

# **Brewster Recreation Skippers Jump Rope program Guidelines**

June 4<sup>th</sup>, 2020

**Dates & Times:** Tuesdays, July 14 – Aug 11th 12:30 – 2pm at Eddy School gym

To help preserve the health of our participants and prevent the spread of Covid-19 we are instituting the following guidelines which are effective until further notice. These guidelines may be amended dependent upon how the virus situation evolves and any future recommendations from any governing authority such as the Commonwealth of Massachusetts and the Brewster Board of Health.

**Do not** come if you are exhibiting any symptoms of the coronavirus (mild to severe respiratory illness with fever, coughing, difficulty breathing, or other symptoms identified by the CDC) or have been in contact with someone with COVID-19 within the last fourteen days.

Participants must maintain proper social distancing (six feet) from other participants. The Rec Dept. and Skippers instructors will be sure to set up the kids in their own space in the gym.

Participants are encouraged to leave their personal items in their cars and bring and use hand sanitizer.

Participants will report straight to the gym in the Eddy School. All will have assigned spots. No more than 10 participants will be allowed.

There will be no equipment sharing. Each participant will have their own rope provided by themselves or Skippers coaches.

All equipment will be disinfected before and after each time it is used if borrowed.

Face coverings are strongly encouraged for all participants if they can't social distance.

In addition to all covid-19 guidelines, Skippers rules also apply. STAY SAFE!

**Follow all guidelines set forth from the CDC, State of Massachusetts, and the Town of Brewster.**

*Participants will be encouraged to wash hands before and after class, in the bathroom outside the cafeteria.*