



WHAT NEEDS TO BE IN MY BAG/BACKPACK FOR CLASS?

All of the athlete's belongings must be kept in 1 athletic bag/backpack at all times. There will be a designated boot tray/area for athletes to keep their bags/backpacks where they will have access to them.

GENERAL ITEMS:

- Hand Sanitizer
- Personal Water Bottle – Filled & labelled (you will not have access to the water fountain)
- Mask – Mandatory
- Extra Mask – in case one becomes soiled
- Plastic bag big enough to place footwear in (Shoes/Boots)
- Non Slip Socks recommended
- Yoga Mat/Beach Towel (labelled)

BARS:

- Grips & wrist bands (If you have them)
- Chalk and water for bars will NOT be available.

Please note that we are asking Athletes to come dressed, ready to train and limit the amount of items brought into the facility.

If athletes do come with clothes on, they will need to be removed at the front door and all clothing must be placed at the athletes designated area and number. This will include a tray for their footwear.

Change rooms will strictly be used for washrooms and a pathway into the gym. Lockers and storage in the Change rooms will NOT be allowed at this time.