



Phase 4 COVID 19 RECREATIONAL Quick Reference Information

PLEASE REFER TO OUR FULL GUIDELINES FOR MORE DETAIL

Athlete Preparedness

EQUIPMENT CHECKLIST:

- Every athlete will need their own bag or backpack, there will be no cubbies. It will need room for:
- Footwear
- Two face coverings(preferably in a baggie)
- Water Bottle: drinking fountains are closed
- Personal Sanitizer
- 1 Gallon baggie if your athlete uses chalk(we supply chalk)
- No snacks

HEALTH CHECKLIST:

- Before coming to the gym check your athlete for any signs of COVID19. These may include:
 - Fever above 100.4, Chills, Cough, Shortness of Breath, Fatigue, Aches, Headache
 - New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea, Diarrhea
- If exhibiting any signs, please stay home
- Please refer to our Customer Guidelines and Responsibility with Illness on our website

**Door Assignments-Please arrive no earlier than 5 minutes
before class start time.**

Athletes should be dressed and ready for class.

**Stand outside assigned door on lines and a coach will call you in. Athletes will
be released through the same assigned door at the end of class.**

Please refer to our Gym Floorplan on our website for specific door locations. They are visibly marked from the parking lot.

REC 1(MAIN FRONT DOOR)

Parent-Tot, Preschool, Pups and Super-Tot Classes

DOOR #1

Girls Mites, Boys Mites, Mighty Mites, Mighty Foxes, Dynos, Pre-3, Pre-High School

DOOR #2

Beginner/Advanced Beginner/Intermediate/Advanced GIRLS Classes

DOOR #3

Beginner/Advanced Beginner/Intermediate BOYS Classes & ALL Tumbling Classes

General Guidelines

- Make-Ups are temporarily suspended
- Everyone entering the building are required to wear a face covering. Once athletes are physically distanced in their warm-up area, they may remove it. All other persons will wear face coverings in all common areas. Athletes will wear face coverings in all common areas and when entering and exiting the building.
- Parents of younger athletes will receive priority for viewing in the lobby
- Only 1 person per family in the lobby area. No siblings or other children will be allowed, except under 1 yo.
- If busy, there will be a 10 minute viewing allowance in lobby area. Outdoor window viewing is encouraged.
- Athletes are encouraged to wash/sanitize hands regularly before/during/after practice or class.