

# GYMCATS

## Gymnastics

# Return to Sport Safety Guidelines

### PHASE 1

- Gymcats Opens
- Facilities Prepared
- Competitive Teams & Limited Classes Only

### PHASE 2

- Phase 1 Policies Loosened
- Additional Developmental Classes Added

### PHASE 3

- Restrictions Loosened
- Resume Regular Programming

## Gymcats Gymnastics Reopen Protocol—PHASE 2

<b>Employee Guidelines</b>	<ul style="list-style-type: none"> <li>-Staff will follow illness policy including temperature checks and 24-hour wellness standard.</li> <li>-Staff will wash/sanitize hands prior at regular intervals.</li> <li>-Staff will have limited direct physical contact with children (spotting is limited to necessity for all groups).</li> <li>-Staff will adhere to PPE requirements if set by the Utah County Dept. of Health.</li> <li>-Employee travel will be monitored and isolation following travel will adhere to Utah Leads 2.0 recommendations.</li> </ul>
<b>Building Preparation</b>	-Same as Phase 1
<b>Entering the Building</b>	<ul style="list-style-type: none"> <li>-Drop Off/Pick required. Touchless temperature check of all people entering the building; anyone who appears ill or who has a temp over 100.0 will be sent home.</li> <li>-Consider opening parent viewing area as long as it complies with social distancing and size restrictions.</li> <li>-Preschool classes without parents for certain ages are considered as long as it complies with social distancing and size restrictions.</li> <li>-Everyone will be required to sanitize/wash hands upon entering the gym. Athletes will also be required to wash again prior to beginning practice.</li> <li>-Everyone will use the designated entrance (front door) to the building to control traffic flow.</li> <li>-All families need to have a current waiver on file to include new Covid policies.</li> </ul>
<b>Traffic Flow Physical Distancing Facility Ratio</b>	<ul style="list-style-type: none"> <li>-Athletes and parents will use separate entrance and exit to control physical distancing and traffic flow.</li> <li>-Parent viewing area closed. Occupancy will be limited and monitored to comply with Utah leads 2.0 guidelines.</li> <li>-Preschool parents are required to be in class in order to help maintain proper distancing with other children.</li> <li>-Class start times likely to overlap. Gymcats will still allow time for students to get in and out of the building safely, wipe down all equipment and provide staff time to wash hands. Equipment sanitized between classes.</li> <li>-Teaching will be separated into Zones to allow physical distance.</li> <li>-No open gym. **Birthday Parties allowed as long as they comply with state size standards</li> </ul>
<b>During Practice</b>	<ul style="list-style-type: none"> <li>-Athletes should have their own backpack or drawstring bag to carry with them during practices – Same as Phase 1.</li> <li>-Athletes will be supervised as they sanitize/wash hands as required. We will remind athletes of handwashing duties when appropriate.</li> <li>-Lesson plans will be modified to omit partner activities.</li> <li>-Stations and activities will be modified to allow safe distance between athletes.</li> <li>-There will be limited to no spotting, emphasis will be put on basics and drill progressions.</li> <li>-Porous surfaces in the gym such as loose pit and ropes may be used on a rotation schedule.</li> <li>-Chalk stations will be removed. Each athlete will keep chalk in their own (brought from home) personal plastic container.</li> <li>-Grips will be kept in the bag brought by each athlete daily.</li> <li>-Students/athletes are NOT required to wear masks during training.</li> <li>-Students/athletes are encouraged to use the restroom at home prior to coming.</li> <li>-Staff will wear masks as advised by the health department.</li> </ul>
<b>After Class</b>	<ul style="list-style-type: none"> <li>-Everyone will use the designated exit from the building to control flow.</li> <li>-Employees will begin disinfecting/sanitizing all areas immediately to get ready for the next group.</li> <li>-Parents encouraged to use the parent portal or phone to interact with staff. We are happy to schedule a video call.</li> </ul>

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## Gymcats Gymnastics Reopen Protocol—PHASE 1

