

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. First month's payment is \$26.97. The rest of the monthly payments are \$25.00.
3. After 6 payments (\$151.97), 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 (**each student must bring their own box with lid**) 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. There are 5 steps to register for your first open gym; all 5 steps can be accessed in one place- the COVID-19 page on the Dragonfly website (*asterisked items must be completed every time):
 - Sign the new waiver (includes new COVID-19 language)
 - Read our new sanitation protocols and open gym guidelines
 - Reserve your fabric by making the \$25/month payment via the PayPal button (color selection will be first-come, first-serve at the studio)
 - *Fill out the COVID Check-In Questionnaire*
 - *Reserve your open gym time and pay \$10 per session*

Open gyms are capped at three students to ensure proper distancing between rigging points. We cannot accept drop-in students at this time so please register at least 12 hours in advance!

You may also call at least 12 hours in advance to reserve your spot (865) 609-2012 and bring cash to the studio for the open gym fee and fabric rental. Exact change only. Receipts will only be provided if requested (electronically at a later time). Waiver, sanitation protocols, and open gym guidelines can be provided at the studio in person.

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 (and rent-to-own) are available (see Silks Rental Protocol). A very limited number of silks from the studio library are available for scholarship students. If you are interested in applying, please fill out the fabric rental form on the website (on the COVID-19 page).
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 blanket or yoga mat, as warm ups may be done outside without a mask (minimum 6 ft apart).**
7. **Bring a box (with lid) to store your silks equipment, rosin/spray, curriculum sheets, blanket/mat, etc.**
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.