

G-FORCE AND RANGER 2020 SAFETY PROTOCOLS

1. Athletes will be asked to bring their own chairs to sit on during sessions. Chairs must be placed 6 feet apart. Bench will not be available.
2. There will be no sharing of poles during the session. When your session is over, put your pole up against the shed so coaching staff can wipe down and disinfect.
3. Maintain a safe distance from each other. The CDC recommends 6 feet. We will ask the same.
4. If you are feeling under the weather you must stay home. Whereas Covid-19 hasn't made many young people sick, your coaching staff for the most part are a bunch of old geezers and are more susceptible to this virus than you are.
5. A digital non-contact temperature will be taken of each athlete before each session.
6. Required equipment in your jump bag will be a hand sanitizer for your own personal use. We will expect you to use it often during the session.