



## Return to Gym Safely Plan

*Updated 11/11/2020*

X-treme Gymnastics falls under the Youth Sports category. We will continue to comply with all regulations that are put in place for us by Governor DeWine and the CDC. Please be mindful that new information and requirements can change daily, and in turn so could our policies. In addition to what is required, X-treme Gymnastics has implemented additional precautions for the safety of our athletes, their families, and our staff members. The following guidelines and procedures are in effect.

### **COVID-19 TESTING & REPORTING PROTOCOL**

- **Any gymnast, and/or person residing in the same residence of the gymnast, who is going for COVID-19 testing and/or awaiting results from a COVID-19 test, MAY NOT return to X-treme Gymnastics UNTIL results come back negative. X-treme Gymnastics MUST be notified, via phone or email, if a gymnast and/or a member of their household is being tested and are awaiting results.** Once results come back, you must provide proof of the results via email to xtreme6@roadrunner.com (all results will be kept confidential). Based on the results, the gym will either provide clearance to return to the gym, OR we will provide a return date for the gymnast in which she can return after quarantining for a minimum of 14+ days.
- It is crucial and in the best interest of everyone in the gym, that all families be transparent and provide open communication in order to help keep everyone at X-treme Gymnastics safe and healthy so that we can continue to remain open and provide a fun and safe training environment for all. We also appreciate everyone for their continued support of all COVID-19 policies and taking every precaution of keeping their child home, even if it's a slight runny nose or not having a "feel good" day.

### **ENTERING THE BUILDING & PARENT VIEWING**

- If you have knowingly come in contact with COVID-19, are awaiting COVID-19 test results, or have recently tested positive for COVID-19 you are NOT permitted to enter the gym.
- **A MAXIMUM OF ONE PARENT/GUARDIAN PER GYMNAST WILL BE ALLOWED IN THE GYM. NO SIBLINGS.** Parents who choose to enter the building will be required to follow ALL procedures.
- **EVERYONE entering the building must wear a mask/facial covering.** Masks must be worn in all common areas (lobby, viewing room, restrooms, pro shop, etc.) at all times during the duration of your visit.
- **EVERYONE who enters will be required to get their temperature taken upon arrival.** We will use a no contact forehead thermometer. Anyone with an elevated temperature (reading

100.4 degrees or higher) or showing symptoms of illness will be sent home immediately. Anyone sent home will be unable to return until they are 3 days fever free AND symptom free.

- **Hand Washing/Sanitizing** - While there are restrooms available to wash hands, there are only a total of three sinks in the bathrooms. We will rely on each family to make sure that everyone entering has washed their hands thoroughly before arriving. As we did prior to the pandemic, sanitizing stations are set up at all entrances, exits and throughout the gym (and even more have been added since we shut down). Everyone should apply hand sanitizer upon entering, rotating between events, before leaving, and any time you touch your face. While it will be available, we recommend that all gymnasts and spectators also carry their own hand sanitizers and disinfectant wipes to use as needed. We will also rely on each family to ensure they/their gymnast wash their hands thoroughly as soon as they arrive home.
- **The lobby will NOT contain chairs - it is standing room only at this time.**
- When inside the gym please be courteous to the athletes and other spectators around you by maintaining a safe distance.
- All spectators must be cooperative and adhere to all rules and policies put in place by X-treme Gymnastics, as they are in the best interest of the athletes.

### **PICK UP & DROP OFF**

- We HIGHLY encourage curbside pick-up and drop off to ensure social distancing in the lobby.
- **Gymnasts should be dropped off 5-15 minutes prior to their assigned class time. Remember, all classes start promptly so "If you're early, you're on time; and if you are on time, you're late!"**
- **Gymnasts should be picked up within 5 MINUTES of their class ending.**
- Please be highly aware and attentive of children crossing the parking lot to and from the gym.
- Please be patient and courteous to all other drivers.

### **REGISTRATION & PRO SHOP**

- When visiting the main office for registration or shopping in our pro shop, please consider the following ways you can help:
  - Avoid touching the front desk.
  - Print off and fill out your Registration Form in advance.
  - Have your check pre-written (checks payable to "X-treme Gymnastics").
  - Bring your own pen.
  - Use Apple Pay, Samsung Pay or Google Pay (will incur a 3% processing fee).
  - Request an invoice via email ([xtreme6@roadrunner.com](mailto:xtreme6@roadrunner.com)) to pay from home using a credit/debit card (will incur a 3% processing fee).
  - Clean your credit card in advance.
  - Team members should use the Team payment box located by the main entrance.
  - Use Phone 440-260-0470 or Email [xtreme6@roadrunner.com](mailto:xtreme6@roadrunner.com) to ask any questions.

### **LOCKERS & CUBBY AREAS**

- Team Gymnasts have assigned lockers.
- High School/Recreational class students will have access to the cubby areas.
- Lockers and cubbies will be sanitized at the end of each day.

