



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

**Parents:**

1. Stay home if you have a cough, running nose or fever
2. If you need to enter the gym, wear a mask, and stay 6 feet apart
3. Only up to 3 parents per team or class allowed in the gym. Coordinate time with your team members so you can attend the gym for practice time
4. Families that live 30 min or more away from the gym allow to stay in the lobby for the whole practice

**Gym Participants:**

1. Stay home if you have a cough, running nose of fever
2. Check your temperature before entering the gym
3. Wear a mask all the time
4. 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 a mask all the time
4. Stay 6 feet apart
5. Wash your hands every 30 minutes during practice
6. Lead your student out the door for parent pick up

**Gym Administration**