

- KEEPING STUDENTS AND STAFF SAFE
- GETTING BACK TO FUN, SAFE GYMNASTICS
- DO THINGS THE RIGHT WAY, ALWAYS!!



We remain committed to protecting our families and employees by creating a guide that will help prevent the spread of viruses and illness

**PHASE 1
FIRST TO RETURN**



COMPETITIVE/ADVANCED

**PHASE 2
SECOND TO RETURN**



CLASSES

**PHASE 3
THIRD TO RETURN**



SUMMER PROGRAM

HEAD OVER HEELS GYMNASTICS PROTOCOL

Employee Guidelines	<ul style="list-style-type: none"> - Staff will follow illness policy including temperature checks and 24-hour wellness standard - Staff will sanitize hands prior to/at the conclusion of and in between classes - Staff will avoid direct physical contact with children whenever possible (spotting is limited to necessity for all instructional classes) - Staff will be diligently trained on procedures and prepared to enforce any distancing protocols - Staff will adhere to PPE requirements if set by the local Board of Health - Employee travel will be monitored and isolation following travel will adhere to MA Board of Health recommendations
Building Preparation	<ul style="list-style-type: none"> - Disinfect and sanitize in prep for 'return to work' (use of Bioesque, EPA approved sanitizer) - Use of Bioesque, effective against COVID-19 throughout the building prior to open and throughout the day - All surface areas will be disinfected/ sanitized multiple times daily once reopened - Hand sanitizer stands throughout building to be accessible and monitored for refill - Drinking fountains covered and students encouraged to bring water bottles. - Pit covered with Mats and is only to be used with mats covering foam cubes
Entering the Building	<ul style="list-style-type: none"> - Drop-off/ pick-up if able; No more than 1 adult per child in building - Students will be required to sanitize/wash hands upon entering gym
Traffic Flow and Physical Distancing	<ul style="list-style-type: none"> - Athletes and parents will use separate entrance and exit to control physical distancing and traffic flow - Parents will be required to wear a mask and directed where to sit (6 feet apart) and view class to control distancing and flow - 250sq. ft/athlete in the gym for teams; student ratios and stations will be modified in class programming
Prior to Class	<ul style="list-style-type: none"> - Students will be required to sanitize/wash hands upon entering the gym - Employees will have disinfected/sanitized all equipment, entrance and exit points - Students may be temperature checked upon entering the gym; students who appear ill or who have a temperature over 99.5 will be sent home
During Class	<ul style="list-style-type: none"> - Athletes will sanitize/wash hands (supervised) after every rotation - Lesson plans have been modified to omit partner activities - Lessons have been modified to limit use of props. Props will be sanitized after each individual student's use - Stations and activities will be modified to allow safe distance between children - Porous surfaces such as carpet squares and bean bags will be temporarily taken out of use - Athletes will stretch/body shape/strengthen on vinyl mats that can be cleaned - Each athlete will bring a backpack to include chalk in their personal plastic container, water bottle, grips
After Class	<ul style="list-style-type: none"> - Athletes and parents will use separate exit to control traffic flow - Employees will begin disinfecting/sanitizing all areas used immediately to get ready for the next group