

COVID RULES/PROCEDURES - updated 11/29/2020

Home Health Screening: before you leave for the gym

1. Take your temperature - if you have a fever stay home
2. Athlete or anyone in the household with symptoms? If yes, stay home
3. Athlete or anyone in the household considered a close contact to someone positive for Covid-19? If yes stay home
4. Athletes or anyone in the household tested positive for COVID-19? If yes, stay home

Entry Steps

1. Arrive 15 mins before practice to start the entry process
2. Wednesday tumbling classes will be 5 mins before since the schedule is tighter
3. Sunday J2/J3 crossovers arrive at 12pm (instead of 11:45am) because we have to exit teams first.
4. Please be prompt so we can get everyone inside quickly to start practice on time
5. Wait for a coach to call you in individually from the door
6. Wear a mask while entering the building and keep at least 6 feet distance
7. Wear street shoes in. Slip off at the door and then go change into cheer sneakers (cheer sneakers are only to worn inside the gym and at competitions)
8. Bring water bottle & masks (in a labeled plastic bag) ONLY inside the gym
9. Contactless entry - door will be propped open (remember masks on when entering)
10. Stop once inside the door to slide street shoes off
11. Go directly to your assigned dot and place water bottle on dot
12. Change into cheer sneakers
13. Have coach hand stanize
14. Go to center of your assigned circle, to maintain a 6 foot distance
15. Keep masks on at all times except water and mask breaks (we will take breaks, and monitor athletes for safety when stunting with masks on)
16. Keep at least 6 feet apart at all times besides when stunting and running routines

Dismissing Steps

1. Change back into street shoes
2. Wait to be called, keep mask on
3. Grab your water bottle & cheer sneakers and proceed to exit. Maintain 6 feet distance
4. Contactless exit - door will be propped open and a coach will dispense hand sanitizer before you leave the gym
5. Pickup must be prompt to avoid going over numbers inside the gym

Safety Rules:

1. Masks should fit properly
2. Please bring at least 1 back up mask
3. No congregating outside of the doors/garage door, keep areas clear
4. All doors/garage door will be open for ventilation when possible
5. NO ONE is allowed inside the gym except during your scheduled group time
6. Athletes and coaches ONLY inside the gym
7. If there is an emergency and a parent must enter the gym they will have to wear a mask
8. No items/ belongings can come into the gym except 1 water bottle & masks in a marked sealed plastic bag
9. Please use the restroom before coming to gym so that we can limit use in this common area
10. The team room and kitchen area will remain closed
11. Any tumbling stations will be limited to a few athletes at a time to maintain 6 feet distance
12. Coaching will be contactless except when spotting for tumbling or stunts
13. Coaches and staff will wear masks at all times
14. If you are sick or showing any symptoms you should stay home
15. If you have been in direct contact with someone that has tested positive for Covid-19 you should quarantine for 14 days before returning to the gym
16. Wash hands often and avoid touching your face
17. Athletes will wear masks at all times except during mask and water breaks
18. Please remind athletes that they are not permitted to congregate during water breaks while at practice and should remain at least 6 feet apart whenever possible