



COVID-19 SAFETY POLICY & PROCEDURES

Athletes

- Athlete will NOT come to practice if they have a temperature or do not feel well in anyway. Athlete will be fever free for 48 hours with no medication prior to returning to gym.
- Correct hand washing or hand sanitizing will be done before and after each practice.
- Athletes must come ready for class, LOCKER ROOMS ARE CLOSED.
- NO changing clothes in the bathrooms (bathrooms need to be available for hand washing).
- Athletes are not allowed to bring back packs or any other type of bags inside.
- Athletes will be required to bring their own water bottle to drink. WATER FOUNTAIN IS CLOSED.
- Water bottles and shoes must be stored in cubbies next to the entrance doors.
- Athletes must keep a social distance of 6 feet from other athletes and coaches.
- Athletes may be asked to take their temperature.
- Athletes will not be allowed to train if coughing or running a fever.

General Safety

- No parents or spectators will be allowed in the gym areas during classes. (We are working on setting up a video system, so you will be able to watch class online).
- 15 minutes is scheduled between classes for cleaning.
- Proper social distancing practices will be adhered to at home.
- Guardians agree to discuss social distancing with your athlete prior to every practice.
- If you feel like your child should wear PPE they need to provide their own.

Pick-up & Drop off

- Athletes must use the proper entrance for their designated class.
 1. Cheer gym (Milltown side)
 2. Tumbling gym (Old Crossfit side)
- YOU MUST KNOW WHICH GYM YOUR CLASS IS IN. Classes will not move between the two gyms.
- Athlete will not enter the building more than 5 minutes prior to class starting. If you are early wait in your car.
- Parents may walk athletes to the door, but please remain in your cars during class.
- Parents will pick up athletes promptly when class ends.
- Coaches will walk athletes to the door / exit at the end of class, please be ready to pick-up your child.
- Athletes not picked up promptly will have to sit in designated area inside the gym, coaches cannot wait long for pickup as this takes away from our designated cleaning time between classes.
- If you are late to pick-up you must text or call the coach when you arrive.

Coaches

- Correct hand washing or hand sanitizing will be done before and after each practice.
- Coaches must wipe down and sanitize all equipment that will be used in their class before and after each class.
- Coaches must keep a social distance of 6 feet from all athletes, coaches, and parents.
- Coaches must separate drills to comply with the social distancing requirements.
- If a coach must spot an athlete, they will sanitize immediately.
- Coaches are not allowed to give high fives, hugs, or handshakes to athletes, coaches, or parents.