

USA Ninja Challenge

Gym Covid Response



We look forward to welcoming you and your Ninja to your class/half-day camp program experience! Here are the key components of USA Ninja Challenge's updated gym process plan that positions us for a safe experience for all Ninjas, families and staff :

Self-screening : We require staff, parents/guardians, and Ninjas to self-screen prior to each entry into the facility. The Daily Health Check confirms that there has been no experience of COVID-19 CDC-defined symptoms including cough, shortness of breath, or any two of the following symptoms: fever, chills, repeated shaking with chills, muscle pain, headache, sore throat or a new loss of taste or smell . Individuals who are experiencing any of these symptoms are not permitted to enter the building.

Personal Protection: All employees are required to wear a facemask or other cloth face covering that completely covers the nose and mouth. In accordance with CT sector rules, gloves and eye protection are required when using cleaning agents.

In accordance with State of Connecticut statute, masks are now required in gyms and fitness centers - no exceptions.

Social Distancing: In accordance with CT sector rules, social distancing is in effect throughout the building, including the gym. We have placed visual cues in the lobby and gym areas to enhance awareness.

Ninja Hydration/Hand Hygiene: Water fountain use shall be restricted to water bottle filling stations only. All Ninjas should come to the gym with their own filled water bottle. Ninjas will sanitize upon entry to and exit from the facility. In addition, hand hygiene will be performed at multiple intervals during all programs . Although there will be multiple sanitization stations in the facility, Ninjas are welcomed and encouraged to bring their own hand sanitizer to class.

Personal Belonging Storage: We have discontinued the use of personal storage cubbies. Ninjas attending classes, events, or other activities will be provided with a plastic bin to stow their gear. Belongings should be kept to a minimum. These bins will be placed around the perimeter of the gym, following social distancing guidelines. The bins will be cleaned/disinfected between use.

Enhanced Cleaning and Disinfection: The class schedule has been modified to allow for enhanced cleaning and disinfection between classes. Only EPA-approved disinfection agents that work against coronavirus are used within the facility, with staff receiving weekly training refreshers. Multiple sanitization stations are set up throughout the facility.

Viewing Area Changes: To ensure appropriate social distancing, we are restricting our viewing area. NOTE: There is a limited amount of viewing space for parents of Junior Ninjas or children with special circumstances. To reserve a spot in our viewing area, contact us prior to your Ninja's class. We can only accept requests from one adult per family. Observing adults must follow social distancing guidelines, including the use of a face mask/covering.

Pick up/Drop off: Drop off and pick up your athlete at our front door for all Ninja classes and events. Please be sure to practice social distancing.

Guardian Agreement: A **Guardian Agreement must be completed** for Ninjas participating in any class or other activity at USA Ninja Challenge. NOTE: this Agreement is in addition to the existing waiver. Both forms are accessible on our [website](#) .

We have made numerous facility alterations, ensured the availability of protective equipment and cleaning supplies, and assembled process changes that ensure the safest environment possible for your child's classes at Ninja. Should you have any questions or concerns, please do not hesitate to contact us.

We look forward to seeing you soon!