

Effective June 26th, 2020

Our current occupancy allowance is 50%.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. We have updated our COVID-19 Health and Safety Policy effective as of June 26th. New additions/changes have been highlighted in yellow.

We ask that athletes, coaches, and staff complete our online Health Survey prior to coming to work and/or attending class at the gym prior to their first class/visit. This form is only required ONE TIME and can be found here and on the main page of our website.

Health Survey and Contact Tracing: (Athletes, Coaches and Staff Member)

- * Online Health Surveys prior to the first visit
- * Attendance will be tracked
- * Temperatures will be taken by a non contact thermometer
- * Athletes, Coaches, and Staff should NOT attend if they have any of the following symptoms:
 - Temperature >100.0 Degrees
 - Chills
 - Muscle Pain
 - Headache
 - Sore Throat
 - Diarrhea
 - New Loss of Taste or Smell
 - Cough and/or Shortness of Breath/Difficulty Breathing
- * If an athlete, coach or staff member has close contact with a person who is confirmed to have COVID-19, they should stay home from the gym during their 14 day quarantine.
- * If any athlete, coach or staff member, tests positive for COVID-19, we will follow all health guidelines, start contact tracing, and advise all who attended affected lessons.

Face Covering - Executive Order by Tarrant County effective June 26th

In accordance with the Tarrant County executive order all persons over the age of 10, including employees, customers, visitors, invitees, and contractors, who enter Spirit Xtreme must wear a face covering over their nose and mouth, such as a homemade mask, scarf, bandana, or handkerchief.

*The requirement of a face covering does not apply if covering the nose and mouth poses a significant mental or physical health risk to the individual.

***Spirit Xtreme is asking that ALL athletes regardless of age wear a face mask when entering the gym. Athletes will be able to remove, but not**

required to remove, their masks only during tumbling in the gym as there is a physical risk of tumbling while in a face mask. During their time in the gym, athletes will remain socially distanced. Athletes will be provided a paper bag upon entry to the gym to store their mask during the class while tumbling. Masks will be worn at the completion of tumbling/as athletes exit the building and paper bags will be disposed by the athlete as they are leaving the gym.

*The requirement of a face covering also does not apply when an individual is consuming a food or beverage or receiving a service where the wearing of a mask could impair the performance of the service.

During and after each Private and/or Class Session, Spirit Xtreme staff will disinfect all areas utilized by athletes and staff prior to the next session beginning.

Our "Specialty Classes", Jumps, Jump Drills, Flyer Class, Strength and Flexibility, etc. will remain being offered via virtual classes. With limited athletes allowed in the gym and social distancing strictly enforced, this makes most sense at this time.

General Information:

- * Only athletes, coaches and staff will be permitted in the gym during lessons. A parent or guardian can enter the gym to visit the office for information or to visit the Xtreme store. The Xtreme store will be limited to one shopper at a time. Private gym tour appointments can be scheduled by contacting our front office.
- * Masks will be worn by coaches and staff at all times.
- * Masks will be worn by all athletes when entering and exiting the gym. Athletes must wear a mask and will remove this mask only for tumbling while maintaining social distancing from other athletes. Coaches will spot tumbling when needed for safety.
- * Anyone entering the gym must wear a face mask.
- * All athletes must be registered athletes and have accepted our Waiver through our Parent Portal.
- * Only one restroom available for use. We ask athletes to only use the restroom in an emergency.
- * Social Distancing will be maintained by all athletes, coaches and staff while in the gym.
- * Athletes will be spaced throughout the gym on their own tumbling strip.
- * No public water fountain available. Athletes should bring their own water clearly labeled with their name.

- * Cubbies will not be available for storage.
- * No extra bags in the gym unless needed for medical reasons.

Pick Up and Drop Off:

- * Parents will drop off and pick up from outside of the gym. Parents please remain in cars during sessions. Athletes will **ENTER** through the MAIN front door and **EXIT** through the PARENT VIEWING area door in the loading dock area.
- * Athletes should arrive 5-10 minutes prior to the start of their class/private and remain inside their vehicles. *Reminder that online Heath Survey must be completed prior to the first visit.
- * Approximately 2-3 minutes prior to the start of their class/private, a staff member will come to the main entrance and allow the registered athletes to enter. **Athletes will need to maintain 6 ft. of distance in the parking lot and while they are in the gym.** Younger athletes will need to be escorted to the door to check in their athlete.
- * Parents please be prepared to pick up your athlete promptly at the end of the session.

Athletes:

Come dressed ready for your lesson.

- * No changing clothes in the gym.
- * Bring your own water bottle marked with your name. Water fountains will be closed.
- * Please use the restroom prior to arriving at the gym. One restroom will be available for emergencies only.
- * Wash your hands well prior to arriving at the gym.
- * Please adhere to all of the social distance guidelines.
- * Bring your own hand sanitizer to use during your lesson. Hand sanitizer also provided and available at gym.
- * No hugs, handshakes or high fives.
- * If you have underlying health conditions, please remain home and continue with our virtual class lessons.

Front Desk and Parent Viewing Area:

- * Parent Viewing Area will remain closed at this time.
- * We realize that we have new athletes that may be apprehensive to enter the gym without a parent for the first time. We have set aside designated "gym tour dates" to see the gym and meet a variety of our coaches and staff. If you would like to schedule a time to see the gym, please call our office at 817-251-8984.
- * We want to limit interactions at the front desk area at this time. If you have questions, you can give us a call at 817-251-8984 or email the following:

Spirit Xtreme Program - melissa@spirit-xtreme.com

Class Registration, Billing, etc - kim@spirit-xtreme.com or christi@spirit-xtreme.com

Specialty Weekend Private Lessons beginning June 6th:

- * Saturday Private Lessons can be scheduled directly with the Private Lesson Coach.
- * Athletes should arrive 5-10 minutes prior to the start of their private lesson and remain in their vehicle until the private coach comes to the main door.
- * One parent will be able to enter the gym with the athlete and remain in the parent viewing area during the private lesson since there are no classes going on at this time impacting our capacity #'s.
- * Athlete and Parent 10 years old or older will wear mask while in gym. Athlete will be able to remove mask during tumbling for safety purposes.
- * Athlete and Parent will be temperature scanned upon entry into the gym.
- * Athlete and Parent will exit through the Parent Viewing door.