



# **CHEERFORCE COVID-19 PROTOCOLS**

## **ATHLETES:**

- **MAY NOT ENTER** with Flu / COVID like symptoms.
- Fever above 100 degrees Fahrenheit, cough, etc.
- Upon arrival for lesson:
  - *Drop-off* at gym roll-up door (around corner from lobby entrance)
  - Temperature Check
  - Change shoes
  - Spray bottom of shoes with Lysol
  - Use hand sanitizer or wash hands at sink
- Hair should be secured tightly away from face.
- Carry water at all times, labeled with your name. No sharing water.
- Athlete Mask:
  - All students should arrive and exit in mask
  - Disposable masks available upon entering gym if needed
  - Mask may be taken off during cardio exercise and tumbling
- Wash hands / Sanitize at conclusion of lesson
- *Pick-up* through front entrance ONLY

## **GENERAL:**

- Coaches will wear mask or clear face shield during instruction
- All lessons are currently non-contact (no spotting/stunting by coach)
- Lobby currently closed for spectators
- **Lessons may be viewed through live feed at [www.cheerforce.com/simivalley](http://www.cheerforce.com/simivalley)**
- High traffic areas cleaned hourly (sink, door handles, mats)
- Low traffic areas cleaned daily
- Families: please report any household members with positive COVID diagnosis to us
- Payments preferably done online