



Maryland Twisters MoCo Opening Procedures
Ver 8. (8/7/20)

Entry & Exit:

- Practices will be staggered to allow for cleaning between sessions.
- We will continue to maintain a high level of cleanliness, as we did prior to the closure. We have contracted additional days from our cleaning staff in addition to daily cleaning and sanitizing of bathrooms and frequently touched surfaces. Germicidal sprays will be used for cleaning of the mats.
- Parent viewing area and athlete cubbies will be closed.
- Athletes must be dropped off in the BACK of the building at the START of their practice (do not arrive early or late)
- Athletes are permitted to bring one Ziploc Bag into the building with their belongings. All athlete items must fit in the bag. Athletes must bring their own hand sanitizer to further encourage social distancing. All athletes must have their own water bottle- the gym water fountain is closed.
- Athletes must enter and exit the facility wearing a mask. Masks will be worn at all times while practicing.
- Our staff will take athlete temperature using a no-touch infrared forehead thermometer. Temperatures higher than 100 will not be permitted into the building. Incident reports will be completed to document an athlete's elevated temperature. Athletes presenting with temperatures over 100 will not be permitted to return to practice without a doctors note OR for 14 days.
- All athletes will receive a squirt of hand sanitizer upon entry and will clean the bottoms of their shoes with a bleach mixture spray. Cheer shoes are the only footwear permitted in the gym.
- Athlete belongings will be placed on pre-marked spots (12 inches apart). There will be NO SHARING.
- Athletes will be dismissed from practice on time and must be picked up in the FRONT of the building.
- Questions for owners, management and coaches will be handled remotely, not before, during, or after practice

Practice:

- Coaches will wear masks during practice until it is no longer deemed necessary.
- During practice, athletes must stay in their pre-marked area on the mat (maintaining 6 feet of distance between themselves and others). Coaches will refresh and reiterate physical distancing policies at the start of EVERY practice as a constant reinforcement.

- There will be no stunting, hugging, high fives, etc until further notice. All activities during practice will focus on conditioning, stretching, tumbling, jumps, dance.
- Coaches will instruct through demonstration and verbal correction. Staff will refrain from using hands-on spotting except when intervening for safety.
- Minor injuries (requiring band-aids) will be treated by the athlete themselves. For incidents requiring further treatment/assessment by a staff member, athletes will be given a new disposable mask to wear.
- For those who are registered but not yet comfortable attending physical practices, all practices will also be available on Zoom.

Notes:

- If your athlete or anyone in your household is feeling ill, PLEASE STAY HOME
- Please review basic hygiene with your child. EG. Cough/sneeze into your elbow and wash hands with soap and water immediately after, avoid touching your face.
- Continue to stay informed (from reliable sources)