

Arriving at our gym

Athletes must....

1. Be dressed for gymnastics when they arrive.
2. Wear a mask when exiting and entering the gym.
3. Sanitize before checking in or entering the gym.
4. Bring a water bottle, mask and personal sanitizer (connected to the water bottle if possible).
5. Wait outside or in your car until the check in staff is available, 10 minutes previous to class time begins.
6. Check in one at a time with staff. Gymnasts under 12 must have a parent with them for check in.
7. Answer health questions and get temperature checked. Temp must be below 100.4 degrees in order to enter.
8. Parents may stay for a maximum of 15 minutes to help their child prepare for class.
9. Sign in and out on daily attendance clip board. This is for tracking purposes and Cobra use.

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

Basic Gym Protocols

1. All windows and doors will remain open (summer), with window and ceiling fans on high.
2. We have six Aerus filters throughout the facility.
3. Our gym has a capacity for 28 people with new social distance requirements.
4. Our studio has a capacity for ten people.
5. Cleaning of door handles, bathrooms and equipment will be done during program changes and at night.
6. Floor markers will distinguish socially distance places for athletes to train or warm-up in.
7. Limited programs will be in the gym at a time, with care to keep the programs separate.
8. Gymnasts will sanitize before/after event rotations.
9. Masks will be worn 100% unless a socially distant situation can occur, or a "mask break".
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 6 feet away from athletes when possible and undergo temperature checks daily.
13. Policies will be posted and are subject to change.
14. 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 cumulativey or collectively, will be expected to quarantine for 14 days or 7 with a negative test result.
15. If your child has an allergy that includes coughing, please send a doctors note to inform us.

Cobra Gymnastics &

Dance Center

Covid-19 Policies and Regulations - Winter 2021

In the Gym...

Pre-school & Recreation Students

1. Groups will be 6:1 ratio for preschool and 8:1 for boys and recreation classes.
2. We will have marks on the floor to indicate safe socially distance areas.
3. Masks will be worn 100% of the time. "mask breaks" and water breaks are encouraged when social distancing is possible.

Team Practices

1. Backpacks will include snacks, grips, personal hand sanitizer, water bottle and mask.
2. Practice social distancing throughout practice and have masks on 100% unless going inverted.
3. Groups will be 8:1 or 9:1
4. Team locker room is closed. The mezzanine will serve as the team space for clothes, boots and gear.
5. Snack time will be in the gym, social distancing required.

Spectators and Lobby Use

1. The mezzanine will be closed.
2. Masks are required to enter our lobby unless a sibling is under the age of two.
3. Guardians are allowed to enter the lobby at the beginning and end of class/practice for a maximum time of 15 minutes. Please limit socializing.
4. Please only make payments when classes are in session, not during transition times. Our online portal is available for payments/registrations.
<https://app.iclasspro.com/parentportal/>

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 we keep socially distanced, under our capacity and to ensure Cobra staff proper time to clean and check in our incoming classes.

