

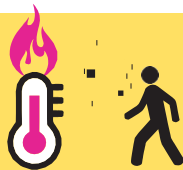
Guidelines implemented are subject to change at any given time



DROP-OFF & PICK-UP:

- Please drop off at the back door & collect from the front.
- Parents/Guardians please remain in cars.
- Staggered Start & Finish Times implemented.
- Separate entry (Back door) and exit (Front door) will be enforced.

HEALTH SURVEY & CONTACT TRACING:



- Attendance taken on entry
– for contact tracing purposes.
- Temperature check on entry.
- Health survey on entry
– flu symptoms, living with anyone sick or travel in past 14 days
- Anyone with flu like symptoms will be sent home.
- If any attendee or staff member has a positive COVID19 result we will follow all CDC guidelines, Close and begin contact tracing and advise all who attend the gym.

SOCIAL DISTANCING:

- Numbers will be limited to 10 individuals including staff.
- Practice times will be staggered to maintain number limits.
- We will maintain social distancing of 6 FT. between everyone within the gym.
- Spots will be marked on floors to reinforce social distancing during classes.
- Floors will be marked with arrows and lines to ensure social distancing in relation to toilets and shared spaces.
- No congregating allowed by athletes, coaches, parents or staff in any areas including Practice area, hallway, or reception area.
- All spectator areas closed until further notice.



ATHLETES:



- Please arrive changed into necessary practice attire
- No bags will be allowed in the gym.
- All water bottles **MUST** be clearly labeled with name.
(these will be safely positioned during practice to avoid others & accidental sharing).
- Please take all belongings, do not leave anything behind.
(Anything left behind will be immediately disposed of)
- There will be no contact with anyone
– no hugs, high fives, handshakes, etc.
- If unwell or living with anyone unwell, please stay home.
- If you have an underlying health condition
– you should not come to practice until deemed otherwise.
- Athletes are recommended to wear a mask/ face covering



CLEANING:

- Deep cleaning will be done daily- before, in between, and after each class.
- Hand sanitizer will be given upon entry & at end of the class.
- All commonly used areas, surfaces, handles and touch points will be cleaned & sanitized after each class.
- Shoes sprayed with alcohol on entry.
- All waste and disposable PPE will be securely and safely disposed of.
- Cleaning & Sanitizing equipment will be available in all areas.
- All Practice times will allow for cleaning between classes.



TRAINING:

- Coaches will ensure they maintain appropriate social distance from other coaches, athletes & staff.
- Coaches will ensure they do not have any physical contact with athletes.
- Coaches will wear facemasks at all times.
- Coaches will sanitize any and all equipment after each use.
- No stunting, lifts or partner work will take place
- No spotting of any kind will take place.
- Minimal equipment will be used.

