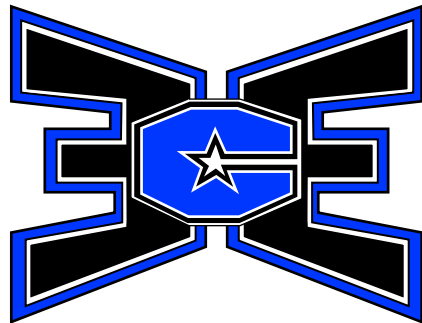


# SOCIAL DISTANCING GUIDELINES AT



## ALL GUIDELINES WILL GO IN EFFECT UPON REOPENING.

AS GOVERNMENT GUIDELINES EVOLVE, WE WILL ADJUST OUR SOCIAL DISTANCING PROTOCOL ACCORDINGLY.

### PICK UP & DROP OFF

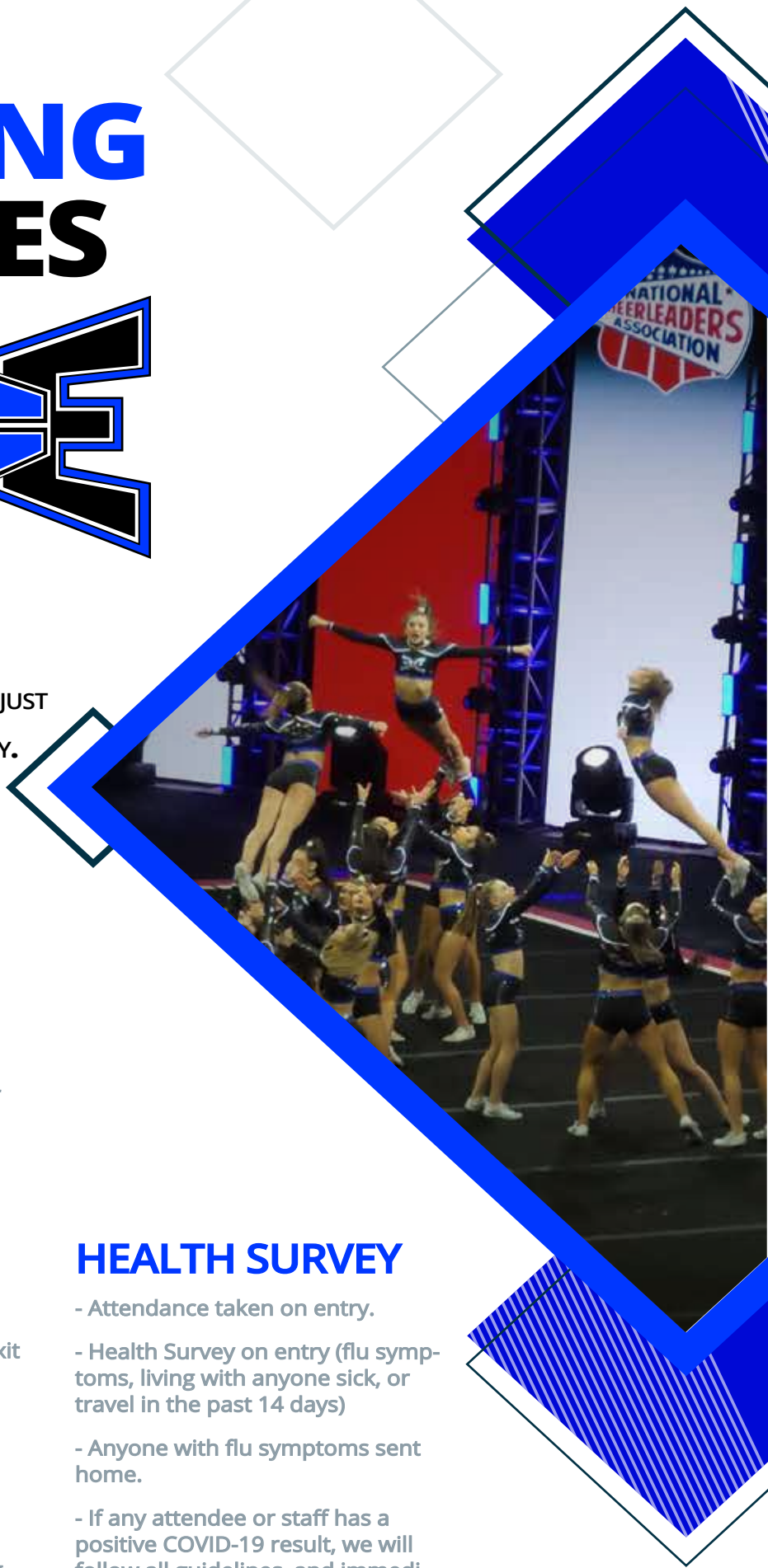
- Drop off & collect from outside the gym.
- Parents please remain in cars.
- Staggered start & finish times implemented.
- Separate entry and exit doors for both the main gym and the new gym.
- When dropping off your child, please park in a designated parking space to avoid congestion. Your child will then walk from the designated parking space to their designated entrance. If you have a tiny-aged athlete, the athlete may be accompanied to the door.

