

Reopening Safety Standards & Guidelines

- All athletes, parents, and staff must be fever, diarrhea, sore throat, rash, pink eye, and vomiting free for 24 hours. If you have ANY symptoms of illness, DO NOT attend practice.
- Temperature monitoring of staff and athletes will be done upon arrival. Anyone over 100.4° degrees will be sent home.
- Everyone will be prompted to use hand sanitizer upon entering the gym and encouraged to wash their hands after class.
- Physical distancing is required throughout the facility. Tape, Velcro, and decal indicators will be provided for clear distancing guidance.
- The door for the locker room is the IN door to the gym and the door by the vault runway will be the OUT door.
- The water fountain will not be in use during this time, everyone is encouraged to bring their own water bottle.
- The gym equipment will be sanitized between each class and again at the end of each night with CDC and EPA approved cleaning and disinfectant products.
- There are hand sanitizer stations and mat cleaning stations placed throughout the gym for anyone to use.
- High traffic areas and restrooms will be continuously wiped down throughout the day and after each class.
- Do not arrive at the gym earlier than your class time and be sure to arrive for pick up on time.

Athlete and Families Procedures



- One parent per athlete permitted in the facility. Drop off and pickup only are highly encouraged during this time. If you are in the lobby, you must comply with social distancing by remaining six feet away from another person, must wear face masks, and are encouraged to remain on the bleachers.
- Everyone must wear masks when arriving and leaving the gym. Athletes will be able to remove their mask off once they are at their physical-distanced station but should be reapplied while using the bathroom or while exiting the facility after training.
- Each athlete is required to bring along a bag to put their belongings in. Athlete's clothes, shoes, water bottle, mask, sanitizer bottle, chalk bucket & spray bottle (team kids) will need to be contained. Spaces in the gym will be designated for each child's belongings that are at least six feet away from other children to eliminate congregation.
- Chalk stations have been removed – team gymnasts will need to bring a small plastic container to store their own supply of chalk. The gym will provide each team athlete with a ½ block of chalk. If a gymnast uses a spray bottle, they should bring their own.
- Each child will also need to provide their own athletic tape and pre-wrap to avoid sharing with other athletes.
- Families must read and sign this document to agree they understand and will abide by our new safety procedures before reattending classes for everyone's safety.

Coaching and Staff Expectations



- Staff will be temperature monitored upon entering the facility. Anyone with a temperature of 100.4° degrees or higher will be sent home.
- Staff will be wearing masks while in the facility.
- Staff will be limiting physical contact (ex: spotting) especially during phase 1 reopening. Athletes will be building back up to the level they were at and minimal spotting will be required.
- Staff will send any child home that is sneezing, coughing, feeling ill or has a temperature over 100.4°



Reopening Phases

SOFT OPENING

Soft Opening: June 1-4

All of the reopening standards as previously listed will be followed along with the following:

- The gym will be open but will only allow one team or class at a time with a max limited of 8 athletes per time slot, and with limited practice hours to avoid injury.
- Parents must reserve their class spot by registering for class online through the parent portal. Classes during this time are to be used as make-ups for the end of March and no payment will be required.
- Social distancing will be enforced while working out at the gym and in the lobby.
- There will be no physical contact (ex: spotting) during this phase
- Virtual Zoom workout classes will continue to be offered for free for all gym members.

PHASE 1

Phase 1: June 8-26

All of the reopening standards as previously listed will be followed along with the following:

- The gym will be open with a summer practice schedule that includes summer camps with max limit of 25 athletes in the gym.
- Parents must reserve their class spot by registering for class online through the parent portal.
- Parent Tot, Pre-School, Pre-Beginner, and Fireflies classes will resume in Phase 2.
- Social distancing will be enforced while working out at the gym and in the lobby.
- There will be no physical contact (ex: spotting) during this phase
- Virtual Zoom workout classes will continue to be offered for free for all gym members.

PHASE 2

Phase 2: June 29

All of the reopening standards as previously listed will be followed along with the following:

- The gym will be open with a summer schedule that includes summer camps. Occupancy limits will be reassessed during Phase 1 and will comply with government guidelines.
- Parent Tot, Pre-School, Pre-Beginner, and Fireflies classes will resume with limited sizes
- Social distancing will be enforced while working out at the gym and in the lobby.
- There will be no physical contact (ex: spotting) during this phase.

PHASE 3

Phase 3: Date TBD

Specific Dates Will Be Monitored And Released Based On Government Guidelines

All of the reopening standards as previously listed will be followed along with the following:

- The lobby will be reopened.
- Masks will no longer be required.
- Friday night open gym will resume.
- Class ratios will return to normal (eight athletes to one coach)

I have read the Tri-County Gymnastics & Cheer's updated Reopening Safety Standards and Guidelines and agree to comply with all of them for the safety of each athletes, family, and staff member.

Parent's Name: _____ Parent's Signature: _____ Date: _____