



ISG COVID-19 Cleaning and Safety Protocol

Student Expectations

- Everyone will have their temperatures taken upon entering the gym.
- Students will use hand sanitizer between stations and events. This means before moving to a different mat or piece of equipment the athlete will clean their hands. Mats and props will be sanitized after each rotation if the students' hands have touched it, as well by the coach.
- Students must arrive in whatever they will wear to practice. We will not be allowing them to line up to use the bathroom or changing room.
- Every student needs to wear their mask at all times unless they are being physically active.
 - When physically active, the child needs to wear their mask under their chin. This is so it is easy and quick for them to put their mask back on when not physically active.
 - Students need to wear a mask when:
 - stretching
 - waiting for the coach to finish cleaning or watching the coach demonstrate, they need to be wearing a mask.
 - moving from one event to the next, they need to be wearing a mask.
 - going to the restroom or while in any common area like the cubbies.

If you see a student or coach not wearing their mask or not wearing their mask properly, it is your job to say something. Remember, coaches must wear their mask unless they are more than 10 ft from the students. Masks should cover your mouth and nose.

- The water fountain will be closed. Students are required to bring personal water bottles. In an emergency, reusable water bottles can be purchased at the front desk for \$7.

- The communal chalk buckets will be eliminated for now. We will be providing each competitive athlete with a block of chalk (or half a block depending on the level) each week. They are required to keep it in a Tupperware container or zip-lock bag provided by the family.
- We are limiting the items all athletes are allowed to bring into the gym
 - Competitive athletes are required to bring-a face mask, water bottle, hand sanitizer, a tupperware container for their own block of bar chalk, and a plastic bag to contain all personal items (including shoes)
 - Recreational Athletes are required to bring 4 items for class: a mask, hand sanitizer, water bottle, and a bag to carry these items. If any child does not have these items (bags excluded), they will not be permitted to participate. Coaches, you must enforce this. You will need to tell that parent they will need to go and get the item the child needs or the child will need to go home. The child will not participate until the parent returns with the item they need. All the items need to be with the kids at all times. It is not okay for them to keep these items in their cubbies. These items will be brought with the child everywhere they go. From station to station, and event to event.
 - Additional allowed items- snack, advil, pre-wrap, tape, feminine hygiene products, grips, supports and other practice necessities. These items must stay inside their plastic bag

Parent Expectations

- We encourage parents to avoid coming into the gym. However, due to Safe Sport, we cannot (and would not) prevent parents from entering the gym. We have created a designated space 6 ft apart for parents to stand in the upper deck.
 - Parents who enter the gym will have their temperatures taken and be required to wear masks at all times.
- If an athlete has a temperature or is showing symptoms, they will not be allowed in the gym to practice. If someone your child comes into contact with outside of the gym that shows symptoms, we ask that you do not attend practice. The same will apply to coaches and anyone else entering the gym.
- There will be an updated waiver on the Parent Portal that must be filled out before practice resumes.

Drop off and Pick Up

- Drop-off will work similar to school. The athletes will remain in the car until they get to the front door. Upon entering the building, their temperature will be taken.
- Pick up- All patrons must exit out the back. Pick-up will be conducted at the back entrance, which minimizes overlapping during drop-off and pick-up. Please find a parking space and wait patiently for your athlete class to come out. Please help us keep the parking lot safe.
- Parking is available in the front lot, back lot, and in the side lot.
- If an athlete has a temperature or is showing symptoms, they will not be allowed in the gym to practice.

Staff Expectations

- Staff will be required to wear masks in communal areas and within 10 ft of an athlete
- All staff will have their temperatures taken upon entering the gym.
- Spotting will be limited. Coaches will set up stations that do not require spotting to minimize contact. The Coach and the athlete you are spotting MUST each wear masks. Both will sanitize before and after. Only spot when necessary.
 - In the case of an emergency or injury, coaches will wear gloves.

Staff Cleaning and Equipment Protocol

- The gym will be fogged several times each day in addition to the cleaning happening during class/practice, to allow coaches to sanitize and reset equipment.
- The bathroom will be disinfected between uses. Because there are only two bathrooms, children will have to use the bathroom one at a time. We will not allow gymnasts to line up or congregate in that narrow hallway. Should a line occur, it will be spaced in the lobby area.
- We have measured and marked the gym in a creative and fun way to ensure the kids are 6-8 feet apart, and keep our rotations dynamic and challenging.
We are limiting the amount of people and teams in the gym at once.
- We are unable to use the powerful chemicals on the beam, bars and vault due to this, children will use hand sanitizer between turns.
- The loose foam pits will be off limits.
- We have added Hepa air purifiers and UV Lights to our cleaning procedures.