

COVID 19 INSTRUCTIONS TO FOLLOW:

IF YOU ARE SICK IN ANY WAY, PLEASE STAY HOME UNTIL YOU ARE WELL.

****** ATHLETES AND ANY PARENTS ON THE GYM FLOOR WILL NEED TO WEAR SOCKS WITH GRIPS ON THE BOTTOM AND MUST HAVE A PERSONAL WATER BOTTLE.**

ATHLETE TEMPERATURE WILL BE TAKEN PRIOR TO ADMISSION INTO THE GYM. IF THE TEMPERATURE IS NOT WITHIN THE RANGE POSTED, THE ATHLETE WILL BE SENT HOME.

Information you need:

1. Arrive at the front doors of the gym slightly prior to the start time of the class
2. Athletes are to proceed to the gym area maintaining social distancing.
3. Place any items you bring with you on or around your chair. Do not move chairs as they are marked to maintain social distancing.
4. One parent per athlete allowed (smaller siblings are allowed but must remain with the parent in their personal space. Must maintain social distancing. Please have your athlete wait with you in your space until class is called. Space is limited.
5. Lockers are not to be utilized.
6. Use hand sanitizer upon entering the gym.
7. Use of washrooms will be one athlete at a time due to the small hallway where social distancing cannot be maintained.
8. Use hand sanitizer when leaving the gym to go to the washroom.
9. Wash your hands with warm soapy water for at least 20 seconds after using the washroom.
10. Use hand sanitizer upon entering the gym.
11. At the end of class, we ask that you maintain social distancing when exiting the gym.

At the completion of each class, the coach will be performing a deep clean to help ensure everyone's safety and in preparation for the next class.

We hope everyone is as excited as we are to be returning to the gym even in a limited way.