**B.E.A. Weight Room Regulations**

1. Each person must either complete the Google Form that was sent to your Google email account or the paper form when you arrive before you can work out. Also, your temperature will be taken by a staff member. If you show any symptoms or have a fever of 100.4 or higher you will not be allowed to workout. Anyone who is sick MUST stay home.
2. Proper attire – long sleeved shirt & pants. This is so there is minimal skin exposed. If you don’t meet these requirements you can’t workout.
3. Maximum # persons allowed is 24 students, Tim Young & 2 coaches.
4. Times for workouts must be arranged through Tim Young. You will have 45 minutes for your group to complete their workout.
5. Maximum # of persons in weight room is 24 students, Tim Young, and 2 Board approved coaches.
6. Athletes & Coaches must provide their own water.
7. Dress Code for anyone lifting is a long-sleeved shirt and pants. This is so the amount of exposed skin is minimal. **You must bring a mask in case it is needed while spotting another person. Wearing a mask while working out is optional.**
8. Each area must be wiped down after you finish an exercise. Hand sanitizer should be used frequently.
9. No Handshakes, celebrations, high fives, fist/elbow bumps, chest bumps, hugging, etc. Provide continual reminders of ways to limit exposure to COVID-19 (hand washing, coughing in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)