

# Phase 1

(two weeks)



You must let us know if anyone in your household shows any symptoms of COVID19.

- No athlete or staff with COVID19 symptoms allowed
- If any one in student or staff's household is showing symptoms they cannot attend
- All administration will be handled by email or phone. The parent portal is open for registration and billing.
- Anyone traveling out of state PLEASE let us know so we can communicate with other families.
- Gymnast will be dropped off in the front and picked up in back of the building.
- Temperature check and mask required before entering the building.
- Only Optional Team members
- No more than 10 athletes in gym at once

We advise any staff or families to be Extremely alert within 14 days of travel outside of our state. PLEASE let us know IF ANY signs show of possible COVID 19. We want our families to know right away if this should personal privacy will be observed as always.



### Athletes & Parents

- Temperatures will be taken before entering the gym.
- Designated drop off and pick up locations.
- Mask are to be worn when entering or exiting the building or while doing non-gymnastics related activities.

**\*\*Parents are required to wear mask at ALL times.\*\***

- Athletes must bring their own water bottle, hand sanitizer, and mask in a clear plastic bag.
- Athletes must arrive in clothes for practice.
- No shared snacks.
- All students must carry personal items in a labeled backpack.
- Students will use hand sanitizer between stations and events.

### Staff

- Temperatures will be taken before entering the gym.
- Mask will be worn with in 10ft of gymnasts.
- Hands will be washed/sanitized prior to/at the conclusion of practices
- No spotting
- Trained on procedures and prepared to enforce any distancing protocols
- Gloves will be worn if human contact required.

### Equipment

- All surface areas will be disinfected/sanitized between drills and rotations
- Hour closures for sanitation with our foggers, sprayers and COVID19 cleaning agents and equipment resets.
- Deep cleaning twice weekly
- Bathrooms will be disinfected between uses.
- Limited amount of people and teams in the gym at once.