

## Sanford POWER Athlete Guidelines

As of 4/29/20

1. Sanford POWER athletes must pre-schedule their training sessions at least 24 hours in advance by calling (701) 323-1125.
2. Athletes should come dressed to train and bring their own water bottles.
  - a. Locker rooms and water fountains will be unavailable until further notice.
3. Upon arrival, athletes should remain in their vehicles until 5 minutes before their scheduled session. Then will proceed to the entry where they will be screened.
4. Upon entering the facility, athletes and staff will have their temperature taken and will be asked COVID-19 screening questions.
  - a. If an athlete's temperature is 100.4 or higher or they answer "yes" to any of the COVID-19 screening questions, they will be asked to return home.
  - b. If you are sick, please stay home.
5. Please use proper hand hygiene throughout your time at Sanford POWER. Athletes will be instructed to use hand sanitizer upon entry and exit of the facility.
6. No visitors or walk-ins will be allowed to enter the Sanford POWER facility.
7. All athletes must maintain a six foot distance from other individuals at all times.
  - a. Group sizes are limited to follow state orders to maintain proper social distancing.
8. All equipment will be sanitized before and after each workout by staff.
9. Workouts scheduled will start on the hour from 7 a.m. to 7 p.m. Monday-Friday and 7 a.m. to 4 p.m. on Saturday.
  - a. Due to limited sign up times, no shows will not be refunded.
  - b. Athletes must provide 24-hour notice for all cancellations.