PLEASE READ

Our number 1 concern is the safety of the members, staff and our friends and family.

Please abide by these recommendations from USA Boxing, and refer to federal, state and local guidelines daily for any important changes.

Member Responsibilities

- **Stay home** if you have symptoms or are in a vulnerable population (view the CDC website for more information)

- **Be punctual** and only come to the gym at your designated time

- **Wear your gym clothes to the gym** (change rooms will not be available)

- **Wear a face mask** that covers both your nose and mouth. Cough/sneeze into your shirt or elbow joint

- **Use disposable gloves** and **protective eye wear** when appropriate

- **Bring to each practice:** 1. Clean clothes 2. Clean handwraps 3. Clean towel

- **Leave your street shoes** in the designated area

- **Sign-in** at the beginning of each new session arrival

- **If Possible, Bring Your Own Equipment! NO Sharing!** BYOWraps … BYOGloves … BYORope!

- **Social distancing** and stay 6 feet away from each other

- **Use your clean towel** to wipe the sweat off your body often

- **Follow the stations and instructions of your coach**

- **Follow the cleaning instructions** before you leave a station and when you get to a new station

- **Use hand sanitizer often**, including but not limited to EVERY time you take off your gloves

- **Consider bringing your own sanitizer** and bleach/cleanin