### CLEANING

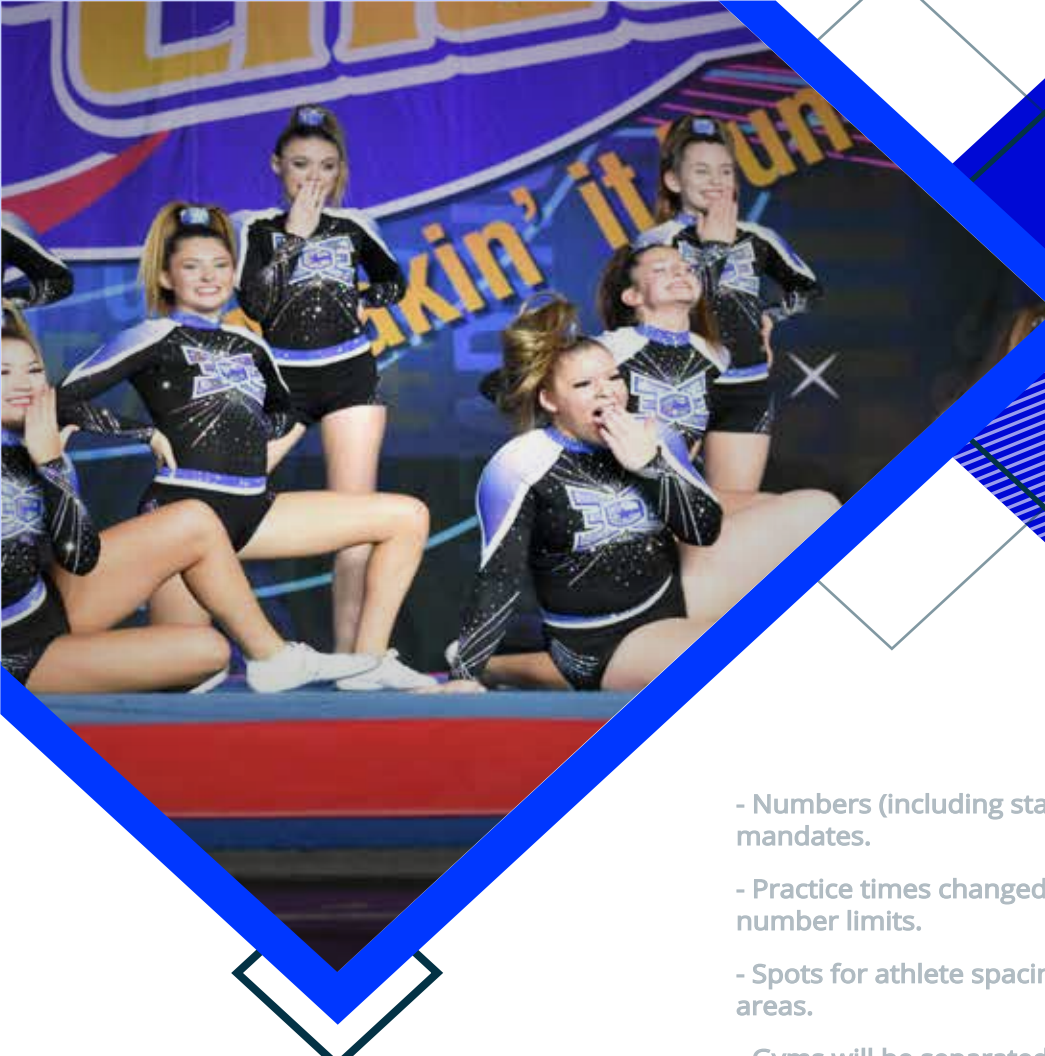
- Deep cleaning daily will be done before class.
- Hand sanitizer will be provided upon entry and exit of class. All students will also be required to bring their own small, labeled hand sanitizer, and will be asked to use this on breaks.
- All commonly used areas, surfaces, handles, and touch points will be cleaned / sanitized after each class.
- Practice/class times changed to allow for cleaning between classes.

### HEALTH SURVEY

- Attendance taken on entry.
- Health Survey on entry (flu symptoms, living with anyone sick, or travel in the past 14 days)
- Anyone with flu symptoms sent home.
- If any attendee or staff has a positive COVID-19 result, we will follow all guidelines, and immediately advise all who attended the class/practice.



**JUNE  
2020**



## **SOCIAL DISTANCING**

- Numbers (including staff) will be limited to current government mandates.
- Practice times changed to allow for change overs to maintain number limits.
- Spots for athlete spacing will be marked on floors, and in outdoor areas.
- Gyms will be separated into zones if there are multiple classes in order to keep classes separate at all times.
- No congregating allowed by athletes, coaches, parents or staff in any areas including hallways, reception areas, or outside facilities.
- All spectator areas are closed.
- Any child who is unable to abide by the social distancing policies will be unable to take the class.
- All athletes and parents will be required to watch a video outlining our protocol prior to attending their first class.




## **ATHLETES**

- Any child who is sick, or who has been in contact with COVID-19 will not be allowed in the gym.
- Please arrive changed.
- No bags / backpacks allowed in the gym.
- If athletes choose to bring a water bottle, it must be labeled. Athletes will be able to bring in minimal necessary items (ex. inhaler, medication, epipen, feminine hygiene products, etc.)
- All athletes will be required to take all belongings with them.
- If you have an underlying health condition, you should not come to practice.

## **TRAINING**

- Coaches will ensure that they maintain appropriate social distance from other athletes and staff.
- Coaches will ensure they do not have any physical contact with athletes.
- Coaches will wear facemasks.
- Coaches will sanitize any equipment after use.
- No stunting, lifts, spotting, or partner work.
- Limited equipment to be used.

## **QUESTIONS?**

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