



## **Subject : TEGA COVID-19 POLICY ....**

These are truly unusual times that demand unusual measures. Please keep in mind that we are doing our very best to control the situation as best as we know how. We will always err on the side of caution. While our actions may seem over the top they are done with you and your children in mind: your safety is our top priority. If you have any suggestions please let us know and we will try very hard to adjust to them if possible. The water fountain will be turned off; therefore everyone **MUST** bring their own water bottle – **DO NOT SHARE YOUR WATER BOTTLE**. Please make sure your athlete has all of her personal belongings when leaving the facility. **All items** left in the facility will be disposed of at the end of the night. **GYM BAGS CANNOT STAY IN THE GYM OVER NIGHT**. As usual parents are not allowed to stay and watch practices. You can, however, use our video feed to watch any time.

### **Arrival procedures**

In order to protect all of our customers and staff we are implementing the following procedures:

- All customers must take their temperature before leaving their home
- Everyone's temperature will be checked upon arrival and will be turned away if it is above 99
- We will record the name of anyone turned away and if they return with a temperature above 99 they will be asked not to return for 2 weeks
- We will admit one customer at a time (child and parent equal one)
- Please wait outside in a single file allowing for proper social distancing
- Kindly allow the person in front of you to clear the entrance prior to proceeding
- Athletes cannot loiter in the lobby area, please proceed to the gym
- Parents that need to see the office personnel proceed with proper social distancing
- If you would like to watch your athletes as she trains ask the front desk for viewing instructions
- Please vacate the premises as soon as possible and socialize outside as much as possible

### **Training procedures**

Once an athlete is admitted to the building they need to proceed directly to an area designated for their personal belongings. They will then proceed to a spot on the floor designed with an X and wait for instructions from coaching staff. If you need to use the restroom first knock on the door to make sure **NO ONE ELSE** is using it – the limit in the bathroom is one person at a time until further notice. ***Please make sure your athlete knows these procedures because failure to comply with these guidelines will result in immediate dismissal from practice.***

- You must remain 6 feet apart from all other attendees at all times
- The boys restroom will be converted to a girls restroom; use it accordingly
- You will be given your own personal chalk to use; keep it in a safe place and rotate bar stations with it
- The first one is free, others will incur a charge of \$2
- If you use water on your grips you must bring your own bottle; sharing is not allowed
- Follow your coach's instructions at all times; if you are not sure what to do ask your coach, not another athlete
- Socializing will not be tolerated

Sincerely,

Jose Velez

The Elite Gymnastics Academy - TEGA