



Safety Guidelines

Workout Guidelines

- Max 9 athletes in a class
- Bring your own water bottle and snack
- If you use chalk, bring/use your own chalk in a labeled box-take with you when you leave
- Stay 6 feet apart in designated areas
- Sanitize/wash hands before and throughout class
- Limited spotting, only when necessary

Entering Facility

- Drop off your athlete, please refrain from coming in to allow for small groups of people in the building
- Park outside, unless told otherwise
- Warm up outside or on the runways near the bathroom in safe distances from others
- Refrain from touching surfaces and wipe down surfaces you use
- Keep your bag together in one location-clean area after leaving

Athlete Guidelines

- Take your temperature before coming to class
- Stay home if you do not feel well or have flu-like symptoms
- Hard start and end times-sessions need to end on time
- Clean equipment and where you placed your bag before you leave
- Leave on time to allow athletes to be in small groups
- Phones should be kept to yourself
- Lockers are off limits
- Tivo remote and Ipad touched only by coaches

Facility Preparation

- Facility will be thoroughly cleaned and disinfected each day/night before/after class.
- High touch surfaces will be disinfected throughout the day.
- Hand sanitizer will be accessible throughout the session.
- Bathrooms will be cleaned regularly.

