

Mjölfnir's rules on infection control due to COVID-19

Disease control rules for training at Mjölfnir: BJJ (wrestling), MMA and Kickboxing

Rules for the competition will be published in the near future.

In general:

The purpose of these rules is to ensure that martial arts training will be in such a way that it will be possible to continue training for martial arts in Iceland, despite the fact that COVID-19 is still in force in Icelandic society and it looks like this may continue in the coming months.

Our most important weapon against COVID-19 is the general disease control measures that the Office of the Directorate of Health and the Department of Civil Protection and Emergency Management have introduced in detail these last months. These general measures are hereby made a condition for the continuation of martial arts and contact sport training in Iceland in the coming months so there will be away to avoid the risk of closure every few weeks.

The aim is to minimize the risk of martial arts practitioners, staff and other members being infected with COVID-19. The goal is also to minimise possible infection between members, if an individual within a club becomes infected despite preventive measures. It is important that all participants are made aware that the risk of infection cannot be completely eliminated.

These rules apply for competition areas, training facilities, changing facilities and finally the importance of general care for all employee's and members training at Mjölfnir.

A practitioner who has become infected, like others, must remain in isolation until at least 14 days from diagnosis/positive covi-19 test and that he/she has been asymptomatic for at least 7 days. Before a practitioner can start exercising again, a doctor's assessment is required to confirm that he/she is cleared to return to work or training. Other practitioners and employees of Mjölfnir may have to quarantine for up to 14 days.

Epidemic representative and epidemiological measures

Mjölfnir has appointed a special infection control officer who is responsible for complying with the rules mentioned in this document. Infection control officer is also responsible to ensure that all members of Mjölfnir are aware of these rules. The Epidemiologist will ensure that practitioners, coaches and all other staff members are familiar with and go by general epidemic interventions. The Epidemiologist is also responsible for ensuring that all parties are aware of the main symptoms of COVID-19. A practitioner or employee who is experiencing symptoms is not permitted to interact with his or her students or employees. The Epidemiologist must ensure that these rules are followed without any exceptions.

COVID-19 Symptoms:

- Fever
- Sore throat
- Dry cough

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- Shortness of breath
- Weakness
- Abdominal pain
- Diarrhea
- Bone and muscle pain
- Sudden change or loss of taste and smell

If practitioners or other individuals within Mjölñir, or their families, develop symptoms that may indicate COVID-19, follow the instructions below:

- The person in question must stay at home and not attend any training or gym area at all.
- Contact the healthcare centre, the Læknavaktin (out-of-hours medical assistance service) phone No.1700 or the online chat site at www.heilsuvera.is so it is possible to perform a test for COVID-19 without delay.
- It is very important that you do not visit your health care centre or the after-hours healthcare in person.
- Healthcare professionals will respond and advise you on what steps to take.

Clear instructions on disinfection must be and are already available in many places on Mjölñir's premises, as well as posters obtained from the Office of the Directorate of Health and the Department of Civil Protection and Emergency Management. (<https://www.covid.is/veggspjold>). In addition, posters that we have made ourselves and received approval from the Department of Civil Protection and Emergency Management. Posters shall be visible in changing rooms, in staff facilities, in spectator areas and everywhere else in structures where there is some contact with people. Posters reminiscent of two-meter proximity standards should be particularly prominent in all of these locations.

The infection control representative is responsible for disinfecting the changing rooms and training area before training begins. Toilet facilities must be disinfected daily and good facilities for hand cleaning must also be ensured.

The Epidemiologist is responsible for keeping all doors open as much as possible to minimize the need for contact with the doorknob.

The Epidemiologist has the authority to remove all those who do not follow these rules from Mjölñir and exclude the person in question from training or work.

Training

The most important protection against COVID-19 in training is to follow the recommendations of the health authorities as much as possible. Although an exemption is granted from following the two-meter rule during training, it is especially important that it is enforced as much as possible. Allowed practitioners in every class should be minimized (see details below). Only practitioners and coaches should have access to the training class and the epidemiologist should ensure that no unauthorized persons are present during the exercises.

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The use of clubs' fitness facilities shall be minimized, and all use of the facility must be such that it is always possible to keep at least two meters distance between individuals. In the case of organized exercise in the fitness facility, the exemption from the two-meter rule applies, but it must always be respected if possible.

The two-meter rule exemption for practitioners and coaches only applies to the training area, not in other areas.

All exercise equipment should be disinfected before and after exercise.

Take good care of ventilation e.g., by opening windows and doors if necessary.

The use of changing rooms in connection with exercises should be minimized and in all cases a distance of two meters should be kept between individuals.

Members are not allowed to use other social facilities such as kitchen and other common facilities.

The infection control representative shall ensure that disinfectant is available during opening hours, both in the changing rooms, training area and all other areas.

It is not permitted to share drinking containers (water bottles) or other equipment with other people. The Epidemiologist must ensure that all practitioners have their own water bottle.

Mjölfnir's employees should wear face masks during working hours and keep two meters distance from practitioners, coaches and other staff members as much as possible.

Daily life / home of practitioners, coaches and other employees of Mjölfnir

If we are to succeed in continuing the practice of martial arts, we must unite to minimize the risk of infection with other aspects of daily life other than home life and work. Practitioners, coaches and other employees should therefore minimize communication as much as possible and respect the two-meter rule as well as other recommendations of the Directorate of Health. This is especially true for practitioners and coaches. This includes e.g., that these parties should not go to crowded places such as parties, shops, restaurants, cinemas, nightclubs, bars, etc. unless necessary.

Practitioners should familiarize themselves with the rules of quarantine at home (home quarantine) and follow them as much as possible to protect their families, co-workers and other practitioners. Those who can work full-time or part-time remotely should talk to their employers about such an arrangement.

A practitioner, coach or other employee of a club who is necessary for errands in crowded places must always keep a.m. two meters away from other people and wear a face mask if possible.

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Practitioners, coaches and other staff should take care of general infection control (two-meter rule, hand washing and disinfection) in their homes, at work and wherever they are among people. If a family member or other develops any symptoms suggestive of COVID-19, they should immediately isolate themselves until a virus test has been performed and a result is available.

Summary of Basic Rules for BJJ (wrestling), MMA, kickboxing and boxing training in Mjölñir

- Contact surfaces disinfected between groups.
- Space in each class is limited so that it is possible to keep a distance of two meters if members choose, but never over 50 in each room. Markings have been set on the floor to help members get an idea for the two-meter minimum.
- In each training, groups are divided into pairs or small groups and members only practice within each group to minimize closeness and proximity.
- Everyone has their own training equipment (Gi, boxing gloves or other traditional sportswear) and drinking bottles. Equipment may not be shared with others.
- The use of changing rooms must be minimized and limited so that it is possible to keep a distance of two meters in rooms between persons. Members are encouraged to take a shower at home to restrict indoor traffic.
- Everyone disinfects before training and if they need to change training partners.
- Only those who have a role in the class should be in the gym hall during the exercise.
- The two-meter rule exemption for practitioners and coaches only applies in the training area, not outside it.
- Gunnar Einarsson (gunnare@mjolnir.is) operations and reception manager is Mjölñir's infection control representative.

On behalf of Mjölñir,
Haraldur Dean Nelson
CEO