

OMC COVID GUIDELINES

Below are guidelines that athletes must follow to participate in SMAP programs.

- Only the athlete registered for the class will be allowed inside the facility.
- Athletes who are not feeling well need to stay home.
- Athletes will be screened before entering the building.
- Any athlete arriving with symptoms will be sent home.
- All athletes must bring and wear a mask through the lobby to their designated training area.
- Athletes will NOT be required to wear a mask while training.
- Coaches are NOT required to wear a mask as long as they maintain six feet distance from the athletes.
- Social distancing will be maintained when not actively involved in drills or scrimmaging.
- Athletes will be required to bring their own water bottle(s); the water fountain will not be available for use.
- Bring a bottle or bottles large enough to accommodate your training session.
- No athletic bags will be allowed in the building.
- Items athletes can bring in the building;
 - cell phone, keys, and water bottle.
- Locker rooms will be limited to one athlete at one time for restroom use only.
- Hand sanitizer stations will be readily available.
- All OMC equipment will be cleaned thoroughly between sessions.

Athletes who drive themselves to training are asked to park across the street in the Rochester Northwest Clinic parking lot.