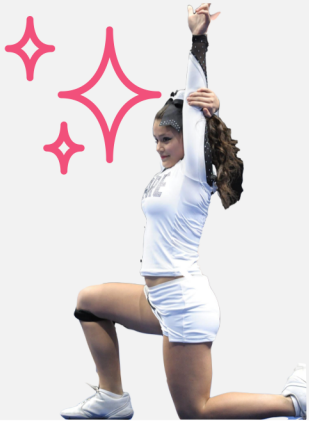


SOCIAL DISTANCING GUIDELINES AT

JUNE
2020



WHAT TO EXPECT WHEN YOUR ATHLETE COMES TO THE GYM

Please note, these guidelines are subject to change

- Our main entrance, front desk, lobby, parent's bathroom, and parent's viewing area will be temporarily closed.
- Only athletes and coaches will be allowed in the gym at this time.
- All practices will be "drop off only" until further notice. Athletes will enter and exit the gym through separate doors
- Athletes will remain at least 6 feet from each other at all times.
- We have 4 hand sanitizing stations spread out throughout each gym, including one near the entrance and one near the exit.
- All coaches will be wearing disposable masks and gloves at all times during practice and while cleaning the gym.
- All equipment, bathrooms, hard surfaces, etc. will be wiped down, cleaned, sanitized, and disinfected before and after every practice.

BEFORE YOU ARRIVE

- First, talk to your athlete and ask them how they are feeling that day. If your child is not feeling well for any reason, we would like to ask that you please keep them home!
- PLEASE HAVE YOUR ATHLETE USE THE BATHROOM BEFORE COMING TO THE GYM. We would like to minimize the use of bathrooms at this time to ensure safety to all.
- For practice: You must either sign up/register for practice on band or
- For private lessons: Have a scheduled private lesson confirmed by your coach
- All Athletes must bring a "labeled" water bottle with them to practice.
- Please do not have your child arrive to practice wearing anything other than what they will be wearing during practice. Water is the only belonging allowed.
- Have your athletes payment ready to go:
Preferred method: cash in an envelope with child's name on it
We also accept: checks payable to Empire and credit cards (please call Coach Chris directly)
All payments will be placed in a "money box" upon arrival at the gym.
Summer cheer practices: \$15 / practice
Private lessons: please contact the coach directly
Please note you may use your tuition credit to pay for cheer practices

UPON ARRIVAL

Please drop your child off at the designated door you were given prior to their class/lesson/practice.

Black floor: Drop off in the front of the building

Entrance - Door B : Exit - Door C

Gray floor: Drop off in the back of the building

Entrance - Door F : Exit - Door E



-Once practice is over, each athlete will grab their belongings one at a time and exit through their assigned doors and out into the parking lot.

Please be on time!!

-There will be one coach in the parking lot to make sure that all children are getting into the appropriate vehicles and leaving the facility safely

****If someone other than you is picking your child up from practice, please notify Chris or Ashley before practice to let us know who will be picking them up****

-Temperatures taken upon arrival and recorded by their coach using a "touchless" infrared thermometer as soon as they walk through the door.

If any athlete has an elevated temperature, they will be sent home right away and anything that child may have touched will be cleaned and disinfected immediately.

-Next, all athletes will then have their hands sanitized before they are allowed to put their shoes and water bottles down in the designated areas.

-After putting belongings down, your athlete will then get in line to wash their hands (for 20 seconds) in the bathroom.

-Once their hands are washed, your athlete will line up on the floor behind floor markers that have been spaced 6 feet apart in all directions



GENERAL INFORMATION

-Athletes will remain at least 6 feet from each other at all times.

-Athletes may wear masks during practice/class if they choose, but are not required to do so by the state at this time.

-Only one athlete will be permitted to get a drink at a time.

-Once athletes leave the gym, our coaching staff will be wiping down, cleaning, sanitizing and disinfecting all equipment, bathrooms, and hard surfaces before we leave for the night.

Our entire coaching staff is 100% committed to providing the cleanest and safest environment for you and your family!

EMPIRE

Questions?

Visit EmpireCheerGym.com or email us at EmpireCheerCT@gmail.com



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