

Barcroft Sports and Fitness Center Guidelines for a Safe Return

- 1) Do not come to the gym if you have a fever, cough, or difficulty breathing.
- 2) Do not come to the gym if you have been in contact with someone with COVID-19 in the last 14 days.
- 3) Please wash your hands before you come to the gym, and again before you leave the gym.
- 4) Coaches and gymnasts will be asked health screening questions prior to entering the facility, and per the Governors Forward Virginia Plan.
- 5) Gymnasts will line up at the front door before entering the building. The Gym Coordinator will come to the front door to let gymnasts into the building. The front doors will remain locked until health screening questions are administered to all gymnasts.
- 6) Gymnasts should wear masks when entering the building. Masks can be removed once they have arrived at their workout location.
- 7) Gymnasts will use the exit nearest their workout area for dismissal. Coaches will escort gymnasts to the parking lot. Gymnasts should wear masks when exiting the building.
- 8) Parents observing practice should wear a mask to help prevent the spread of COVID-19. Areas to watch are clearly marked in the mezzanine area.
- 9) To help achieve the correct patron load in the facility, please do not bring other siblings, grandparents, friends if avoidable. More information on occupancy can be found [here](#).
- 10) All community chalk bowls will be removed. See FAQ's below for best practices for chalk use.
- 11) Gymnasts should not feel pressure to come to practice. Stay home if you are sick. We will welcome you back when you are ready.
- 12) For the foreseeable future, snacks will not be allowed in the gym. Water bottles are encouraged.
- 13) Please store equipment 6 ft. apart. Use of cubbies in the gym is not allowed.
- 14) Coaches and gymnasts will maintain 10 ft. of social distance during workouts. USAG does allow for spotting in their safe return to the gym guidelines. [Read more here.](#)



DEPARTMENT OF PARKS AND RECREATION

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