

**\*If you are sick, or been around anyone with an illness of any sort PLEASE STAY HOME. We will not tolerate repetitive coughing or sneezing of any kind. You will be asked to leave immediately.**

**WHEN ARRIVING AT CCS :**

1. Please arrive at least 10 mins prior to your designated class. BE EARLY PLEASE!!  
Contact us ASAP if late or unable to attend. Cancellations and rescheduling are available up to 24hrs prior to your class at no cost, otherwise Any missed classes have an automatic drop in fee of \$19.80 charged to your credit card.
2. Get into the line along the retaining wall, stand on the chalked out spots. There is No guests or visitors allowed. Unfortunately with the space and number restrictions parents will need to drop off/pick up your kids. If you want to watch, it will have to be from the outside grass area but If your child is having a hard time on their own one parent may be in the station with them. If parents need to make payments you can come in at the same time as your child.
3. Students will not be allowed to enter the gym until it is completely disinfected. \*All classes will be 45 minutes in length to accommodate proper cleaning between classes.
4. BE READY !! When entering CCS you should be wearing what you're working out in and ready to go. We need the line to move fast.
5. Students must bring a SMALL WORKOUT bag with them that includes their water bottle, Sweat Towel, hand sanitizer, gloves, or small weights depending on class you're in. (Do not use HAND SANITIZER on mats- please apply before or after being on the mats please, it bleaches them!! Eeeek.)
6. When entering CCS you will take your shoes off (SANDLES are the quickest) and we recommend bring a plastic bag to put them into, and/or put inside your gear bag. All belongings will go with you to your station. Do not use the cubbie room.
7. You can sanitize your hands before heading into the gym. Do not use any hand sanitizers on the mats please as they bleach them.
8. Washrooms are closed unless it is absolutely necessary. We want you to arrive ready for your workout so please do not use washroom to get changed. If the washroom is used you are required to clean and disinfect after yourself with the supplied wipes. Thank you.
9. Once inside CCS your instructors will be assigning you to your station. Follow their instructions at all times.
10. Your gear bag with shoes inside will go beside the red bin provided at each station that holds disinfectant and paper towel for each student to clean their station when finished (or as needed) PLEASE be sure you bring a sweat towel with you to avoid an extra slippery area.
11. Be sure to mind your space. We have an X marked in the middle of each station with cones to guide you of your boundaries.
12. When finishing your class we ask that you spray your paper towel with the cleaning spray and wipe from the top cone back to your sanitizing bin. Please clean anything you touch!!!

13. Be sure to grab all of your belongings.
14. Please throw the paper towel in the garbage can at the back door as you leave.
15. Hand sanitizer will be provided as you exit.
16. We will be having students exit out the back door. PARENTS- Please note we need you to pick up your children from the door by the grass side of gym to avoid them walking through parking lot by themselves.  
Thx.
17. Please put your shoes on outside the door.
18. Try not to gather in close groups outside please.
19. Be sure to shower ASAP upon getting home.
- 20. HAVE FUN!!!!**