



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM SAFETY PROTOCOL | ADULT PROGRAMS

Indoor Fitness Classes:

- Limited enrollment in all classes to help with social distancing based on a 10' radius of space per participant
- Fitness equipment will be sanitized at the end of each class by class participants
- Multiple fitness supply and sanitizing stations located in each fitness space
- There will be no daily attendance check-off rosters posted
- Participants are encouraged to bring their own water bottle, towel, mat and equipment to class
- Locker room usage is discouraged, unless absolutely necessary, to help reduce traffic flow and improve sanitizing efforts in this confined, high-touch space.

Outdoor Fitness Classes:

- Participants will be positioned to allow for 10' radius of space
- Fitness equipment will be sanitized at the end of each class by class participants
- Participants are encouraged to bring their own water bottle, towel, mat and equipment to class

Water Fitness Classes:

- Limited enrollment in all classes to help with social distancing based on a 2 per lane ratio
- Fitness equipment will be sanitized at the end of each class by staff
- Participants are encouraged to bring their own water bottle, towel, and equipment to class
- Please help to keep our locker room facilities safe by wiping down anything you touch and limit use of these facilities

Pickleball:

- Limited participants allowed per scheduled play (Includes limited waiting list)
- Singles-play only through 7/5; doubles play will resume on 7/6/20
- Participants are encouraged to bring their own equipment; limited check-out equipment will be available
- Multiple sanitizing stations located in each fitness space

PROGRAM SAFETY PROTOCOL | YOUTH PROGRAMS

Aquatics/Swim Classes:

- Limited enrollment in all classes to help with social distancing
 - o Parent/Child classes limited to 8
 - o Swim lessons limited to 4
 - o Competitive swim practice limited to 2 per lane
- Waiting area will be marked out to support social distancing spacing
- Class equipment will be sanitized with bleach/water solution at the end of each class by staff
- Participants are encouraged to bring their own water bottle, towel and goggles to class
- Locker room usage is discouraged, unless absolutely necessary, to help reduce traffic flow and improve sanitizing efforts in this confined, high-touch space.

Outdoor Training Classes (Peak/Peak Junior/Summit):

- Participants will be positioned to support social distancing
- Participants will sanitize hands with general sanitizing solution at the beginning and end of each class and upon changing stations
- Class equipment will be sanitized daily with bleach/water solution at the end of each class by staff
- Participants are encouraged to bring their own water bottle, towel, mat and equipment to class

Gymnastics:

- Limited enrollment in classes to help support social distancing
- Participants must wash hands and feet with soap before and after practice
- Participants will sanitize hands and feet with general sanitizer upon change of stations
- Gymnastics equipment will be sanitized at the end of each practice