



Athletic Perfection COVID 19 Operating Parameters

- **ILLNESS:** Any athlete that feels sick or has a sick family member should stay home. We will allow for missed practices due to fever of the athlete or anyone in the athlete's household.
- **HAND SANITIZER STATIONS**
 - Located in the following places:
 - Front office
 - Hallway to gym
 - Cubby Area
 - Staff Entrance Door
 - Roll-Up Door
 - Trak
 - Hands should be SANITIZED when ENTERING/EXITING the gym and when moving throughout the gym.
 - Keep hands away from face at all times.
- **ENTRANCE PROCEDURE**
 - Athletes may only arrive five minutes prior to their class start time.
 - Upon arrival, athletes should stand on a designated marking located outside of the roll-up door.
 - Only athletes may stand in this area.
 - Only athletes are allowed inside the gym during your class/practice time.
 - Athletes are not to enter the gym prior to their class/practice time.
 - Athletes will sanitize their hands and go immediately to a designated floor marking.
 - ALL markings will be spaced at least 6 feet apart.
 - NEW clients (first time in gym) are to enter from the front door, where they will be greeted and given a tour of facility following social distance guidelines. After their first visit, they are to follow ENTRANCE/EXIT to GYM outlined above.
 - Clients are to use hand sanitizer located in the front office immediately upon entering the gym.
 - Front door should remain open to prevent touching of door handle.

- LATE ARRIVAL FOR CLASS
 - Athletes must wait by the roll-up door on a marking until a staff member approves them to enter the facility.
- EXIT PROCEDURE
 - Athletes will be dismissed one at time
 - They will hand sanitize and exit through the roll-up door.
 - The following procedures will be monitored by a staff member located out front of building.
 - Athletes should walk immediately to their car.
 - Any athlete whose ride is not there, must immediately stand on a designated waiting marker until picked up.
 - Athletes who have back to back classes, must exit the gym and reenter following "Entrance Procedures."
- PERSONAL ITEMS
 - Personal hand sanitizer, water bottle, car keys and phones are the only personal items allowed in the facilities.
 - Athletes will be called by their marker to place personal items in a cubby.
 - They will sanitize hands before returning to mat.
- CLASS/PRACTICE/PRIVATE LESSON PROCEDURES
 - These will be conducted following social distancing guidelines.
- WATER BREAKS & WATER FOUNTAINS
 - Please bring your own labeled water bottle. Any kind of sharing is prohibited.
 - Water fountain will be turned OFF.
 - Water bottles will be placed outside and athletes will be released outside for water breaks.
 - Athletes will be dismissed for water breaks by their markers.
 - Hand sanitizer should be used to/from the water break.
- EQUIPMENT USE
 - We will be utilizing a limited set of equipment and will be disinfected after each use.
 - ALL doors throughout gym will be propped open to prevent unnecessary touching of door handles.
- FRONT OFFICE
 - Only one client in the office at a time. Clients wishing to come into the front office should wait outside until called in.
- RESTROOMS
 - Restrooms are available for emergency situations and will be disinfected between class sessions.
- STAFF

- o Self-Screen at home, including temperature and/or symptom checks using CDC guidelines.
- o Workers who are sick or displaying symptoms of COVID19 are encouraged to stay home.