

Hi Parents,

Please read through the following important information so that you know what to expect for class!

Helpful hints and information:

- Bring your own water bottle. ONLY WATER! The water bottle may be taken into the gym. Our water fountains are CLOSED for drinking, you may fill up your water bottle.
- Please use the restroom BEFORE coming to the gym. Restrooms have a limit of one family at a time so there may be a line.
- Tots age 3 class parents as well as guided/gym buddy parents will take class with their children. Please limit guests to ONE parent per child.
- Come to practice in workout attire and shoes. Weather permitting- no "extra" clothing to make for a quick preparation and quick exit from our lobby. (example: leotard & flip flops)
- Please have only one child and one guardian in lobby.
- If you wish for your child to NOT BE SPOTTED UNDER ANY CIRCUMSTANCE, please send a note in on your child's first day of class.
- PLEASE NOTE: Masks are optional in the lobby. There is very limited lobby space to accommodate social distancing. It is first come, first served. Sharing from week to week is very much encouraged; be kind!

Arrival and departure:

Start of class

- #1 Arrive and park, please stay in your vehicle
- #2 Wait for the green GO signal to enter. Please DO NOT enter when our stop sign is up (even if the door is unlocked).
- #3 We will open the doors about 5 minutes before class start time
- #4 Place shoes in a cubby or parents may hold them.
- #5 Children will be called directly into the gym to limit the amount of people in the lobby.
- #6 Students will also sanitize hands as they are called into the gym while keeping distance.

End of class

Parents will exit the lobby and wait distanced outside (weather permitting) when classes are ending. Students will sanitize hands, gather any belongings quickly & leave to meet

a guardian waiting outside. We cannot not accommodate those that wish to stay in the lobby after class dismissal, please be prompt.

Covid-19 Standards & Procedures

These are the standards and procedures we will be using going forward. We want to remain a viable part of your fitness routine, so we ask that you coordinate efforts with us to assist in keeping a healthy atmosphere in our gym.

What you can expect

The gym will be cleaned and disinfected regularly.

Community chalk will not be available at bars.

Our staff will adhere to a 24-hour wellness standard using state protocols.

We will be asking all students wellness questions-your child will not participate if we find they could be ill or could have symptoms.

Our coaches are ready to lead a challenging and interesting workout keeping spacing standards and safety as a priority.

We will keep spotting to a minimum but reserve the right to spot a student when their safety is in question-unless we receive a note from the child's legal guardian that they should not be spotted.

What we expect from you

Regular handwashing/sanitizing before class.

Adhere to a 24-hour wellness standard before coming to class using state protocols. Do not come to the gym if you or anyone in your household is sick.

Supervise your children in the lobby and bathroom to maintain the 6-foot rule.

Bring the minimum number of people with you when you attend class.

Send your child to class with wipes and hand sanitizer if you would like your child to disinfect between turns.

Bring a water bottle to class—our water fountains will be “closed”

Procedure

Use hand sanitizer as you enter and exit the gym space.

Enter the gym through our lobby doors only when you see the “go” signal

Use spacing guidelines we have mapped out in the gym for entering/exiting the gym, lobby and use of the bathrooms—6-foot rule

Space in the lobby will be first come, first served. Please consider rotating out of the lobby to give all parents the opportunity to watch workouts.

If your child is having trouble following the current rules for safe distancing, your participation during class may become necessary.

Entrance(s) and Exit(s)-please keep clear at all times. These are not observation spaces (gym double doors).

Drop off and pick children up in designated areas at designated times.