



# TEAM

Policies & Procedures for Return to Play After Covid-19

# Gymnastics World

## Our Commitment to Safety

Gymnastics World is committed to the health and safety of our families and communities.

## In with the Experts

We are in constant contact with authorities and experts to align our policies and procedures with their guidance.

## Going above and beyond

All Gymnastics World facilities have been treated with [MicroShield360](#) to further limit surface spread diseases.

Additionally, GWT staff routinely uses [Evaclean Purtabs](#) and [Neutral-Q](#) disinfectant cleaner on all gymnastics surfaces and throughout parent viewing areas, lobby and bathrooms.

Everyone entering the building is asked to use hand sanitizer at the front entrance, and we have several hand sanitizing stations conveniently located throughout the building to help minimize the spread of disease.

## Facility Guidelines



### Safety/Cleaning Stations

- ❑ Safety stations have been set up throughout the buildings that include sanitizer for athlete use.
- ❑ Cleaning stations are set up in each area throughout the facility for staff.

### Cleaning Schedule

- ❑ All hard and soft surfaces are being sanitized between scheduled class times utilizing CDC approved solutions and ionizing guns.
- ❑ The facilities have been split up into areas that will keep sanitation records of each area.

### Drinking Fountains

- ❑ Drinking fountains have been blocked off or removed.
- ❑ Athletes and staff will be responsible for bringing their own water bottles.

### Physical Distancing

- ❑ Signage has been set out to direct the flow of traffic coming in and out of the buildings.
- ❑ Certain areas in the gyms will be closed off to all and have been taped off for guidance.

- ❑ Students will follow designated pathways once inside the building.
- ❑ Lesson planning will eliminate partner and group activities and will be modified to insure safe and proper distancing.
- ❑ Classes will be staggered and class size will be reduced to limit congestion in the common areas.

## **Equipped Employees**

### **Wellness Policy**

- ❑ Our employees are subject to wellness checks each day. (Wellness policy defined in athlete guidelines)
- ❑ We are following all PPE requirements by the Ohio Department of Health

### **Sanitizing/ Hand Washing**

- ❑ Staff will wash/sanitize hands prior to and at the conclusion of class and practices and in between rotations.

### **Spotting Guidelines**

- ❑ Staff will have limited physical contact with children and may spot for safety reasons. Active (repeated, for a lengthy period of time) spotting is discouraged.

### **Staff Training**

- ❑ Staff will be thoroughly trained on establishing and maintaining distancing and sanitizing standards.
- ❑ Staff will follow all PPE requirements set by the Ohio Dept of Health.

## GW Phases of Reopening

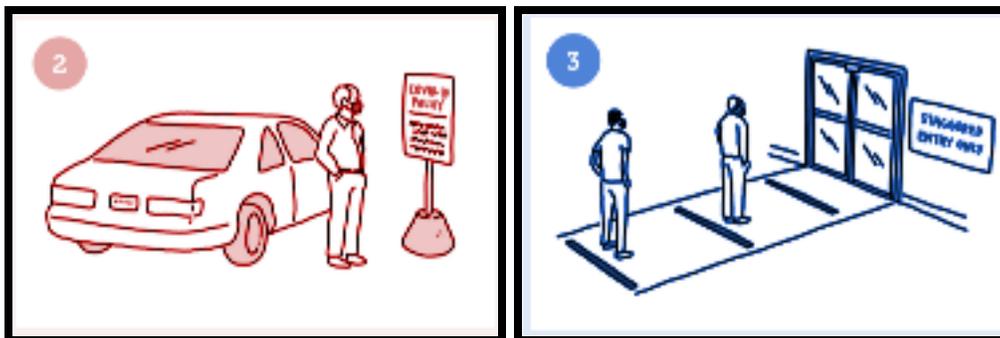
### Phase In Process

Gym World has a comprehensive set of policies and procedures with three phases of reopening - each phase mandates different degrees of precaution and safety, from Phase 1, the most controlled, to Phase 3, our 'back to normal' level. New policies and procedures will be sent out upon entering a new phase.

