



COVID-19 PROCEDURES & OPERATIONS

TRAINING OUTSIDE

We understand that during the mask mandate some athletes would prefer to complete their conditioning work outside where a mask may not be required. It is imperative that ALL guidelines below are followed in order to not lose this ability for ALL athletes. If unsure, ask a coach.

→ UTILIZE ONE OF THE 3 OUTDOOR MATS

Any athlete training outside MUST utilize 1 of the 3 mats. The large rubber one outside the sliders OR one of the 2 moveable mats that should be rolled up & stored by the front doors (on either side).

→ PASS ON THE MAT OR PUT IT BACK WHEN YOU'RE ONE

Just like a piece of equipment - don't hoard it! Make sure you put it back inside after OR directly hand it off to the next person who asked for it. Do not just leave it.

→ NEVER LEAVE EQUIPMENT ALONE OUTSIDE

If you can't see it, assume it's going to be stolen, and that bill will be added to your account.

→ DO NOT DIRECTLY FACE ANY PUBLIC WALKWAYS

People need to be able to safely & comfortably enter & exit the building (not just Raincity) please ensure there's at least 10' of room for people to pass by.

→ MAINTAIN 10' OF DISTANCE FROM OTHER ATHLETES

You must still follow all protocols, 10' of distance must be maintained between you and any other athletes / machines / cardio being done.

→ DO NOT USE EQUIPMENT ON CONCRETE

Including (but not limited to) Jump ropes, slam balls, dumbbells, wallballs, or anything else that could be damaged. That's what the mats are for!

→ DO NOT BLOCK ANY DOORWAYS, INCL. EMERGENCY EXITS

Watch out for the doors between the OG / Annex - they are building emergency exits and cannot be blocked at any time (and may randomly swing open!)