

Hi everyone,

We have officially been approved and permitted for outdoor physically distanced fitness. I am SO excited about this and while our Zoom classes were really great and hopefully a thing of the past, (but maybe also in our future) I can say for certain I am really looking forward to seeing all of your faces again.

Please critically read through this full document for all policies and procedures.

Classes will be inclusive of both age groups, 9-18, while I understand this may not be ideal; this is what is best for us at this time. The workouts will be scalable and modifiable for all abilities and both age groups; thank you for understanding.

These classes will be capped at 24 athletes, plus a coach (25 is what the town of Norwood is allowing), everyone will be spaced 6 feet or greater apart. The coaching staff (adults) will be wearing masks at all times. We will only schedule 1 week in advance. There will be a daily waitlist, if you are unable to make your class please notify me or erase your spot so I can contact the next athlete in line.

Class Schedule:

Monday's 8:30 am and 10 am

Tuesday's 8:30 am and 10 am

Friday's 8:30 am and 10 am

We promise to do our best to adhere to this schedule through the remainder of the summer, but it may be subject to change.

Location:

*Father McAleer's Playground & Park
"Father Mac's" Soccer Field in Norwood
295 Vernon Street Norwood, MA*

Sign Ups:

This will be "pay as you go," with the opportunity to sign-up & pay for a full week in advance. We are choosing this method due to weekly planning and potentially being limited by weather.

I will email & post in our private Facebook group the google sign-up sheet on **Saturdays** for the following week.

***You may fill in a group of girls if others are not available to RSVP as quickly. If you are having trouble filling in the sheet, please reach out! ***

Cost/Payment:

The cost will be 10\$ per class or 25\$ for the week if you commit to all 3 classes in advance.

There will be a bucket to drop **cash** in, there will be **NO EXCHANGE** of cash/change, *please do your best to be prepared for this.*

Venmo: @tia-sapienza

Checks made to: Tia Sapienza

You may pre-pay in full for the week.

There will be no IOUs, thank you in advance for adhering to this.

Arrival/Drop-Offs/Pick-Ups:

Please arrive 15 minutes early for your class, this will allow for our daily check-in process to occur. Please **DO NOT** arrive earlier than 15 minutes, this will ensure there is no overlap of classes leaving us with more than 25 people in the space at a time. This will also allow us time to clean up between classes and for the early class athletes to wrap up and head out.

As we strive to create the safest environment possible for the girls; please wear a mask that covers your mouth and nose when you arrive, *this is not optional and we thank you for understanding.* As soon as the girls are in their designated areas they will be able to take their masks off.

We **WILL NOT** have to wear these when exercising as long as we maintain our appropriate physical distancing requirements.

“Gym bag”:

Please include:

Jumprope (if you have it)

Comfortable sneakers if you choose to wear other footwear to and from

A yoga mat if you are wanting to exercise on a surface aside from grass

An epi pen if you have an allergy

Hydration

Miscellaneous:

There will be hand-sanitizer for use pre and post class.

My apologies, but there are no bathroom facilities at the field.

Please bring a full water bottle (preferably more than 16 oz) as we will also not have access to re-fillable water.

Please either wear a hat, bring sunglasses, or wear sunscreen... we will be completely subjected to the elements and I have no control over that. It may be best to pack these all in your "gym" bag, so you can be ready for anything!

I will have single use ice packs & bandaids on standby.

Inclement Weather:

In the event of inclement weather and we have to cancel class, you will be notified with as much advance notice as possible.

In the event there is inclement weather *during* class, we will not be able to huddle/congregate under cover so please be available to pick up your child within 10 minutes.

Attestation & Stay-Home Criteria

If you or someone in your house is sick or you have been exposed to someone with confirmed or suspected Covid-19, **please stay home from class**. This is imperative for everyone's safety and the continuation of this program.

Please stay home if your symptoms include: fever greater than 100 degrees F or feeling feverish, sore throat, new cough, new nasal congestion/runny nose (not related to allergies), muscle aches, new loss of smell, or shortness of breath.

This daily symptom attestation will be **mandatory**. Please fill this out for your daughter/s day of class to be cleared for participation. We will not be responsible for daily symptom screenings, rather we ask that you do this at home, we will be verifying upon arrival.

[Symptom attestation](#)

I have missed you for so long and we have an incredible opportunity here, but this only works if we all work together. Thank you all for following these guidelines. If there is anything you wish to see work differently, feedback you have, or questions please don't hesitate to reach out.

Thank you,
Coach Tia
(781-252-9291)