

Open Gym Sanitation Protocol

- Leave door from entry room into studio training room propped open at all times so no one has to touch that door.
- OG host will make a new batch of bleach solution each session (1 tsp bleach/8 oz water).
- *Asterisked items applicable only to instructors*

ENTERING

1. Come in front door, wash hands (at least 20 seconds with hot water and soap) right after entering. Sanitize faucet handles after turning them off or use the paper towel you dried your hands with to turn off the faucet.
 2. Leave bathroom door open at all times, unless you need privacy. Then make sure to sanitize both door handles on your way out.
 3. *Open garage doors and back door, turn on fans, rig points (all with clean hands)*
- If you touch your face/mouth/etc at any point during your training, wash your hands before you touch any shared surface in the studio.

EXITING

1. Once you've finished your training session, head to the bathroom to wash your hands.
2. *De-rig with clean hands, remove apparatus and put it in its special box, then head back up the ladder with bleach solution and wipe down hand rails on your way down*
3. Sanitize your mat thoroughly using the MatGuard solution (do not use bleach solution) and leave the mat close to the rigging point.
4. Students leave through garage doors.
5. *Wash your hands, then turn off fans, close garage doors and back door, lock up.*

Silks Rental Protocol

1. Rental includes silks, rescue 8, and carabiner.
2. Monthly payments are \$25.00.
3. After 6 payments (\$150), the student will own the silks, rescue 8, and carabiner.
4. If the student discontinues open gyms/classes before the end of the 6 months or misses a monthly payment, the equipment will belong to Dragonfly and will be washed and sanitized to rent to another student. Special circumstances involving continuation of rental with a missed payment requires Management Team approval.
5. Silks, rescue 8, and carabiner must remain in the studio in individual box during rental period and as long as the equipment is used at the studio for open gyms/classes.
6. Equipment will be rigged in the studio by instructor/open gym host, per sanitation protocol.
7. Silks will be washed as needed by Dragonfly as long as it is used in open gyms/classes.

Open Gym Guidelines

1. Register on the Dragonfly website and pay online beforehand. Open gyms are capped at three students to ensure proper distancing between rigging points.
You may also call to reserve your spot (865) 609-2012 and bring cash to the studio. Exact change only. Receipts will only be provided if requested (electronically? at a later time)
2. To mitigate COVID-19 spread, there will be no fabric sharing. Each student is required to have their own apparatus. If the student is bringing their own, the instructor/host must inspect equipment. Personal equipment must remain at the studio as long as the equipment is used at the studio for open gyms/classes.
3. Silks rentals are available through the studio. (see Silks Rental Protocol). If renting, make first silks rental payment (\$25) online to ensure equipment availability.
4. Masks are required inside the studio.
5. Once you arrive at the studio, wash your hands (per sanitation protocol) and then check in with the host to confirm your payment method.
6. Bring a box (with lid) to store your silks equipment, rosin/spray, curriculum sheets, etc.
7. Warm ups may be done outside without a mask (minimum 6 ft apart).
8. Remember to be gentle with yourself- body and mind! And have fun!
9. Set a slower pace and take frequent breaks. Step outside the studio to remove mask and take a water break.
10. If you touch your face/mouth/etc at any point during your training, wash your hands before you touch any shared surface in the studio.
11. Stay low to the ground when reviewing skills. Only climb higher when endurance levels reach safe levels (grip strength, etc).
12. Host will monitor fatigue and safety levels and may ask student to take a break, modify approach, or leave if safe practices are not observed.
13. Once you've finished your training session, head to the bathroom to wash your hands.
14. Sanitize your mat thoroughly using the MatGuard solution (do not use bleach solution) and leave the mat close to the rigging point.
15. After host de-rigs, place your equipment in your individual box to keep at the studio.
16. Students leave through garage doors.