



# SAFETY REQUIREMENTS

USA Allstars has implemented a re-opening plan for summer classes and team practices. The following guidelines will be enforced during all phases and/or until it is safe to resume normal gym guidelines.

## GENERAL GUIDELINES

- Only athletes, coaches and staff will be permitted to enter the gym.
- Temperatures will be taken via forehead scan prior to entry.
- Staff will ask if you have any symptoms prior to entry into the gym.
- Masks must be worn by while entering and exiting the gym. Masks may be removed during training/conditioning.
- Social distancing restrictions apply to everyone while inside the gym.
- Water fountains are not available for use.
- No extra bags or loose items are allowed in the gym.
- There will be no spotting/physical contact in the gym.
- Coaches and staff are required to wear masks at all time while in the gym.

## ATHLETE GUIDELINES

- Athletes should arrive 15 minutes prior to their class/practice start time.
- Athletes must arrive fully ready for their class or practice except their cheer shoes. Bring a water bottle labeled with their name. Cell phones should be left with a parent or in the car. No extra bags allowed.
- Masks are required for athletes when entering and exiting the building.
- Athletes should wear street shoes into the gym. Athletes will change into cheer shoes before stepping on the training floor.
- Athletes are dropped off at the front of the gym and will enter one at a time. Each athlete will be screened by a staff member before entering.
- Athletes will be directed to wash and sanitize their hands upon entry.
- Athletes must wash and sanitize their hands if they use the restroom.
- Athletes will exit the building through the front doors or the bay doors if they are open.

## PARENT GUIDELINES

- Parents must review all the athlete guidelines. Please communicate the importance of social distancing to your athlete prior to them entering the gym.
- The Parent Viewing Area is closed.
- No congregating will be allowed in the parking lot.
- Tuition/Class payments must be made online or prior to the athlete entering the gym. Any cash payments must be in an envelope with the athlete's first and last name. Please send exact change.
- Athletes will exit the building through the front doors or the bay doors if they are open.