



**Please follow these COVID-19 Guidelines:**

**Parents:**

1. Stay home if you have a cough, running nose or fever
2. Stay in the car while waiting for your child
3. Enter the lobby only for payments or brief talk with your coach
4. If you need to enter the gym, wear a mask, and stay 6 feet apart
5. If your child 5 years old or younger, you can stay in the gym during the class

**Gym Participants:**

1. Stay home if you have a cough, running nose of fever
2. Check your temperature before entering the gym
3. Wearing a mask is optional
4. If you wear a mask, make sure it is secured on your face so it won't fall during practice
5. Wash your hands every 30 minutes during practice

**Coaches & Instructors:**

1. Stay home if you have a cough, running nose or fever
2. Check your temperature before entering the gym
3. Wear gloves at all times while in the gym
4. Wearing a mask is optional with less than 10 people in the gym
5. Stay 6 feet apart
6. Wash your hands every 30 minutes during practice
7. 50 % spotting is allowed
8. Lead your student out the door for parent pick up

**Gym Administration**