<b>Employee Guidelines</b>	<ul style="list-style-type: none"> <li>-Staff will follow illness policy including temperature checks and 24-hour wellness standard.</li> <li>-Staff will wash/sanitize hands prior at regular intervals.</li> <li>-Staff will have limited direct physical contact with children (spotting is limited to necessity for all groups).</li> <li>-Staff will be diligently trained on procedures and prepared to enforce any distancing protocols.</li> <li>-Staff will adhere to PPE requirements if set by the Utah County Dept. of Health.</li> <li>-Employee travel will be monitored and isolation following travel will adhere to Utah recommendations</li> </ul>
<b>Building Preparation</b>	<ul style="list-style-type: none"> <li>-Facility Team will be on site to disinfect and sanitize each class.</li> <li>-Recommended products that are effective against Covid-19 will be used throughout each day.</li> <li>-Doors that can be propped open will be. Door handles will be wiped and cleaned after uses.</li> <li>-Hand Sanitizer stations throughout the building accessible and monitored for refill.</li> <li>-Drinking fountains will be closed and students encouraged to bring water bottles.</li> <li>-No class or combination of classes will exceed the maximum allowance of twenty bodies at any one time. This includes both students/athletes and staff.</li> </ul>
<b>Entering the Building</b>	<ul style="list-style-type: none"> <li>-Drop Off/Pick required. No parents in the building except for preschool classes. Touchless temperature check of all people entering the building; anyone who appears ill or who has a temp over 100.0 will be sent home.</li> <li>-Everyone will be required to sanitize/wash hands upon entering the gym. Athletes will also be required to wash again prior to beginning practice.</li> <li>-Everyone will use the designated entrance (front door) to the building to control traffic flow.</li> <li>-All families need to have a current waiver on file to include new Covid policies.</li> </ul>
<b>Traffic Flow Physical Distancing Facility Ratio</b>	<ul style="list-style-type: none"> <li>-Athletes and parents will use separate entrance and exit to control physical distancing and traffic flow.</li> <li>-Parent viewing area closed. Occupancy will be limited and monitored to comply with Utah leads 2.0 guidelines.</li> <li>-Preschool parents are required to be in class in order to help maintain proper distancing with other children.</li> <li>-Class start times will stagger to allow students to get in and out of the building safely, wipe down all equipment and provide staff time to wash hands. This is in addition to sanitizing equipment between use during class time.</li> <li>-All students will have a designated spot or mark for use during class time to adhere to spacing requirements. Teaching will be separated into Zones to allow physical distance.</li> <li>-No open gym or Birthday parties.</li> </ul>
<b>During Practice</b>	<ul style="list-style-type: none"> <li>-Athletes should have their own backpack or drawstring bag to carry with them during practices – coaches will review with their teams as far what to keep on hand (chalk, spray bottle, mask, personal bottle of hand sanitizer).</li> <li>-Athletes will be supervised as they sanitize/wash hands as required. We will remind athletes of handwashing duties when appropriate.</li> <li>-Lesson plans will be modified to omit partner activities.</li> <li>-Lesson plans will be modified to limit use of props. Any props will be sanitized after each individual student's use.</li> <li>-Stations and activities will be modified to allow safe distance between athletes.</li> <li>-There will be no spotting, emphasis will be put on basics and drill progressions.</li> <li>-Porous surfaces in the gym such as loose pit will be temporarily taken out of use.</li> <li>-Chalk stations will be removed. Each athlete will keep chalk in their own (brought from home) personal plastic container.</li> <li>-Students/athletes are not required to wear masks during training.</li> <li>-Students/athletes are encouraged to use the restroom at home prior to coming.</li> <li>-Staff will wear masks as advised by the health department.</li> </ul>
<b>After Class</b>	<ul style="list-style-type: none"> <li>-Everyone will use the designated exit from the building to control flow (rear/East).</li> <li>-Employees will begin disinfecting/sanitizing all areas immediately to get ready for the next group .</li> </ul>