

## **Crusher Combat Sports-NEW STUDENT Info with Covid Guidelines:**

1. All new students MUST contact CCS prior to booking a class online. We do not accept in person drop ins, it must be done online at least 2 hrs prior to the class you are interested in.
2. We are continuing to run with limited number restrictions per class so no spectators are allowed at this time. Parents will need to drop off at front door + pick up your kids from the back door. This goes for all ages. If your wanting 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 allowed in with them.
3. Please arrive healthy and clean 10 mins prior to your designated booking. Please Contact us asap if you are going to be late or not attending. **DO NOT COME IF YOU OR ANYONE YOU KNOW IS SICK!**
4. Get into the line along the retaining wall.
5. Students won't be allowed to enter the gym until it is completely disinfected. \*All classes will be modified in length of time to accommodate proper cleaning between classes.
6. **BE READY!!** When entering CCS you should be **WEARING** your work out attire. Students must bring a **SMALL WORKOUT** bag with them that includes their water bottle, Sweat Towel, hand sanitizer, gloves, and a set of small weights are optional for fitness classes.
7. When entering CCS you will take your shoes off (**SANDLES** are the quickest) and we recommend bring a plastic or recycled bag to put them into, and/or put inside your gear bag. All belongings will go with you to a gear rack.
8. You can sanitize your hands or wash them with soap before heading into the gym. Do not use any hand sanitizers on the mats please as they will bleach the colour out of them.
9. Washrooms are now open but please do not use unless it is absolutely necessary. If the washroom is used You are required to clean and disinfect after yourself with the supplied cleaning wipes.
10. Once inside CCS the staff and/or instructors will show you around. Please Follow their instructions at all times.
11. When finishing your workout we ask that you clean your area and any equipment that may of used or borrowed from bin.
12. When leaving CCS Be sure to grab all of your belongings and put into your bag.
13. We will be having students exit out the back door on the main road side. **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. **BE EARLY FOR PICK UP!!**
14. Hand sanitizer will be provided as you exit.
15. Please put your shoes on outside the door.
16. Be sure to shower ASAP upon getting home.
17. Please be advised that **ALL** students are required to have their own gear and equipment, you can check with CCS staff regarding what is required for the class you are taking. We try to avoid the sharing of any boxing gloves, shinpads, Thai + Hand pads when we can.
18. Please Be respectful to CSS staff, Instructors and other students at all times!
19. If wanting to continue with CCS feel free to contact us regarding what your best option going forward will be. All payments and booking of classes are only available online.
20. **HAVE FUN!!!**

Thank you for following our gym guidelines-

Sensei Keri + Sensei Mike

**Crusher Combat Sports.**