### Competitive Gymnastics

- ❑ Competitive Gymnastics practice will begin June 1, 2020.
- ❑ Team will be split into groups to accommodate staffing & ratios

### Entering and Exiting the Building



### Entering the Building

- ❑ Families are asked to arrive no earlier than 10 minutes prior to the start of class / practice. Please remain in your car until that time.
- ❑ Team Parents will park for drop-off in the rear of the building.
- ❑ Athletes will line up at the back door to go through our safety station where their temperature will be taken, shoes removed and hands sanitized upon entering the building.
- ❑ Once the athlete is cleared they will be instructed where to set their gym

bag and proceed to their designated warm-up area.

- ❑ Due to safety procedures, If an athlete arrives more than 10 minutes after the start of class please enter at the back door and wait at the check in station until a coach or staff member is able to check your temperature.

## Exiting the Building

### All Team athletes

- ❑ Team athletes will exit and be picked up in the rear of the building

## Athlete Guidelines

### Wellness Policy

The wellness policy is a commitment to adhere to self assessments including temperature checks, physical distancing, and 24 hours of no-symptoms to participate in programs at Gymnastics World

### Face Coverings

- ❑ Athletes must wear masks when entering and exiting the building and during all non-physical activity (waiting for class start, visiting the bathroom, visiting the lobby/pro-shop).
- ❑ Facial coverings may be removed during physical activity by the recommendation of the instructor, as it may impose a health risk during physical exertion and high temperature.
- ❑ Any athlete may keep their mask on for the entirety of class if they are comfortable or at the request of the parent/guardian.

### Safe Distancing guidelines

- ❑ Coaches will instruct the athletes to maintain 6 foot distancing or more at all times, including athlete breaks, bathroom visits and gym bag needs.

- ❑ Any athlete that repeatedly fails to comply with coaches instructions will receive a verbal warning that further non-compliance will result in the athlete sitting out for a portion of practice.
- ❑ If the athlete still fails to comply with the coach's safe distancing requests, the athlete will be asked to call their parent/guardian to be picked up immediately from practice for that day.

## Temperature Checks

- ❑ Athletes will have their temperature taken with a Temporal Scanner upon entering any Gym World location.
- ❑ If a temperature is above 100.4, the athlete will be asked to leave.
- ❑ If the first reading is just under 100.4, we will wait 10 minutes and rescan to allow for body temperature adjustment.

## Hand Washing and Sanitizing

- ❑ Students and athletes will be required to sanitize their hands upon entry to the facility.
- ❑ Students and athletes will be required to wash or sanitize hands after each rotation.

## Gym Bag

- ❑ Students should bring a gym bag containing the following items
  - ✓ 1-2 water bottles filled
  - ✓ Hand sanitizer
  - ✓ Athletic tape, braces, wrist guards if needed
  - ✓ Grips, wristbands
  - ✓ Small spray bottle (if water used on grips)
  - ✓ Small chalk brush (if used on grips)
  - ✓ 1 gallon size ziplock bag for chalk (gym will provide chalk)
  - ✓ 1 gallon size ziplock bag for storing your shoes
  - ✓ Foam Roller (rollers stored at gym will be returned on the first day of practice. Roller can then be stored in your bag if needed.)
  - ✓ Personal rip care Band-aids, finger nail clippers, Neosporin
  - ✓ Small towel for hot days (sweat removal)

## **Parent Guidelines**

### **Parent Viewing**

- ❑ For the first phase of reopening, parent viewing will be extremely limited and granted by request only. Please notify the front desk if you feel your athlete needs you in the gym so that we can properly prepare a designated viewing space.
- ❑ Parents that need to enter the building for whatever reason, are required to wear a face covering in compliance with Ohio Department of Health guidelines. Thank you for understanding that this is for the safety of our athletes and staff.
- ❑ All GWT staff is required to ask that everyone entering the facility wear a mask. Those who do not wish to comply will be asked to contact GWT ownership group or legal counsel. Thank you for understanding that this is for the safety of our athletes and staff.

### **Spot TV**

- ❑ We are working to enable Spot TV that will allow viewing your athlete from a mobile device. When this becomes available we will send out all the information.