



## **Policy and Procedures for Operation during Covid19**

June 1, 2021

To promote Health and compliance with CDC and State of NJ Requirements, Coast Cheer will adhere to the following:

Anyone with any of the following symptoms:

- Fever
- Cough
- Sore Throat
- Chills

Or Contact with anyone that has had the above symptoms or someone that has tested positive for Covid19, will not be permitted to enter the gym until cleared by a medical doctor. If you have been advised to quarantine due to exposure by your doctor or school district, you must not enter the gym until that time has passed.

Only Coaches and Athletes will be permitted in the gym. No spectators or parents will be allowed in during this time. Please drop your athlete off at the door (Curtis Ave.) and they will come out to your car for pick up through Mount Ave. door (younger athletes will be brought out with supervision).

Athletes must arrive ready to perform in their practice uniform (as specified by Coaches) and with their shoes on. Wearing a mask is recommended at least until practice cohorts are established. Athletes must bring their own labeled water bottle (Poland Spring Water Cooler available to refill as needed).

Athletes will arrive no more than 5 minutes prior to practice and go directly to the bathroom to wash their hands for a minimum of 20 seconds with soap and water or use hand sanitizer. Once hands are washed, shoes are sprayed with disinfectant spray, and temperature is checked, Athletes may go on the mat as directed by Coaches.

Athletes will be encouraged to stand at least 3'-6' from each other during practice that does not involve stunting.

At the end of practice, Athletes will wash their hands with soap and water for a minimum of 20 seconds or use hand sanitizer before leaving the gym. The gym and any equipment handled will be sprayed with a bleach/water (1/1000) solution recommended by equipment manufacturers to disinfect and/or with disinfecting wipes once athletes leave the gym. Doors are kept open, multiple ventilating fans are on, XPower Air Scrubber with HEPA Filter is on during the entirety of practice. Doors will be wiped down once practice starts and after practice ends.