



# TNT CHEER GUIDELINES

## Pick Ups & Drop offs

- Complete screening questionnaire ahead of arriving at TNT Cheer
  - Does your athlete have a fever of 100.4° F or higher or had a fever of 100.4° F or higher within the last 24 hours?
  - Does your athlete have any "high risk symptoms" (new cough, shortness of breath or difficulty breathing, new loss of taste or smell)?
  - Does your athlete have two or more "low risk symptoms" (fever, headache, muscle and body aches, fatigue, sore throat, runny nose, congestion, nausea, vomiting, or diarrhea)
  - Is your athlete or a family member in your household waiting for results from a COVID-19 test?
  - Does your athlete have reason to believe that they or a family member in your household have been exposed to a person with COVID-19 in the last 14 days?
  - If your athlete answers yes to any of the above questions, please do not come to TNT Cheer that day and contact TNT Cheer at 319-234-1147 or [info@tntcheer.org](mailto:info@tntcheer.org) to discuss your athlete's situation
- All athletes are to enter through the lobby door and exit through the side door (wooden wheelchair ramp); wearing a mask is optional
- We ask that parents visit the lobby for business needs before or after pick up times (5 minutes before classes start/5 minutes after classes start); wearing a mask if visiting the lobby is optional
- Times are staggered to allow for athletes to enter and exit the gym safely
  - We ask that athletes leave promptly to allow for cleaning
  - The next class will be allowed in 5 minutes before class time starts

## Athletes



- Please arrive changed and bring a pair of tennis/cheer shoes to change into; no outside belongings (including cell phones)
  - Water bottles, keys (if you drive) and inhalers are the exceptions
- Masks are optional
- Hand-sanitizer will be required upon entry

## Coaches

- Coaches will complete screening questionnaire ahead of arriving at TNT Cheer
- Coaches will ensure proper spacing from athletes and other coaches
- Coaches will avoid sharing equipment with others
- Coaches are not spotting (except during standing back handsprings and running tucks)
- Coaches must sanitize all equipment
- Coaches are required to wear masks when where they cannot maintain 6-foot social distancing from other employees, athletes, or those visiting the lobby

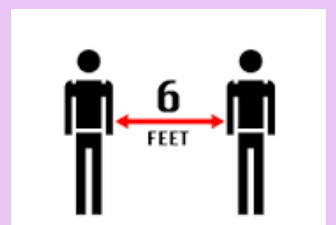
## Cleaning

- Deep cleaning will be done daily
- Hand-sanitizer will be given upon entry and exit
- All mats will be disinfected daily
- All touched surfaces will be cleaned
- Classes were adjusted to allow coaches to clean between athletes entering



## Social Distancing

- Only coaching staff and athletes are allowed in the TNT Cheer gym until further notice
- Athletes will be spaced 6ft apart on the floor at all times except during stunting
- No congregating by coaching staff or athletes in the gym, lobby, parent area, etc.
- We will be following the guidelines given by the state and local governments as well as referring to the CDC guidelines



For any questions please contact us at [info@tntcheer.org](mailto:info@tntcheer.org)

*Please remember that we have the right to remove anyone from the gym that does not follow the above guidelines*