

Gymnastics at UIC Practice Plan

Location: CITY club Gym (off campus)

Day: Mon, Tue, Wed, Thu, Fri

Time (for right now): 12pm-3:30 pm

Members

- An estimate of 8-10 members per practice

COVID countermeasures

- Hand sanitization and temperature recording before every practice at CITY Club
- Masks worn during practice
- 6 ft minimum social distance always during practice
- Spray and disinfect all matts and equipment used after practice
- No physical contact with other members unless necessary
- Any individual who violates these rules will have two warnings. After two warnings exec board will meet to discuss any actions needed

Responsibilities of members:

- Everyone is responsible for their own workout but must do their best to stay as one UIC group at the gym
- Wellness checks must be completed before practice
- All members are responsible for making sure their temperatures were taken at CITY club
- Workouts are around 2 hours long, so members are responsible for getting their work done, end with conditioning, then spray down all used equipment before they leave