

# AIRBORNE

## Xtreme

# Trampoline & Tumbling

Airborn Xtreme T&T is committed to providing a safe and healthy environment for all instructors, athletes and visitors. Our Covid-19 preparedness protocol will follow a three part phased approach to reopen our facility under the guidelines of the Center of Disease Control and Prevention (CDC) and Occupational Safety and Health Administration (OSHA) standards along with additional instructor training and business operation protocol guidelines.

### Phase 1:

- Prepare facility.
- Reopening of Airborn Xtreme to Competitive Team and Private Lessons by appointment only (1:1 or 2:1).

### Phase 2:

- Continue Phase 1 policies.
- Limited Recreational classes offered.
- Private Lessons by appointment only (1:1, 2:1 or 3:1).

### Phase 3:

- Restrictions lifted.
- Resume regular programming adding open gyms and birthday parties.

## Building Preparation:

- Daily enhanced cleaning procedures in lobby, gym, restrooms and office following CDC and public health guidelines.
- All doors will be propped open during business hours or sanitized throughout the day.
- Hand sanitizer stations will be available at entrance of the building.
- Equipment/Mats will be disinfected after each athlete use.
- Porous surfaces will be temporarily taken out of use.
- Drinking fountains and locker area will be closed.
- No loitering around entrance/exit area.

## Instructor Guidelines:

- Temperature check and will adhere to 24 hour wellness standard illness policy.
- Wash or sanitize hands after each direct physical contact.
- All instructors will carry a small bottle of hand sanitizer at all times.
- Instructors and athletes shall practice social distancing of 6 feet apart.
- Instructor/s shall adhere to PPE requirement if mandated by the Dept. of Health in lobby and gym area.
- Instructor/s travel will be monitored and isolation following travel will adhere to MDH recommendations.

## Client and Athletes:

- All athletes should arrive dressed and ready to practice with hair tied up.
- All athletes should be encouraged to use the restroom prior to leaving your home, washing hands thoroughly.
- Please temperature check your athlete prior to departing for our facility. Only 99.5 or below may attend.
- Please do not arrive sooner than 5 minutes prior to class time and exit the facility immediately after, using the designated exit.
- Drop off/Pick up encouraged. No more than 1 adult per athlete in building (no siblings), masks are mandatory for that adult.
- Masks are optional for athletes, but encouraged to be worn in the lobby and gym area.
- Viewing area will be limited occupancy; all must adhere to social distancing guidelines.
- Wash hands before/after entering the gym.

- Bring and your own (filled) water bottle and place in designated area for water fountains will not be functional.
- No snack-time break will be allowed at this time. Please do not bring any food items with you inside the facility.
- Instructor/s and athlete/s shall practice social distancing of 6 feet apart.
- Basic progression training will be practice along with basic strength and conditioning.
- Coaches may spot athletes only in an emergency situation.
- Parents of athletes are advised to continuously monitor their child for any signs or symptoms of Covid-19.
- Please stay home if you or any household member is sick or under healthcare provider quarantine.
- Parents are required to report any family members who have been diagnosed with Covid-19 to office staff/instructor and to follow all CDC precautions.



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