE! Bring your own equipment (gloves, headgear, cups, etc.). Do not share! If do not have own equipment, strongly suggest sanitizing shared equipment between each person’s use.

- Appropriately maintain social distancing when not drilling, sparring, etc.

**NOTE:** Phase 3 lasts a minimum of 4 weeks and includes an evaluation before moving onto Tier 2 – One Day Events.