

## Adult Drop In Participant Guide

### Arrival:

- **All Drop In bookings must be completed online. No walk-in's will be accepted at this time.**
- **Please do not come if you are sick.** Please take your temperature before coming to the facility. If you have a fever of 38 degrees or higher, please do not come.
- We will provide an account credit to those who signed up online and call us in advance of the Drop In start time alerting us of an illness.
- Drop In begins at 8:30 p.m.
- Curbside check in will be available from 8:25 p.m. – 8:35 p.m. Please arrive on time. Our doors will be locked at 8:45 p.m. and any arrivals past this cut off will not be permitted.
- Upon arrival, please line up on the distance markers outside the facility or remain in your vehicle until an open space becomes available.
- All participants will be checked in curbside. Please be prepared for inclement weather.
- Please note that our change rooms are currently closed. Please come dressed for gymnastics.
- To facilitate a quick check in process, please pre-read our Health and Wellness Screening Checklist.
- All participants must use hand sanitizer before entering the facility.
- Please wear a face covering while entering the facility. You do not need to wear a face covering while in the gym.
- Please remove your shoes and put all belongings in a cubby or bring them into the gym.
- Please follow the one-way directional markers which will lead you to the gym entrance.
- Please sanitize your hands on your way into the gym.

### During Drop In:

- Please maintain distance from others where possible.
- Please follow the marked directional pathway while navigating around the gym.
- Please wipe down any equipment you use with disinfectant spray and a paper towel found in the red sanitation stations.

### Departure:

- Adult Drop In ends at 9:30 p.m. sharp.
- At the end of Drop In, please return all equipment to its original location.
- Please disinfect any additional equipment you've used.
- Please wear a face covering and maintain distance while exiting the facility.

### Other:

- Please only use the accessible washroom. All other washrooms will be sanitized and closed for the evening.
- The water fountain is closed. Please bring a water bottle.
- No chalk is available. Anyone requiring chalk must bring their own in an individual sealable container.
- Our vending machine is closed until further notice.