

### **Arriving at our gym athletes must....**

1. Be dressed for gymnastics when they arrive.
2. Wear a mask when entering the lobby and gym.
3. Sanitize before checking in or entering the gym.
4. Wait outside (weather permitting) or in the car until the check-in staff is available. Staff will be available ten minutes before class time begins, no earlier.
5. Check in one at a time with staff. Gymnasts under 12 must have a parent with them for check in.
6. Answer health questions and get temperature checked. Temp must be below 100.4 degrees in order to enter.
7. Place shoes and coats in cubbies and be ready to enter studio or gym quickly.
8. Bring a small bag that can hold a water bottle, mask and personal sanitizer.

Due to limited capacity in the lobby, once students are ready for class, please enter the gym or studio gym and wait on designated spots inside of those respective rooms for their teachers. No playing on equipment.

### **Basic Gym Protocols**

1. All windows and doors will remain open, weather permitting, with window and ceiling fans in use.
2. The gym has a capacity for 26 people with new social distance requirements.
3. The studio has a capacity for ten people.
4. Cleaning of door handles, bathrooms and high traffic equipment will be done during program changes.
5. Deep cleaning will be done each night.
6. Floor markers will distinguish socially distance places for athletes to train or warm-up.
7. We will have limited classes in the gym and will be utilizing the dance studio as a gym space to increase social distancing.
8. Gymnasts will sanitize before/after event rotations.
9. Masks will be worn to rotate events or in situations where socially distant protocols are not possible.
10. Coaches will wear masks when spotting and moving through the lobby and gym.
11. Coaches will sanitize or wash between spotting, groups or programs.
12. Coaches will stay six feet away from athletes when possible and undergo temperature checks daily.
13. If we are informed that someone in our gym is Covid+, all athletes and staff that came within six feet of that person for more than 15 minutes, unmasked, will be expected to quarantine for 14 days or seven with a negative test result.
14. We are encouraging mask wearing and/or social distancing at all times.
15. If your child has an allergy that includes coughing, please send a doctors note to inform us.
16. Policies will be posted and are subject to change.

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

### **In the Gym...**

#### **Pre-school & Recreation Students**

1. Groups will be 6:1 ratio for pre-school and 8:1 for classes.
2. We will have marks on the floor to indicate safe socially distance areas.
3. If any games or rotations can not maintain social distancing, masks will be worn. Masks can be worn 100% of the time if requested by parents. Otherwise, when social distancing only, we will allow students to remove masks.

#### **Team Practices**

1. Backpacks will include snacks, grips, personal hand sanitizer, water bottle and mask. .
2. Practice social distancing and have masks ready to be worn at any given time.
3. Groups will be 8:1 or in some cases, 10:1
4. Upstairs team locker room will be available for coats and shoes, but team athletes must exit quickly and wait in the mezzanine or lobby for

### **Spectators and Lobby Use**

1. The mezzanine will be open on a limited basis.
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.
6. Please only make payments when classes are in session, not during transition times.

### **Leaving our gym...**

1. Hand sanitizing or washing is required before leaving our gym.
2. Masks are required in the lobby at all times.
3. Dismissal of our classes is staggered, but will still be busy. Please be ready to take your child quickly out of our lobby to ensure Cobra staff proper time to clean and check-in our incoming classes.
4. Team athletes will be dismissed promptly at the end time of practice, staggered by minutes to ensure lobby capacities are honored.

