

# Cobra Gymnastics & Dance Center *Covid-19 Policies and Regulations - August 2020*

## Arriving at our gym

### Athletes/Campers must....

1. Be dressed for gymnastics when they arrive.
2. Wear a mask when exiting and entering the gym
3. Bring a backpack that can hold shoes/extra clothes, towel, lunch, snacks, ect.
4. Bring a small bag that can hold a water bottle, mask, grips and personal sanitizer.
5. Sanitize before checking in or entering the gym.
6. Wait outside or in your car until the check in staff is either in front of the door or at the end of the sidewalk (campers).
7. Check in one at a time with staff. Gymnasts under 12 must have a parent with them for check in.
8. Answer health questions and get temperature checked. Temp must be below 100.4 degrees in order to enter.
9. Sign in and out on daily attendance clip board. This is for tracking purposes and Cobra use.
10. Enter gym one at a time. Campers will put large bags in lobby and bring small bags into gym. Team athletes will bring backpacks with them throughout practice.

## In the Gym...

### Campers

1. Groups will be 5:1 ratio.
2. Maximum 18 campers + staff in the gym.
3. We will have marks on the floor to indicate safe socially distance areas.
4. Campers will sanitize before and after rotating to each event.
5. The schedule will include rotations on vault/tumble trax, bars, floor, trampoline and in the beam room (studio) as well as arts & crafts and outdoor play.
6. We will not use the waterslide bounce house.
7. Lunch will occur outside unless raining.

### Team Practices

1. Backpacks will include snacks, grips/chalk/spray bottles, personal hand sanitizer, water bottle and mask.
2. Do not enter gym until it is empty and cleaned from previous program.
3. Practice social distancing and have masks ready to be worn at any given time.

## Basic Gym Protocols

1. All windows and doors will remain open, with window and ceiling fans on high.
2. Our gym has a capacity for 25 people with new social distance requirements.
3. Our studio has a capacity for ten people.
4. Small cleaning will be done during rotation changes.
5. Large cleaning of door handles, bathrooms and equipment will be done during program changes and at night.
6. We are using Lysol products on our mats and UV lights for our bars and beams.
7. Floor markers will distinguish socially distance places for athletes to train or warm-up in.
8. Only one program will be in the gym at a time: camp, preschool or team.
9. Gymnasts will sanitize before/after event rotations.
10. Masks will be worn to rotate events or in situations where socially distant protocols are not possible.
11. Coaches will wear masks when spotting and moving through the lobby and gym.
12. Coaches will sanitize or wash between spotting, groups or programs.
13. Coaches will stay 6 feet away from athletes when possible/undergo temperature checks daily.
14. Policies will be posted and are subject to change.
15. If we are informed that someone in our gym is Covid +, all athletes and staff that came within 6 feet of that person for more than 15 minutes will be expected to quarantine for 14 days or 7 with a negative test result.
16. If your child has an allergy that includes coughing, please send a doctors note to inform us.

## Spectators and Lobby Use

1. The mezzanine will be closed to all spectators.
2. Only ten people are allowed in the lobby at a time.
3. Masks are required to enter our lobby unless a sibling is under the age of two.
4. Spectators must exit the lobby if athletes are moving through the lobby or being dismissed.
5. We prefer ACH payments through our portal or CC payments over the phone, but cash and check payments are accepted in person when available.

## Leaving our gym...

1. Campers must be signed out daily.
2. Hand sanitizing or washing is required before leaving our gym.
3. We will have campers ready for dismissal with masks on (outside if weather permits).
4. Team athletes will be asked to wear masks upon leaving the gym and dismissal will be promptly at the end time of practice.
5. No sign out is required for team athletes.

## **Payment Policy - August 2020**

All programs must be paid in full to hold a spot in camp/class/practices. If payments are not made within three days of receiving our enrollment email, your spot is not secure.

During this high risk period and short term session, we ask for five days notice of any cancellations in order to expect credit on your account or a full or partial refund. If notice is not given within five days, there will be no refund issued. If programs are cancelled due to state mandates or coaches forced to quarantine, we will issue credit to all accounts effected.

***I have read and understand the Covid Policies and will do my best to educate my child(ren) on these new expected protocols at Cobra Gymnastics & Dance Center. While these policies are in place, I understand Cobra staff will do their best to ensure a safe (not sterile) environment.***

***I have read and understand the new Payment Policy and Covid-19 Procedures for August 2020.***

Signature:

Date:

Child(ren) Participants:

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