



Tactic Sports Performance: COVID-19 Gym Policies

- 1) Tactic will have a separate COVID-19 waiver which must be signed before participation. For those who signed a previous version, this will be a newer version, updated with increased language.
- 2) Athletes will have their temperatures taken by a non-contact thermometer. Any athlete running a 100.4° temp or higher will be asked to leave and return when temperature has dropped for more than 24 hours.
- 3) **All athletes and visitors are required to wear face masks within the facility.** If athletes are blatantly removing masks, they will be asked to leave the building immediately. Parents, coaches, or organizational leaders will be notified.
- 4) **Water fountains will not be accessible and athletes will be required to bring their own water bottles and bring them home after each session. Towels will also not be provided by the gym.**
- 5) Athletes will sanitize hands upon entering and exiting the facility.
- 6) No handshakes / celebrations. We still encourage amazing camaraderie!
- 7) Equipment will be cleaned and sanitized after use and between classes using Clorox and Lysol disinfectant wipes. We will be using our electrostatic disinfectant sprayer throughout the day.
- 8) **Family, friends, coaches, and any non-class participant will not be allowed into the facility. Parents and those picking up athletes are asked to stay outside and inside their vehicles.** During a session if you need to get in contact with your child or a coach, please call the facility directly until someone answers.
- 9) Athletes will be required to immediately leave the facility after their session has finished to limit unnecessary exposure and the amount of athletes in the facility at one time. Please plan accordingly.
- 10) Restroom / Locker room will be limited to one occupant at a time.
- 11) Sessions will start and finish on time so we ask that you please ensure you are punctual to your sessions. Due to the limited number of spots in each class, refunds will not be issued for those who do not attend without giving notice at least an hour before class time.
- 12) **Please leave all bags and equipment in your vehicle unless necessary.** Bags can be dropped at the front door if needed. Upon opening of our new facility, we will inform athletes where they can place belongings.

Coronavirus Risk Warning

- It is suggested that seniors or others with compromised immune systems not participate in or attend this event due to risk of infection.
- Do not enter if you are exhibiting any signs of illness such as sneezing, coughing, sniffles, have fever, or don't feel well.
- If you are repeatedly sneezing or coughing, you may be asked to immediately leave the premises.
- All athletes, staff, and spectators should practice responsible social distancing by remaining at least 6 ft apart whenever possible.
- All athletes, staff, and spectators should wear PPE such as face masks whenever applicable.
- Wash your hands and/or use hand sanitizer upon entrance and as you leave. Hand washing and hand sanitizer stations are provided.
- Avoid touching your face including your eyes, nose, and mouth.

In addition to maintaining our standards of cleanliness, Tactic has also invested in an Electrostatic Disinfecting Sprayer by Victory Innovations (<https://victorycomplete.com/product/professional-cordless-electrostatic-backpack/>) This product will enable us to completely sanitize the gym at least every 2 hours of operation with chlorinated sanitizing and disinfecting tablets by Green Klean. You can find information on this product here (<https://multi-clean.com/wp-content/uploads/2020/02/disinfecttabletsLit2-25-20.pdf>). The solution has demonstrated effectiveness of killing COVID-19 in just one minute of contact time along with numerous other pathogens and fungicides. We are committed to ensuring everyone feels safe about participating in our programs and we are willing to provide the best solutions to our customers.

As we begin a new chapter in our daily lives and at Tactic, the one thing that will not change is our dedication to our community. Our staff will continue to provide world class coaching, mentoring, and friendship to all our athletes and families. While class sizes, program offerings, and schedule may change from time to time, we hope that you begin the journey with us to reclaiming the athleticism and mental toughness you built before this virus began.

Contact info@tacticsp.com or any staff member if you have questions or concerns about our future return to training policies.

Thank you so much for your continued support and loyalty to Tactic Sports Performance,

Coach Tiesman