

<p><b>Employee Guidelines</b></p>	<ul style="list-style-type: none"> <li>- All staff will be required to stay home if they feel unwell or have a temperature of 100.4 or higher.</li> <li>- Staff will complete a wellness check upon arrival to each shift.</li> <li>- Staff will sanitize hands prior to, at the conclusion of, and in between classes.</li> <li>- Staff will avoid direct physical contact with children whenever possible (spotting is limited to necessity for all instructional classes)</li> <li>- Staff will be using an approved disinfectant, effective against COVID-19, throughout the building, during the day, after each class, as well as a deep clean at the end of each night.</li> <li>- Staff will have disinfected/sanitized all equipment, entrance and exit points.</li> <li>- Staff travel will be monitored and isolation following travel will adhere to MA Board of Health Recommendations</li> <li>- Staff will be required to wear a mask at all times</li> </ul>
<p><b>Drop Off/Pick Up</b> Please arrive no sooner than 15 minutes prior to class</p>	<ul style="list-style-type: none"> <li>- Please use the hand sanitizer upon entering the facility.</li> <li>- Each class, an adult needs to complete a Gymnast Wellness Check. Please complete the sign-in sheet when you enter the building. If you are not accompanying your child into the building, you may have them turn in the Gymnast Wellness Check form. These forms are available on our website.</li> <li>- Please do not arrive sooner than 15 minutes prior to the start of your class.</li> <li>- Please <b>do not</b> come to class if you or a family member has been sick or had a fever in the last 24 hours.</li> <li>- The entrance and exit will be monitored to control physical distancing and traffic flow.</li> <li>- At class dismissal, staff will bring gymnasts upstairs first and then out to the front of the building for those who are picking up outside.</li> <li>- <i>All children 6 and under (or those that need assistance) should have a parent/guardian wait with them prior to class. To help with congestion at the cubbies during dismissal time, please take your child's belongings upstairs where they will meet you after class.</i></li> </ul>
<p><b>Entering the Building/Class Viewing</b></p>	<ul style="list-style-type: none"> <li>- All gymnasts and visitors must wear a mask while in the facility. Gymnasts will wear their mask throughout their gymnastics class. If there is a skill where they feel more comfortable taking off their mask they may do so and then put it back on afterwards.</li> <li>- Upon entering the facility, everyone must use the hand sanitizer located on the inside of the front door. It is placed prominently throughout the gym; please use it upon entry and exit</li> <li>- No more than 1 adult per child in the building. Due to social distancing protocols we have limited viewing space.</li> <li>- Please maintain 6 ft distance at all times and masks must be worn while inside the facility.</li> </ul>
<p><b>Prior To Class/What to Bring</b></p>	<ul style="list-style-type: none"> <li>- Gymnasts will need to bring their own water bottle to class as we are not using the water fountain at this time. They can bring their water bottle into the gym with them so they do not need to go back and forth.</li> <li>- All shoes, jackets, sweatshirts and clothes must be put in a cubby one at a time when class is being called in. Children should not gather around the cubbies.</li> <li>- Shoes must be worn while inside the bathrooms.</li> </ul>
<p><b>During Class</b></p>	<ul style="list-style-type: none"> <li>- We have made groups smaller, giving each gymnast their own space to keep with proper social distancing protocols</li> <li>- Athletes will sanitize after every rotation</li> <li>- Lesson plans have been modified to omit partner activities</li> <li>- Equipment and mats are sanitized in between each group and floors are disinfected each night.</li> <li>- Pits will only be used when covered with mats.</li> </ul>