

## **Recreational Procedures – Phase 2**

**\*These procedures may be altered based on state and county mandates**

- Before attending class please assess participants health – **do not bring your child to class if they have any signs of illness including: a fever, cough/sneezing, runny nose, muscle ache, chills, etc.**
- All participants must have an updated medical release/wavier form on file. Please bring the completed form to the first class (Updated waiver attached).
- Please have all participants use the bathroom before coming to the gym. Our restrooms are open but at a limited capacity (one at a time).
- The water fountain will not be available at this time. Please bring a resealable water bottle (no exposed straws).
- Facemasks are required for participants (5 and older), visitors, coaches and staff at all times while on the premise.
- At this time, we are not allowing anyone except participants and NGC staff in the gym. Spectators may view the entire gym from outside garage and side doors.
- We have no cubbies or area available for personal items – please sent your participant with a backpack for shoes, jacket, water bottle and mask. Please do not bring nonessential items into the facility.

### **Class Arrival-**

1. Please stay in your car until class time.
2. Approx. 5 minutes before your class begins, coaches will come open the doors and begin the check in process. **DO NOT GET OUT OF OUR CAR UNTIL THE COACHES SIGNAL.**
3. Please stand on the white dots on the sidewalk while waiting to enter the gym.
4. Coaches will take the temperature of each participant Any participant with a temperature at or above 100.4 degrees will not be allowed to enter the facility.
5. Before entering the gym, we will sanitize the participants hands.
6. We will take every precaution to keep all participants 6-feet apart. Please talk to your child about the importance of social distancing.
7. Equipment used will be sanitized between rotations and at the end of each class.
8. Participants will sanitize their hands at the end of each event rotation.
9. After class please meet your participant on the sidewalk where you dropped them off for class. Be sure to be on time for pick up as our coaches use the time to clean and prepare the gym for future use.

Please let us know if you have any questions regarding our procedures and protocols.

We look forward to getting our NGC campers back in the gym!