

Daily Procedures for Students and Families During Safer at Home Restrictions

- Entry will be through the Kitchen door only (second door on the front of the building). Please use physical distancing while walking and waiting for entry. Students and parents should wear a mask while in line for entry. Physical distancing markers and directional signage will be posted.
- Students may not arrive early. Check in will begin 10 minutes before class time.
- If necessary, one parent may assist the student through the check in process. No siblings unless they are also enrolled in class at the same time.
- All adults entering the building will be required to wear a face mask.
- Students must be arriving for class to enter the facility. No visitors.
- Everyone entering the facility will have their temperature taken with a touchless forehead thermometer until further notice. Anyone with a reading above 99.9* F will be sent home and asked not to return for 72 hours. We understand the outside temperature may influence this reading, and will retest if deemed necessary.
- Basic health, travel, and contact questions may be asked at check in.
- Shoes and all personal belongings, except a sealable water bottle and trampoline socks, must be placed in a plastic bag or box upon entry. You are encouraged to provide your own bag, but we will have extras if you forget. No shoes are allowed on any carpet or other soft surface. Only bring what you will need for class/training into the gym. No large cloth gym bags please. You are welcome to bring your own hand sanitizer to class.
- Once removing shoes and packing belongings everyone will proceed directly to the restroom to wash their hands with soap and water for a minimum of 20 seconds.
- Athletes will then proceed to the lobby area, place their bag/box in an open cubby, and proceed to a marked waiting spot. They will receive a pump or spray of hand sanitizer as they are called out to class.
- Athletes must stay with their coach through all rotations unless using the restroom. Please use markers placed around the gym to maintain proper physical distancing. Students should keep their sealed water bottle with them during class.
- To use the restroom once class has started please follow the arrows through the dance room and back into the kitchen to maintain one way traffic flow.

- Equipment will be cleaned between each class starting time.
- The lobby viewing area is closed until further notice. We encourage parents to drop students off and return, or wait in your vehicle. We will have limited viewing available in our back compound and at our side access roll up door.
- Students will receive a pump of hand sanitizer between each rotation, and at the end of class before gathering their belongings.
- Students will exit the building through the front office door. Please follow physical distancing rules while leaving and in the parking lot.
- Students must depart as soon as dismissed. Please arrange to meet your athlete outside the main door at the end of class. To assist with dismissal, please wait outside where your child can see you, or have a pre-arranged meeting site for older students.
- Do not bring food into the facility other than a sealable water bottle.. If food is medically necessary, please bring in prepackaged food whenever possible to avoid contamination. Half day campers may bring a small prepackaged snack that must be eaten outdoors during scheduled break times. Full day campers may bring a lunch in a sealable bag or tightly closing lunch box. No cooking or refrigeration facilities are available. Lunch will be eaten outdoors. The water fountain is closed, but the no-touch bottle filler is available.

Other Important Information

Payments must be made online or via phone only at this time.

Makeup classes and free trials may be scheduled starting 8/3/20 unless there is a change in the county health order or general health of the community. This date is subject to change.

NO WALK IN make up classes or DROP IN classes available until further notice.

We request if you travel by air that you consider not attending gym for 14 days after your trip.

If you exhibit any signs of illness, whether related to CoVID-19 or not, please stay home.

We are doing our best to provide a safe environment for all our students and staff. If we are notified that a staff member, student, or their family member has tested positive for CoVID-19 we will contact our clients immediately. Names will not be released according to HIPAA rules.

All training areas, offices, restrooms, doors, and other high touch/high traffic areas will be cleaned at regular intervals throughout the day with a cleaning solution listed on EPA **List N: Disinfectants for Use Against SARS-CoV-2 (COVID-19)**.

What to expect when your child is in class

Although gymnastics, trampoline and tumbling are individual sports, there are times when contact will occur. Our coaches will be doing their best to operate in a physical distancing environment by doing the following things:

All staff members will begin with basic skills and conditioning for their students that require no spotting (understand that the coaches will spot your child in the event that your child requires assistance, or to avoid injury)

Students will be separated by distance markers during warm-up and instruction at events. Every effort will be made to make workouts productive while keeping our students properly distanced.

We will utilize multiple stations to allow distancing between athletes as much as possible.

Coaches will follow specific movement patterns in the gym to minimize group contact.

Please understand that even with the best efforts and intentions, there will be times when athletes will breach the six foot distancing recommendation. In addition, for the safety of your child, our coaching staff will spot (physically assist) when necessary to teach skills safely, to help athletes perform skills correctly and to prevent injury.

Staff members will wear masks while coaching. This is a preventative measure and is not indicative of anyone having, or carrying the virus. Please let your child know this in advance so they are not surprised or upset.

Hugs and high fives will be off limits, but cheering is always welcome!

Basic health, travel, and contact questions

Have you or anyone in your home tested positive for CoVID-19?

In the last 14 days have you been in contact with anyone who is now CoVID-19 positive?

Have you had a fever in the last 3 days?

Do you have shortness of breath or difficulty breathing?

Do you have a new loss of taste or smell?

Do you have a sore throat, chills, or muscle pain?

Is anyone in your house sick?