



8004 S. Madison Street, Burr Ridge IL 60527

Summer 2020 Covid-19 Protocols

Tier 1 has spent six years training young athletes in our facilities. The safety and health of our participants is the single most important component of our program. Below find the protocols that have been put in place for the Summer 2020 Program.

- Class size will be strictly limited to 8 athletes. We have 1700sq/ft of training space to adhere to social distancing standards. We also spend a good deal of time outdoors.
- Parents, while always welcome to stop in, will not be allowed to remain in the gym unless the class and instructor number is less than 10.
- Training sessions are scheduled on the hour. Athletes will enter through the front door and wash their hands (we have two restrooms and a kitchen). Training will run from the hour to 10 minutes prior to the next hour. After stretching, participants will exit through the back door to keep separation of groups. There is ample parking in the back of the gym.
- The gym will be cleaned with disinfectant daily.
- The 5-minute break, between classes, will also allow for spot surface cleaning of equipment, door handles, restrooms etc.
- As always, there is individual, personal item storage for all athletes.
- Masks are optional for all participants. While we invite any athlete to wear a mask if desired, it is difficult to breathe, through a mask, when her/his heartrate is 190bpm.

We welcome input from our families. Again, Tier 1 is dedicated to the health and well being of every athlete that is kind enough to walk into our training center.