



CHARLOTTEALLSTARS.NET

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Our first priority is the safety and well-being of our athletes, families, and staff. Detailed Safety Procedures to be followed at Charlotte Allstar Gymnastics and Cheerleading until further notice are listed below. These procedures are for our Recreational Classes and our Competitive Gymnastics and Cheerleading Programs.

- First and foremost, if your child is not feeling well, has personally tested positive for COVID-19 and has not been quarantined for 14 days OR has been exposed to someone who has tested positive for COVID-19 and has not been quarantined for 14 days, PLEASE STAY HOME.

#### **Mask Procedures**

- All athletes ages 5 and older are REQUIRED to wear a mask into and exiting the gym, and throughout the entirety of their class/practice.
- All Charlotte Allstar Gymnastics and Cheerleading staff are REQUIRED to wear their mask while actively coaching and breaking social distancing guidelines.

#### **Recreational Classes**

- While we encourage dropping your child off, our parent rooms are open for viewing. Please limit the number of spectators to one per family.
- Spectators will be REQUIRED to wear their mask throughout our facility.
- It is recommended that students bring a water bottle with them to every class.

#### **AAU Gymnastics Program and Allstar Cheer Program**

- All AAU Gymnasts and Allstar Cheerleaders are REQUIRED to wear their masks throughout the entirety of their practices.
- Parent Viewing Rooms are closed for our Competitive Programs.

#### **Safety precautions we are taking on our end include:**

- Coaching staff will be asked if they have symptoms before starting their shift.
- Gym will be disinfecting daily.
- Clear instruction will be given to each child about how the sessions will run and when they are able to rotate and where they are allowed to allow their athletes to tumble and/or play.