



Rev 12-9-2020

'KNOW BEFORE YOU GO' TEAM / PRIVATE LESSONS ONLY **PARENTS: PLAN YOUR TRIP TO THE GYM**

Help mitigate the spread of COVID-19.

BYL 'BEFORE YOU LEAVE' home for the gym

- Do we know you're coming? Make sure your lesson or enrollment has been confirmed by email: confirm, online register, agree to docs, & pay online (touch-free process)
- Check health: child's health/temperature: stay home w/fever, any signs of illness, or have been in close contact w/covid+ people in the last 14 days.
- Ready for class: child dressed & hair up; no changing clothes/hair prep in building. Shoes: EASY slip on/off.
- Minimize items: NO FOOD. Limit items your gymnast brings since cubbies will not be used and backpacks will not be allowed inside building

BYO 'BRING YOUR OWN' to the gym

Label all w/child's name:

- water bottle (extra available \$1+tax)
- zip-baggie 1-gallon size (for child's items)
- hand sanitizer (small personal size) (extra available \$6+tax)
- hair ties (hair up/prepped b4 coming to gym) (extra available \$0.25)
- face covering (you + your child); gaiter best during class. Extra available \$2-5.
- TEAM: add'l items (you may leave these @ gym w/your name on all items):
 - chalk block inside a 2.5-gallon zip-baggie: each team member receives 1 block of chalk + baggie to start. Add'l block + baggie available \$10+tax.
 - grips
 - spray bottle (small)
 - tape (extra available \$5+tax)

WHEN YOU ARRIVE at the gym

- Face coverings: 100% required to approach, enter & exit building, and inside gym at all times except if safety, breathing, or drinking requires temporary draw-down. Coverings remain on face/neck at all times. Gaiters work best.
- Arrive 10 min. early: prepared for class w/minimal items, no backpacks (see BYL #4 above)
- Check-in @entry: parent & child each wears face covering, walk child to physically distanced mark, wait for greeter. Parent answers screening questions, child's temp taken (over 100.4 degrees not allowed in building)
- Enter: greeter welcomes each child to: remove shoes to shoe tray, wash hands w/soap and water, line up on waiting spots marked from back room through waiting area. Coach directs class into gym when ready
- Children & staff only inside. No parents in building (except private lessons 1 parent/adult required at all times).
- Pick-up: outside 5 min. prior to class end-time. KNOW your class end-time. Do not be late!

