

Welcome to Tot Sports at Body Zone!

Safety Measures & Important Class Details

BEFORE YOU ARRIVE:

- One parent or guardian per child will be permitted to enter the facility five minutes before the program start time. Siblings or other family members are not permitted.
- Make sure everyone attending is healthy. If you or the participant/child is sick or you suspect one of you may be sick do not come to the lesson.
- You do not need to bring any equipment, just sneakers and a water bottle. Make sure your child is dressed at home and ready to go when you arrive.
- Don't forget your face masks. All parents/guardians are required to wear a face mask, covering nose and mouth, at all times while at Body Zone. Children over two years of age must wear a face mask before and after their program.
- Some of our Tot Sports programs are separated into age groups. Please remember that tots may be moved up or down to another group after the first class based on the coach's discretion. We want everyone to have the best possible experience. Our Tot Sports classes are fun, positive and non-competitive to promote social interaction, physical activity and confidence. We believe in keeping score at Body Zone, just not quite yet at this age. Our goal is to have fun so kids can develop a lifelong love of being active which we believe will benefit them forever!

WHEN YOU ARRIVE:

- Please be sure to arrive no more than five minutes before class time. You must check-in at Guest Services on our main level for a touch-free temperature check for parent/guardian and participants. This is mandatory for all customers/members/guests. **If not already submitted, you will be asked to complete a Body Zone Liability Waiver.**
- Social distancing, six-feet or more apart, is mandatory while at Body Zone.
- Make sure to wash your hands and/or use hand sanitizer prior to the program. We will have "Sanitation Stations" in our ice sports lobby and ice rink for this purpose.
- After checking in at Guest Services, please proceed to Field 1 or the court to check-in for class and get your child's name tag.
 - **At Field 1**, please stay in the hallway until the coach checks your tot in for class. During class, please stay off the field and behind the glass, at a safe distance from other adults.
 - **At the court**, please wait along the glass wall until directed by the coach to check in for class. Please stand along the court, wearing your mask, and at a safe distance from other adults.



DURING CLASS:

- **While class is in session, parents/guardians must utilize the "Designated Viewing Area." Please adhere to social distancing rules in this area and please do not travel to other parts of Body Zone.**
- Please do not use any other restrooms at Body Zone besides our main corridor restrooms located just past Guest Services.

AFTER CLASS ENDS:

- When the program ends, parents and children must leave Body Zone immediately so Body Zone staff may begin disinfecting the utilized areas.
- Body Zone's face mask and social distancing rules apply while in our parking lot. Please exit the premises after your program ends and refrain from gathering in groups and socializing.

If you have any questions, please refrain from in-person conversations with the instructor. Instead, please contact Body Zone's Director of Youth Programs, Donna Lascoskie at 610-376-2100 x283 or [dlascoskie@bodyzonesports.com](mailto:d lascoskie@bodyzonesports.com) or Jason Bowman: jbowman@bodyzonesports.com

Tot Sports coaches follow Body Zone COVID-19 Employee Guidelines as detailed here: bodyzonesports.com/safety.

They must wear masks at all times and complete temperature checks and health screening before every shift.

