



## GUIDELINES/PRECAUTIONS FOR CLASS STUDENTS & TEACHERS

### ALL CLASS STUDENTS MUST BRING

MASK, Bag, Hand Sanitizer, Water Bottle, Gripper Socks or gymnastics/ballet shoes. Yoga Mat is optional. Names must be on all items please!

PRECAUTION		GUIDELINE DETAILS
	General Protection	<p><b>Masks are mandatory and must be worn tightly covering mouth and nose at all times.</b></p> <p><b>Adults</b> must wear masks at all times in all areas of the building.</p> <p><b>Teachers</b> will be wearing masks at all times, unless to give instructions from a distance of 6'.</p> <p><b>All students ages 2 &amp; up</b> must wear a Masks when entering the building and must continue to be worn when moving around the gym and in between stations. Students may temporarily remove their mask while performing vigorous exercise or advanced skills upside down as the mask could cover the eyes and become a safety risk as long as social distancing of at least 6 feet is maintained.</p>
	Entering the Building	Floor markers will be spaced 6 feet apart prior to entering the building. All class students and teachers will enter through the <b>main entrance at the front of the building</b> . Saturday Parent-Child students will enter through our Kangaroo entrance at the back of the building.
	Temperature Check	Gymnasts will enter the building one at a time. All gymnast's and Staff's temperature will be taken upon entering the gym using a touch free thermometer. Each person entering the building will also be required to complete a Screening Questionnaire prior to entering the gym areas.
	Hand Sanitizing	Teachers, students and adults must wash their hands and/or use <b>hand sanitizer</b> (bring your own) upon entering the building. Teachers will wash hands before and after teaching each class and use hand sanitizer between each rotation. Travel size hand sanitizer bottles available for \$3.00.
	Capacity	<p>The number of occupants will be limited and monitored according to state guidelines. Rebounders will change current class schedules and/or reduce class sizes as needed to accommodate any safety guideline changes.</p> <p><b>Only one adult of a 4-year old Preschool class student may come in the gym to observe.</b></p> <p>All Students enrolled in our recreational program ages 5 &amp; up are drop off at the door only. Students may be accompanied by one adult on their first day of class. Younger children may be assisted by one adult to get the child ready for class, but asked to leave when class starts. The changing room will be monitored to keep the number of students limited.</p>
	Social Distancing	<p>Floor Markers will be spaced 6 feet apart throughout the lobby and public areas</p> <p>All gym events where the students are scheduled will have skill and drill stations clearly separated by at least 6 feet. Teachers will only be spotting children when necessary for safety.</p>
	Surface Contact	<p>Students should come to the gym dressed in their workout attire whenever possible. Cubbies will not be used. Clothes, shoes, and personal items must be placed in a <b>bag with students name on it</b> and kept with them at all times. Draw string bags available for \$8.00.</p> <p>Students must wear <b>gripper socks</b>, or gymnastics/ballet shoes. Teachers &amp; Adults must wear athletic shoes or gripper socks. Gripper socks available for \$5.00.</p> <p>Students &amp; Teachers may bring and use a <b>yoga mat or large towel that has clearly marked the front &amp; back</b>. The mat/towel will be used as the working surface to perform warm-ups, drills and skills on floor and equipment stations when possible. This is optional.</p> <p>Students must bring their own water bottle, as the water fountains will be closed.</p>
	Exiting the Building	Exit area will have markers 6 feet apart for students to sanitize hands, dress over their athletic wear, don shoes, and wait for pick up. Rec class students will be exiting at the <b>side of the building through the side entrance on Business Park Drive</b> . Parents/guardians need to park at the front and walk to the side entrance to pick up their child.
	Sanitizing	<p>Rebounders staff will sanitize all public and frequently touched gym areas every hour. A nightly cleaning service will clean surfaces and wash floors daily.</p> <p>All landing mats will be cleaned each night along with the other areas that have been a part of our cleaning schedule. A staff member will be assigned to sanitize work station regularly.</p>