



# DuPage Cheer & Power Tumbling

## COVID SAFETY POLICY

as of November 11, 2020

### ATHLETES

- Masks are required for athletes to enter building and leave the building and MAY be worn for the warm up and stretch portion of class/team practice. Athletes then must take mask off and put with their things. As a rule it is not safe for athletes to perform tumbling and trampoline skills with a face covering and we advise against this for safety reasons. However, if a parent chooses to have their child wear a mask while doing trampoline and tumbling skills beyond the warm up portion of class/team practice, they must sign our mask waiver acknowledging the risk.
- Upon arrival, athletes will enter lobby, find an empty "X" in the lobby to be their spot, 6 feet apart.
- Athletes will wait on their "X" until coaching staff comes into lobby and escorts them into the gym.
- Upon entering gym, athletes will take off their shoes and walk them, along with their other belongings, to the cubbies in the gym. They can then put on their cheer shoes, tumbling shoes or clean socks at this time.
- Athletes will then use hand sanitizer or can wash their hands before coming to the mat for stretch.
- Athletes are encouraged to bring their own water bottle with their name on it and keep it, along with all personal items like shoes, jackets, phone, etc., in a bag big enough to hold all your personal effects (no water fountain).
- Athletes must keep a social distance of 6 feet from other athletes and coaches.
- Athletes will follow gym's social distancing procedures on where to stand and wait for turns as designated by coaching staff and floor markings.
- No food allowed in gym.
- Athletes should not come to the gym if they are feeling sick or have a fever. This is the parent's job to assess the wellness of their child before bringing them to the gym.
- After class, coach will dismiss athletes one by one to pick up their belongings from the cubbies and will escort them out through the western most door and walk them to the pick up line for pick up.

### COACHES & STAFF

- Coaches must wash their hands for 20 seconds immediately upon entering DuPage Cheer & Power Tumbling or use hand sanitizer.
- Coaches must change out of their street shoes into shoes only worn inside of gym.
- Coaches must wear face masks when they are within 6 feet of any athletes, parents or other staff.
- Coaches must wipe down and sanitize all equipment that will be used in their class, practice or private lesson after each class (15 minutes in between each class designated for sanitizing).
- Coaches must keep a social distance of 6 feet from all athletes, coaches and parents.
- Coaches must separate drills to comply with the social distancing requirements.
- Coaches are not allowed to give high fives, hugs or handshakes to athletes, coaches or parents. Offer up "air fives" or elbow bump instead.
- Coaches will be required to help deep clean each night all equipment, bathrooms, lobby and contact surface areas.
- Coaches should not come to work if they are sick or have a fever.
- Front desk staff must wipe down and sanitize all doors, counters, chairs, doorknobs in all common areas and sanitize after each use of bathroom/in-between classes.

### GENERAL SAFETY

- Parents will be encouraged to drop off and pick up, stay in their cars or they may watch through the outside windows.
- If a parent needs to come in and speak with a coach or front desk staff, please wear a mask.
- Parents are encouraged to discuss social distancing with their children prior to every practice.
- Parents are encouraged to not drop off their child more than 10 minutes prior to the start of their class and to pick their child up promptly at the end of class.