



# CEN CAL SPIRIT ELITE COVID-19 GUIDELINES

The following precautions will be implemented at Cen Cal Spirit Elite during all operations to ensure the safety of athletes and staff and slow the spread of COVID-19.

- Athletes must bring individual water bottles clearly labeled with their name. All water must be placed on an individual X at the front of the full floor throughout class/practice.
- All bay doors will be open 3-4 ft off the ground except when raining.
- All athletes must enter through the front door and exit through the back. No exceptions.
- The front door will be locked at all times to limit the amount of traffic in the gym and allow coaches time to sanitize between groups. Athletes will be let in 5 minutes prior to the start of their class/practice. Please make sure to drop off your athletes on time, not early or late.
- All athletes must wash their hands at the wash station before entering the gym and sanitize using hand sanitizer once inside. Athletes are welcome to bring their own personal hand sanitizer.
- All athletes must have their temperature checked upon entering the gym. Athletes must wait outside the front door until a staff member has checked their temperature.
- All mats and frequent contact points will be sanitized in between each class/practice. Bathrooms will be sanitized between each use.
- All classes and practices will end 10 minutes early to allow time for sanitizing and to limit exposure.
- Masks must be worn at all times for all athletes and staff. Athletes will be given a water break each 15 minutes. Athletes must sanitize their hands during each water break, especially after stunting.
- No parents are allowed inside the gym under any circumstances. Any concerns can be discussed outside or via email/phone
- We are strongly encouraging all electronic forms of payments moving forward. Cash payments must be sent with an athlete in a secured envelope and handed to a staff member.
- If athletes are experiencing any of the following symptoms they must contact a coach immediately:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- If an athlete or any member of their household is experiencing any of the symptoms listed above, the athlete must join practice via zoom until they are symptom free for 14 days.