# Social Distancing Guidelines

As most of you know we will need to implement some social distancing between certain class times. Information for all class times are below:

4:45 AM

1.When arriving for your class please keep the recommended 6 feet distance between you and other members

2. At the end of your class wipe down all equipment you used and/or touched with the provided antibacterial wipes

3. Exit the gym promptly so that the next class can enter and get started

4. If you need to shower, let the coach know so they can appropriately wipe the bathroom down after you are finished

5:30 AM

1. Upon arriving to the gym, please go to the other side of our building (door located to the left of main door), the “unfinished side”

2. Please keep the recommended 6 feet distance between you and other members

3. We will have lacrosse balls, rollers, PVC pipes available for you to stretch and do mobility

4. Wipe down any equipment you used while waiting for your class with the provided wipes

5. The coach will come next door and get you all when it is time for your class to start

6. When class is finished please wipe down all equipment you used and/or touched with the provided antibacterial wipes

7. No open gym during this time so please exit the gym promptly after class

8. If you need to shower, let the coach know so they can appropriately wipe the bathroom down after you are finished

10:00 AM

1. When arriving to your class you may come into the gym as there is no class prior to yours

2. If you want to use a foam roller, or lacrosse ball you may go to other side of building (enter from outside)

3. Please wipe down all equipment you use prior to class whether you are in the gym or the other side of the building with the available wipes

4. Please keep the recommended 6 feet distance between you and other members

5. When class is finished please wipe down all equipment you used and/or touched with the provided antibacterial wipes

6. No open gym at this time so please exit the gym promptly after your class

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12:00 PM

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