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Winter 2020 HHC Training Center 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 Fall/Winter 2020 – 21 Season.

- Class size will be strictly limited to 10 athletes. We have 1900sq/ft of training space to adhere to social distancing standards. We also spend a good deal of time outdoors on in the rink balconies.
- Parents will not be allowed in the gym before, during or after training sessions.
- Athletes will enter through the front door and apply hand sanitizer prior to any training activities. Training will conclude 5 minutes prior to the next class arrival.
- 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, etc.
- As always, there is 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.
- All athletes will apply hand sanitizer prior to exiting the facility.

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