## INSIDE THE GYM

- 6', or 36 sq. ft. per gymnast (6x6), is the physical distancing standard; however, our recent gym expansion and modified schedule will allow us to spread out beyond the 6' standard for social distancing.
- The total gym area of X-treme Gymnastics is 12,687.5 square feet. Using a social distancing calculator at the 6' minimum would allow us a 352 person capacity inside the gym area. We have never exceeded these numbers even prior to this pandemic.
- **SOCIAL DISTANCING** - Gymnasts will be required to practice social distancing AT ALL TIMES. In addition to our coaches and staff enforcing social distancing, we also rely heavily on our families to discuss the importance of social distancing thoroughly with their children to ensure they understand. We know they will be excited to see their friends, but they CANNOT hug or touch each other. If a child continuously cannot maintain social distancing, they will be unable to be in the gym and will receive a phone call home to get picked up.
- **MASKS** - Masks were already required to be worn while rotating events, while listening to assignments from their coach, and while setting up and tearing down stations. **As of 11/11/2020 masks are now required to be worn by all athletes in the gym; HOWEVER, masks CAN be lowered/removed WHEN the gymnast is in a marked "safe spot" which allows for social distancing, when they are taking their turn, when performing a skill, while conditioning, etc. PLEASE ADVISE: while the coaches will continuously remind the athletes of this procedure, it is ultimately up to the athlete to lower their mask before their turn, and pull their mask up when their turn is over. The coaches cannot do this for them. Therefore, should you want your child to lower their mask during these occasions, we ask that you please discuss this updated policy with your child. Gymnasts are allowed to keep their masks on the entire time, should they choose. All gymnasts MUST keep an EXTRA mask in their bag and/or locker/cubby should theirs happen to break during practice.**
- **GYM BAGS** - All Team Members and High School Gymnasts MUST bring their own designated gym bag to carry with them throughout the gym. A list of required items has been emailed to these individuals.
- **CHALK** - We have eliminated community chalk buckets. All Team and High School athletes will be given a block of chalk and a bag to use during their practices. Recreational class students who wish to purchase a chalk block/bag will be able to do so at the front desk for \$3.
- During practice, should any gymnast inform their coach that they are experiencing symptoms of illness (headache, nausea, upset stomach, diarrhea, etc.), the coach will notify the front desk and they will be sent home. Parents must be supportive in picking up their child.
- **VENTILATION & AIR CIRCULATION**
  - X-treme Gymnastics has both heat and air conditioning units. Filters are changed on a regular basis.
  - We have an exhaust fan that will run when we are open.
  - We do have access via the garage doors to outside air that we *may* utilize - weather permitting; **HOWEVER**, maintaining a proper temperature within the gym is not only beneficial for the gymnasts and coaches; it is crucial to the equipment. Example: If the humidity in the gym gets too high, the gymnast sweat on the suede beams and it becomes unsafe for use.
  - We have two Chalk Eaters in the gym that suck in chalk and dust particles and release clean air. Those filters are also cleaned and changed on a regular basis.

- **SPOTTING** is the physical manipulation of a gymnast and is a crucial aspect in training gymnastics. Spotting is in the best interest of an athlete's physical safety. Spotting also allows the gymnast to be put in the correct position needed to feel the correct shape, and develop body awareness in order to help the gymnast learn the skill correctly. Therefore, spotting will remain part of what we do; however, limitations will be put in place. For example: In a rotation, Child A may take X amount of turns at one station before rotating to the next station, versus rotating after each turn. This would allow the coach to be able to use hand sanitizer between Child A & Child B. Coaches are required to wear their masks when spotting an athlete.

## **HYPER ATTENTION TO DISINFECTING/CLEANING PROCEDURES**

- **Prior to COVID-19, X-treme Gymnastics has always prided ourselves on being an extremely clean facility. We will continue a strict cleaning and sanitation regimen to ensure the environment is safe for your families and our staff members.**
- We will enforce all sanitary measures i.e. using hand sanitizer when rotating between events. We will have plenty of hand sanitizer available throughout the gym.
- High touch surfaces will be routinely wiped down.
- Our cleaning process is as follows
  - We use a variety of all purpose cleaners and disinfectants to clean equipment and surfaces, including Cintas Utilizes Signet Neutral Disinfectant (DS1), Lysol products, Truce, Citrus II, Simple Green, and Clorox products.
  - Cintas Utilizes Signet Neutral Disinfectant (DS1) meets the EPA's criteria for use against SARS-CoV-2, the cause of COVID-19. DS1 is a one-step disinfectant that is effective against a broad-spectrum of bacteria, is virucidal, and inhibits the growth of mold and mildew and their smells when used as directed. DS1 is applied via a spraying solution to common touchpoints of your choosing.

## **STAFF MEMBERS**

- Staff members will be required to follow and enforce all policies and procedures.
- Staff members will get their temperature taken prior to every shift. Anyone with an elevated temperature or displaying symptoms will be sent home.
- All coaches, office, and cleaning staff will be required to wear masks/facial coverings upon entering, exiting, and in all common areas (lobby areas, office areas, restrooms, etc.).
- Like the gymnasts, coaches will NOT be required to wear masks in the gym while coaching, AS LONG AS as they are meeting social distancing guidelines.
- Coaches must wear masks/facial coverings when social distancing is NOT possible (i.e. masks are required when spotting an athlete).
- Office staff will wear facial coverings at all times.

## **WE ARE #STRONGESTTOGETHER**

- We ask that everyone remain patient and positive as we navigate through this new normal.
- X-treme Gymnastics may need to adjust/add additional policies and procedures as we go.
- Your cooperation and support is greatly appreciated.