

IMPORTANT UPDATE



CALIFORNIA SPIRIT IS READY TO SERVE OUR COMMUNITY WITH THE SAFEST & CLEANEST FACILITY !!

California Spirit is not open yet. We just want you to know that we're prepared and ready! Thank you to all our athletes & parents for your LOVE & SUPPORT during this time. We couldn't be more proud of all our families for safely social distancing and doing your part to keep everyone around you safe! We have been planning and want to make sure you are all updated in a timely manner. Thank you for your patience as we continue to plan!

1

HEALTH

ANYONE WITH INDICATIONS OF SICKNESS, PLEASE STAY AT HOME!

2

HYGIENE

ALL ATHLETES & STAFF WILL BE EDUCATED ON PERSONAL HYGIENE!

3

CLEANING

GYM WILL BE CLEANED AND SANITIZED EVERYDAY!



HAND WASHING

Athletes & Staff will be required to wash hands before, in between and after participation.



Hand Sanitizing

Hand sanitizer will be available but to avoid running out quickly, we're asking athletes to have your own personal hand sanitizer!

Athletes & Parents, ask us about our custom masks available for purchase!

All athletes will have their temperature taken before being permitted into gym!

RULES & REGULATIONS FOR GYM OPENING

- 1. ALL ATHLETES WILL PARTICIPATE 6 FEET APART WITH LIMITED AMOUNT OF ATHLETES ACCORDING TO THE HEALTH DEPARTMENT & GOVERNOR'S REQUESTS. THIS IS FOR OUR SOFT OPENING. WHEN WE GET ACCURATE NUMBERS ON HOW MANY ATHLETES WILL BE ALLOWED IN AT ONCE WE WILL UPDATE YOU.**
- 2. WE PLAN TO START OUR SLOW OPENING WITH 1on1 PRIVATE LESSONS.**
- 3. REGISTRATIONS WILL BE ON CSECHEER.COM OR CONTACTLESS AT THE FRONT DESK.**
- 4. ALL ATHLETES MUST LEAVE EXTRA BAGS ETC. AT HOME! ONLY BRING WATER AND SHOES**
- 5. ATHLETES ARE NOT ALLOWED TO WATERFALL EACH OTHERS DRINKS. MUST HAVE YOUR OWN WATER & WATER MUST BE LABELED!**
- 6. NO HUGGING, HANDSHAKES ETC. UNTIL FURTHER NOTICE**
- 7. ANYONE WHO ENTERS THE GYM MUST WEAR MASK UNTIL FURTHER NOTICE.**
- 8. PLEASE DO NOT WEAR YOUR OUTSIDE SHOES ON OUR CHEER FLOOR. ATHLETES MUST CHANGE INTO CHEER SHOES OR INSIDE SHOES WITH CLEAN BOTTOMS**

WE KNOW YOU MISS YOUR COACHES & TEAMMATES AND THE URGE TO HUG US IS REAL. THE FEELING WILL BE MUTUAL. PLEASE REMEMBER HOW IMPORTANT SOCIAL DISTANCING IS. ALL ATHLETES MUST BE 6 FEET AWAY FROM COACHES UNTIL FURTHER NOTICE! THE DAY WE CAN ALL HUG AGAIN WILL BE ONE TO REMEMBER AND WE WILL NEVER TAKE THAT FOR GRANTED AGAIN!

BELOW EXAMPLE: CHEER FLOOR WITH ATHLETES SOCIAL DISTANCING 6 FEET APART!

