

Health & Safety Policy

1. Equipment disinfected daily, before / after every SESSION.



2. Wash hands and or sanitize before / after every SESSION.



3. Proper use of PPE during sessions as needed.



4. If not feeling well past 24 hours, OR been exposed to someone not feeling well, OR someone that tested positive to COVID 19 within the past 14 days...

RESCHEDULE SESSION - DO NOT COME!!!

AND I will do the SAME!

5. Shoes OPTIONAL at coach discretion.

