

PRIDE CHEER GYM - **TUMBLING CLASS INFO ONLY**

COVID-19 UPDATE

We continue with our safety measure updates for Covid-19 and hope everyone is doing well.

Tumbling Classes and Team Practices are back in the gym. As always we respect your personal decisions for families who need to stay home and remind you that should your child need to miss class, classes have makeup and/or you can receive tokens to use at a later date.

The following lobby procedures are in place to help protect our families and athletes:

1. Class athletes will enter the building using the **FRONT DOORS**. Beginning **10/7/20** class athletes will exit using the **SIDE DOORS**. Coaches will assist with finding parents.
2. Face masks or coverings are **REQUIRED** in the Lobby and Bathroom areas.
3. Athletes must sanitize or wash hands after entering the building and temperature checks will be taken. Anyone with a temperature of 100.4 and over may not enter the gym area and will be sent home.
- 4. Athletes will need to wait in the lobby until a coach gets them for class.**
5. The parent viewing area is **CLOSED** to all spectators not participating in classes, practices, camps/clinics, etc. Due to the virus being more delicate than ever with children returning to school, we are requesting that you only wait in the lobby if you have a toddler in the gym that may need restroom assistance from a parent or guardian. If your child is here for practice, class, or a private lesson, please drop off and pick up or wait outside or in your car. You are welcome to walk and come to the side doors where the athletes exit if you'd like to meet them to bring them to the car. The following exceptions are...
 - *Parents or Guardians with children enrolled in our Preschool classes may stay. Social distancing is required, as well as wearing a face mask or cover.*
 - *Parents or Guardians of athletes attending a **TRIAL** class may stay for the first class only. Social distancing is required, as well as wearing a face mask or cover.*
6. Water fountains are currently closed, please make sure your child brings their own water bottle.

If you have any questions you can contact us admin@pridecheergym.com or contact Chrissie (gym-owner) at 412-849-2255.

PRIDE CHEER GYM - ALL STAR TEAM INFO

COVID-19 UPDATES

We continue with our safety measure updates for Covid-19 and hope everyone is doing well.

- **PRACTICE:** Team Practices are back in the gym. As always we respect your personal decisions for families who need to stay home and remind you that should your child need to miss for COVID related situations, it will be excused. While we will hold our regular practice **IN THE GYM**, if you prefer that your child attend at home following a ZOOM virtual practice, you may. **PLEASE MESSAGE YOUR COACH ON BAND as soon as possible.** Coaches will be prepared to provide codes for the regular practice start times (staying on the entire length of a practice may not be realistic and may be shortened for them).
- **CHOREO CAMP:** For teams that have choreo camp, it will be hard to Zoom these because changes are fluid throughout camp time. If your child misses choreo we will do our best to video a review and if a Zoom time is possible we will let you know. If you feel best to miss choreo even if you are in town, we respect your decision and it will in no way hinder your child. We would like to get fill-ins if this happens so let us know asap.
 - **ADVISORY:** Please be aware that the nature of a visiting choreographer is that they travel. We have Joe returning who was with us a few months ago (and may have a helper who travels with him). He is diligent with wearing a mask and we are also implementing that he will distance even more as a precaution, by using the aid of our in-house coaches. We feel we can maintain safety for both our athletes and for him by using the best care.
 - Athletes will continue to move about in cohorts of smaller groups such as their stunt group, on warm-up lines, tumble lines, jump lines. Coaches will be implementing this in other areas as well such as getting drink breaks and using cubbies, and you will hear that a **group #** has been assigned to your child. We will also seat them this way for lunch breaks and spread out within the MultiPurpose Room or use more lobby areas if needed.
 - Stationary time during camp or break will involve kids wearing masks. Coaches do allow breaks away from each other where kids can remove masks and breathe freely whenever needed and this has worked well throughout the summer and into the fall.
- **TRAVEL:** Note that if kids traveled to a high risk location, they are required to self quarantine for 14 days, or provide the gym with a negative test result to return to the gym. I thank everyone who has been able to do this and we appreciate your communication with me. Everyone has been attentive and this helps us all.

- **LOBBY PROCEDURES:** The following lobby procedures are in place to help protect our families and athletes. We understand you all want to be in here watching and we truly want you in here too, but we also really want a season to happen and to be able to continue practicing and training as safely as possible. We appreciate your cooperation with this and helping us keep our athletes safe.
 - All Star athletes will enter the building using the **FRONT DOORS** and exit using the **SIDE DOORS**. Coaches will assist with finding parents.
 - Face masks or coverings are **REQUIRED** in the Lobby and Bathroom areas.
 - Athletes must sanitize or wash hands after entering the building and temperature checks will be taken. Anyone with a temperature of 100.4 and over may not enter the gym area and will be sent home.
 - Due to the virus being more delicate than ever with children returning to school, we are requesting that you only wait in the lobby if you have a toddler in the gym that may need restroom assistance from a parent or guardian. If your child is here for practice, class, or a private lesson, please drop off and pick up or wait outside or in your car. You are welcome to walk and come to the side doors where the athletes exit if you'd like to meet them to bring them to the car.
 - **Athletes will need to wait in the lobby until a coach gets them for practice**
 - If your child has a sibling in the gym, is waiting for a friend, or has a long break, they cannot wait in the gym and must wait with the adult to avoid extra people in the gym at one time.
 - The only people allowed in the gym are the ones there for a practice, private lesson, class, or something extra that has been confirmed and approved of by a coach.
 - Water fountains are currently closed, please make sure your child brings their own water bottle.

If you have any questions you can contact us admin@pridecheergym.com or contact Chrissie (gym-owner) at 412-849-2255.