



Return to Sport Phase 1 Protocol

(As of 5/13/2020)

PHASE 1

**Competitive
Team Only**

**Protocol Listed
Below**

PHASE 2

**Limited Recreational
Classes**

**Phase 1 Protocol
Loosened**

PHASE 3

**Resume Regular
Operations**

No Office Hours For General Public During Phase 1. Please Use Email.

Entering Facility

- Parents take students temperature prior to class. Children with elevated temperatures, coughing or any other flu like symptoms are required to stay home. Athletes that present these symptoms will be sent home.
- Drop Off/Pick Up encouraged.
- No more than 1 adult per athlete in building. No siblings allowed.
- All Adults must wear masks when in building.
- Everyone will be required to sanitize/wash hands upon entering building.

Physical Distancing & Traffic Flow

- Lobby/waiting areas will have no seating, tables or snacks.
- 6 foot social distancing will be enforced.
- Classes will be staggered to avoid a congestion point.

Workouts / Class Guidelines

- Stations and activities will be modified to allow safe distance between athletes.
- Spotting is limited to necessity for all groups.
- Employees will disinfect/sanitize throughout workouts and nightly.
- Modified workout schedule.
- Handouts will be digital.

Athlete Guidelines

- Arrive dressed ready for class.
- Bring a backpack or drawstring bag to carry during practices.
- Sanitize/wash hands throughout the class.
- Athletes will keep their own chalk in personal plastic bag or container.
- Each athlete must have a personal spray bottle if they use water on their grips. (Must wash daily when they bring it home)
- Grips will be kept in the bag brought by each athlete daily.

Facility Preparation

- Facility has been thoroughly cleaned and disinfected.
- High touch surfaces will be disinfected throughout each day.
- Hand Sanitizer stations throughout building accessible and monitored for refill.
- Drinking fountains will be closed for now, students must bring water bottles.
- Lockers/cubbies will be taken out of use, all personal items and clothing must be kept in a backpack.

Employee Guidelines

- Employees will follow wellness standard that includes temperature checks.
- Employees will wash/sanitize hands prior to class and at regular intervals.
- Employees will be trained on procedures and prepared to enforce any distancing protocols.
- Employees will be wearing face masks or shields.

MOVING TOWARDS THE FUTURE