

FALL PROTOCOL

STUDENT AND PARENT GUIDELINES

Face Masks:

After reviewing the new situation with the Delta strain, we have decided to continue with masks. Once things improve, we will keep reviewing the situation and make changes at the right time. As before athletes will wear their masks when moving around in the gym (getting a drink of water, going to the bathroom, moving from one apparatus to another, etc...), when they are in active physical movement, they will be permitted to pull their mask down.

Face masks are required to enter into the facility and be worn inside the gym and waiting room. We ask that you keep your mask on when you are in the facility. Please refrain from pulling down your mask to talk. Please keep your mask on at all times.

Checking In:

All athletes or a parent must check in their athlete before class starts up in the office.

Waiting Room:

Please NO Gathering of parents in the waiting room. There will be a limited number of chairs provided and there will be NO standing room to watch athletes. Please DO NOT move the chairs.

Only 1 family member per athlete will be permitted to stay inside the waiting area. Please stay in your seat, do not roam around the waiting room.

Feeling Sick:

If at anytime you are not feeling good (any fever, coughing, etc.), please stay home. If you or your child has been exposed to the virus, please call us immediately so we can make the proper notifications, adjustments and cleaning in the gym.

Sanitizing Stations:

There will be areas with sanitizer in the gym and waiting room. We will have extra masks at the door if you have forgotten yours.

Cleaning:

The facility will be deep cleaned and all equipment sprayed at the end of each night.

Rec Athletes Shoes and Water Bottles:

There is a designated area for athlete's shoes in the waiting room and an area for their water bottles right inside to the left when they walk into the gym. We do ask that everyone bring water with them or you can purchase a bottle of water upstairs in the office. The water fountain is open to use, but we are trying to minimize the number of athletes going in and out of the gym during their class time.

Team Athletes:

The team area upstairs is open to our competitive athletes to keep their belongings. Water bottles will be kept in the team fridge downstairs in the gym. We will be limiting how many athletes have break at a time.

Here at JDG we would like to have a clean, safe and fun atmosphere for our customers, athletes and staff.

If you are not sure about anything please do not hesitate to email (123jdg456@gmail.com) or call (216-524-6659) the gym for clarification.