



Student Check in

1. There will be a separate entrance and exit for students
2. Upon student check in at the front desk, students will have temperature taken by an infrared thermometer and be asked to sit in a "box" awaiting stretching and class start.
3. All students will be spaced and kept 6 feet apart from each other
4. Each student will have to provide their own marked water bottle (water fountain is closed until further notice)
5. Students must use hand sanitizer before and after each station.
6. All equipment will be wiped down after each class by staff
7. There will be no "check in tags" until further notice
8. Parent viewing area is closed until further notice
9. Please make sure you sign the waiver prior to entering the gym

Classes

Steps to check to insure safety

1. There will be no spotting or contact with students
2. Instructors are trained on drills/skills that require no spotting
3. Class times will be modified to insure safe check in and release policies.
4. The gym will be marked off to keep athletes safely distanced during their workout

Activity

1. Conditioning and exercise will be modified to insure athlete safety

Athlete Release

1. All Athletes will be dismissed from a separate door than the entrance and staff will wait with athletes outside while parents pick up in the parking lot
2. Please make sure all athletes have their water bottles and any belongings that they brought to class
3. Hand sanitizer will be administered to the athletes prior to them leaving the gym.

