

Guidelines for opening of Cardinal Athletics

All plans were carefully constructed based on the recommendations of federal health officials.

Guidelines implemented are subject to change at any given time



**Our Comeback will be Stronger than our Setback!
We are always stronger together!!!**

DROP-OFF & PICK-UP:

- Please drop off in back only
- Parents/Guardians please remain in cars
- If parents need to come inside they must contact us ahead of time and must meet coaches in front entrance only and must be wearing a mask
- Please make sure they are on time so that we don't have to keep coaches waiting in the back area too long.

Health:

- Cheerleaders must wear mask coming into practice
- Cheerleaders will get temperature read as they walk in.
- They will have shoes sprayed and hands sanitized as well before entering gym.
- Once they enter gym they can remove mask.
- If your child is not feeling well they need to stay home. We can zoom the practice when necessary.

Athletes:

- Athletes must come with their own water bottle container with their name on it.
- Athletes must bring their own mask & hand sanitizer
- Athletes must have their own weights for strength conditioning. 2-5 lb is sufficient and dumbbells and ankle weights are recommended. Name on items
- Athletes are to keep their snacks in their own travel bags.

Social Distance:

- We will keep a safe distance between all the athletes while practicing.
- Mats will be clearly marked
- We will not be stunting in the beginning of this phase opening
- Practice times will be staggered
- Athletes will avoid bodily contact with peers (i.e.-handshakes, team huddles, hugs, etc.)
- All adult coaches and team moms will need to wear a mask inside gym.

Cleaning:

- Deep cleaning will be done prior to classes, daily.
- Hand sanitizer will be dispensed to all athletes and staff on entry into the gym, as well at the end of class.
- All commonly used areas, surfaces, handles, and touch points will be cleaned and sanitized after each class.
- All Mats will be sanitized after use
- All waste and disposable PPE will be securely and safely disposed.
- Cleaning and sanitizing equipment will be available in all areas.

