

Dear Lakeshore/Prestige Families,

Due to the unusual times, we must take unusual measures to be taken. Please keep in mind that we are doing the best that we can with the information we are given. We will always err on the side of caution. Your family's safety is our top priority. If you have any suggestions, please let us know and we will do our best to adjust to them if possible. If you do not feel comfortable with your child at practice, or feel you and/or your child will be unable to follow these guidelines please contact us at anna@lakeshoregym.com

Please make sure you and your athlete are aware of these guidelines. Anyone not following these guidelines will be asked to leave practice. Waiver must be signed in order to participate in practice.

Athletes/Parents:

- Wash hands before you leave the house and wash hands when returning to home. We suggest immediately showering and changing cloths too.
- Sanitize before workout at check in and after workout.
- When within 6 feet of another, wear a mask.
- Masks do not need to be worn when socially distancing or when working out. We suggest having a tupperware container to hold mask if taking it off for workout. Masks that can be pulled down to hang around neck are acceptable and easier to pull up quickly when speaking to others.
- Do not touch your face. Have a hand towel if you need to wipe away sweat.
- Take your temperature before leaving the house.
- Have self-awareness, do self-tests, and make responsible choices before deciding to come to practice.

Arrival Procedures:

- Only 1 child and 1 parent are permitted to be at the gym at a time.
- When arriving please check in one at a time, allow 6 feet of space between others when in the check in line.
- Temperatures will be taken upon arrival. Anyone with a temperature above 99 degrees or higher will be turned away. We will record the name of anyone turned away and if they return with a temperature above 99 degrees, they will be asked not to return for 2 weeks.
- A log will be kept of every student and parent at every practice for contact tracing.
- Athletes cannot loiter. After check in they should immediately go to their designated, socially distanced area and wait for class to begin.
- Follow coaches' instructions at all times. If you don't know what to do ask the coach, not another athlete.

Instructors/Coaches:

- Have self-awareness, do self-tests and make responsible choices. Take temperature at home, wash hands before leaving the house and upon return.
- Temperatures will be taken upon arrival to work. Anyone with a temperature over 100.4 degrees will be sent home. We will record the name of anyone turned away and if they return with a temperature above 100.4degrees, they will be asked not to return for 2 weeks.
- Get to site early, put on gloves, set up, and wipe off all mats and equipment (to be done before and after practice).
- Socially distance and wear a mask when in close proximity to others.
- There will be no contact and no spotting at this time.
- Follow the Responsible Restart Ohio Guidelines for skills training.