

Tristate Athletics Phase 2 Guidelines:

Please see the updates below regarding policies and procedures beginning 6/15/20 at Tristate Athletics

All athletes need to bring a clean face covering in a ziploc labeled with their name to each class.

As we move into team practices athletes will continue to practice social distancing when possible. We will continue to follow all previously communicated procedures and policies. We have made a few updates below. Please take the time to review and discuss with your athlete.

Face coverings will be used when athletes are unable to maintain a 6 foot distance especially when stunting. If you would prefer your athlete to not participate in stunting during this phase, please email the gym prior to the start of practice so that we can make note and update the staff.

Face Covering Clarification (Phase2):

- The coaches and staff will be wearing face covering per the State of Delaware Guideline.
- Face coverings are required for anyone 12 years or older and strongly recommended for anyone ages 5 and above if there are no health risks based on a child's medical condition when social distancing of 6 feet or more is not possible.
- If your athlete (at any age) is unable to consciously maintain a 6 foot distance, they will need to wear a face covering.
- Anyone that CAN maintain a 6 foot distance from others but feels more comfortable wearing a face covering is welcome to do so.
- We do caution anyone participating in any cardiovascular exercise to be mindful of their air intake when wearing a face covering.
- The recommendation and guidelines DO change, quickly. We will update everyone as necessary.
- At this point, we need all families and athletes to make choices they are most comfortable with during phase 2.

Tristate will continue to follow and adapt to the current CDC and State of Delaware Guidelines for our facility.

Before Athletes Walk Into the Building:

- Athletes will need to put on their clean "gym only" footwear once they arrive to Tristate. Shoes can be put on in the parking lot. The only surfaces the "gym only" footwear should touch are the Tristate Parking Lot and inside the Tristate facility.
- Athlete's hair should be tied securely off the face to avoid the need to reposition during their session.
- Athletes are requested to leave all unnecessary belongings home. Only essentials may be brought into the facility.
- A clean water bottle clearly labeled with the athlete's name may be brought into the facility.

- No food or additional drinks are permitted at this time. Please ensure your athlete has eaten and used the restroom prior to arriving.
- Only athletes with complete "paperwork" will be allowed in the gym so that we can keep the most up to date accurate records

At entrance:

- All athletes will enter using the main lobby entrance door.
- Only athletes assigned to the specific time session will be permitted into the building.
- Upon entering the lobby, athletes will have their temperature checked using a non- contact thermometer scan. Any temperature over current standard will be declined entry and athletes must immediately return to their vehicle.
- Staff will verify the athlete is entering with clean "gym only" footwear and no unnecessary belongings brought in.
- Athletes will immediately head to the restroom, closest to the desk, to properly wash their hands.
- Once hands are washed and dried, athletes will be permitted to enter the main gym.
- Social Distancing will be observed. As a reference for your athlete, a 6 foot distance is the width of one blue mat.
- At the completion of their session, athletes will sanitize their hands and exit out of the designated middle door.
- Hand sanitizer is available throughout each session as needed.
- Athletes need to take any belongings they entered with when exiting.

Modifications to previous facility use:

- All parent areas will remain closed at this time. Only athletes and staff will enter the building at this time.
- The use of restrooms will be limited to emergency use only by athletes and staff. We will reserve the front (closest to the desk) restroom for hand washing only. The back restroom will be reserved for emergency use. If an athlete needs to use the restroom, they must notify the staff immediately after use, so that we can maintain proper sanitization.
- The water fountain, microwave, coffee maker, and refrigerator will be closed at this time. Please make sure your athlete brings their own water bottle, properly labeled each time they enter the facility.
- Weather permitting, we will have the garage doors open to help increase air flow. Parents, please do not congregate outside the garage doors during practices. We ask that all parents remain in their vehicles during this time.
- During private lessons, since they are conducted during off hours in a 1:1 setting, parents may watch their athlete from the outside through the garage door opening as long as they remain 6 feet from the door opening.

Arrival/Departure Times:

- To help maintain sanitation of the facility. We need athletes to enter and exit at their respective times. There will be no lingering/ off-time in any part of the facility.
- There will be no overlapping of groups so that staff has the opportunity to sanitize between groups.

Sanitation:

- We will continue to follow the CDC and State of Delaware recommendations for our location.

- Health checks will be completed on staff daily. Athletes will have health checks each time they enter the facility.
- Sanitation of commonly used surfaces will be completed between each group.
- General cleaning of the facility will take place daily.
- If an athlete is not feeling well or has been in contact with a potential positive covid case, they are asked to stay home and to notify the gym immediately by email.
- Please remind your athlete of regular daily hygiene and disinfect “gym shoes” each time they are used.
- Athletes will be reminded to keep their hands away from their eyes, nose, mouth and face in general.
- The gym is well supplied with hand soap and sanitizer.

Paperwork and Payments:

- All paperwork is asked to be completed electronically. Emails with details have been sent to all registered for the 2020/2021 season. The only paper form required to turn in (unless already emailed to the gym) is the 2020/2021 Waiver.
- Only athletes with complete "paperwork" will be allowed in the gym so that we can keep the most up to date accurate records
- Please make sure your account on file in the Jackrabbit system is up to date. All monthly tuition payments will be processed using this electronic method.
- Cash payments for private lessons are still acceptable. These payments need to be placed in an envelope with clear notation of athlete name, instructor and day. Once your athlete has entered the building, they can place the envelope in the lock box on the desk.
- Additional future payments can be made by clearly marking an envelope with the athlete's name, what the payment is for and putting in the lock box located at the desk. Payments will be processed from the box daily and documented. Cash receipts will be sent by email once processed.

Communication:

- Please know we are always available to answer questions. This may look a little different at first. Staff is available to be scheduled by email, phone and zoom 1:1 session. At this time the best way to reach a staff member is by emailing the gym. During these initial phases, staff will not be stationed at the gym phone to receive communications.

Staff will follow the same protocol as athletes and remain as contactless as possible.

Guidelines and Procedures will evolve over time. Adjustments will be made as we move into the season but all athletes and parents will be notified prior to changes or modifications taking place.