

Tips for COVID-modified Implementation of the Fit Kids Program

Students should wear masks and wash or sanitize hands before, during, and after class.

Warm ups

SET-UP OPTIONS:

- Create several lines or a large circle using poly spots or short cones as markers to identify where students should stand. Markers should be 6 feet apart as per COVID-19 health guidelines.

Fitness Stations & Games

SET-UP OPTIONS:

- Set up 4 stations and use a tall cone to identify each station. Place poly spots around each tall cone to mark where students should stand. Markers should be 6 feet apart as per COVID-19 health guidelines.

EQUIPMENT:

- Equipment items should be sanitized after each individual use. If you are not able to sanitize the item after each use, find a replacement fitness movement on the Fitness Video Library List page that does not require equipment.

GAME PLAY:

- Games should only be played if Coach is able to determine COVID-modified play in compliance with COVID-19 health guidelines.

PE Games

GAME PLAY:

- Games should only be played if Coach is able to determine COVID-modified play in compliance with COVID-19 health guidelines.

EQUIPMENT:

- Equipment items should be sanitized after each individual use. If you are not able to sanitize each item after use, find a replacement fitness movement on the Fitness Video Library List page that does not require equipment.

Yoga & Cooldown Stretches

SET-UP OPTIONS:

- Create several lines using poly spots or short cones as markers to identify where students should stand. Markers should be 6 feet apart as per COVID-19 health guidelines.

For more information on COVID-19 related health guidelines, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>

DISCLAIMER: These tips and recommendations do not guarantee COVID safety and are not comprehensive. Stay updated on the latest guidelines from the CDC or trusted health professionals to increase safety.