



Return to Gym Safely Plan

We are so excited to announce our reopening on Tuesday, May 26, 2020! We have missed you so much and cannot wait to have everyone back in the gym! We have worked diligently to put together this safe and organized "Return to Gym Safely Plan". Both Team and Recreational classes will return to the gym in the phases below. Please note that each phase is tentative and subject to extend or shorten pending new information that could potentially arise. Our phased "Return to Gym Safely Plan" is necessary in order for us to spread out the gymnasts in the gym, allow us all to familiarize with the new normal, and re-integrate back to gymnastics after COVID-19 restrictions.

Phase 1: May 26-June 6 – Team (approx. 50% hours) + Recreational High School Program

Phase 2: June 8-27 – Team (approx. 75% hours) + Modified schedule for Recreational Classes Ages 6+

Phase 3: June 29-August 15 – Team (100% hours) + Modified schedule for Recreational Classes Ages 6+

Phase 4: Beginning August 17 – Team (100% hours) + Recreational Classes Ages 3+

X-treme Gymnastics will comply with all regulations that have been set in place for us. We will also be implementing additional safety measures and precautions to ensure the safety of our gymnasts, their families, and our staff members. The following guidelines and procedures will be in effect.

ENTERING THE BUILDING

- If you have knowingly come in contact, or have tested positive, with COVID-19 you are NOT permitted to enter X-treme Gymnastics.
- Everyone entering the building will be required to enter one person (or family) at a time. Markings will be on the ground to help you maintain a safe distance.
- Each individual will be required to remove their shoes inside the vestibule (1 person/family in the vestibule at a time) and place them in a separate bag (NOT your gym bag - please bring a separate bag for your shoes - parents too). This is necessary to ensure that no outdoor germs are tracked throughout the gym.
- There will be TWO lanes upon entering:
 - **"Gymnasts/Spectators Entrance Lane"** - This will be a "fast lane" where gymnasts and spectators can enter, get through the safety protocols, and get into the gym/viewing room as quickly as possible
 - **"Registration Lane"** - This lane will be for anyone needing to register at the front desk or purchase an item from the pro-shop.
- Everyone entering the building will be required to get their temperature taken. We will be using 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 not be able to return to the gym until they are 3 days fever 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.
- **PARENTS/GUARDIANS**
 - **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.
 - **Parents/guardians MUST wear a facial covering at all times while in the building.**
 - Spectators' shoes will remain inside your bag for the duration of your stay. (If wearing sandals - we recommend you bring a pair of socks to wear when shoes are off.)
 - When exiting, shoes must be put on on the rug leading towards the exit.
- **GYMNASTS**
 - **Gymnasts will be required to wear a facial covering upon entering the building, in all common areas (lobby, restrooms, pro shop, etc.), and upon exiting the building; HOWEVER, GYMNASTS WILL NOT BE REQUIRED TO PRACTICE IN A MASK.** Gymnasts should keep their mask in a ziploc bag and placed inside their gym bag when not in use.
 - When exiting, shoes must be put on on the rug leading towards the exit.

PICK UP/DROP OFF

- We HIGHLY encourage curbside pick-up and drop off to ensure social distancing in the lobby. Staff will release gymnasts slowly to ensure social distancing.
- Gymnasts should be dropped off 5-20 minutes prior to their assigned class time.
- To aid in traffic flow coming in/going out of the gym through the main lobby, gymnasts who drive themselves WILL be asked to exit the gym through Door #3. Other Team Groups/High School gymnasts may also be asked to exit through door #3. Staff members will assist gymnasts should this happen.
- Gymnasts should be picked up **within 5 MINUTES** of their class ending.
- Please be safe and courteous to gymnasts and other drivers while in the parking lot.

PARENT VIEWING

- Parents/guardians are welcome to stay and watch (**a MAXIMUM of 1 adult per gymnast is allowed - NO SIBLINGS**).
- Parents/guardians must wear masks/facial coverings for the duration they are inside the gym.
- Please note the lobby will NOT contain seating - it will be 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.
- Spectators must be cooperative and adhere to all rules and policies put in place by X-treme Gymnastics.

REGISTRATION & PRO SHOP

- If needing to register or purchase an item from the Pro Shop, please join the “Registration Lane” upon entering the building.
- We have stanchions and designated markings set up to maintain social distancing.
- We will have installed an acrylic shield at the front desk.
- Other ways you can help when visiting the front desk:
 - Do NOT touch the front desk.
 - Print off your own Registration Form in advance.
 - Use your own pen.
 - Have your check pre-written (checks payable to “X-treme Gymnastics).
 - Use Apple Pay, Samsung Pay or Google Pay (will incur a 3% processing fee).
 - Request an invoice to pay using a credit card at home (will incur a 3% processing fee).
 - Wipe off 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 to ask any questions.
- The X-treme Gymnastics Pro Shop will not be open for browsing. We will assist you in purchasing items from the Pro Shop.

LOCKERS & CUBBY AREAS

- Team Gymnasts have assigned lockers. We will have stanchions set up 7’ apart from each other. Gymnasts may need to take turns accessing their lockers as one gymnast at a time will be permitted in each section of stanchions.
- High School/Recreational class students will have access to the cubby areas. Gymnasts must take turns accessing their cubbies in order to maintain social distancing.
- Lockers and cubby areas will be disinfected after each class.

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.
- Gymnasts will be required to practice social distancing AT ALL TIMES. We know they will be excited to see their friends, but they CANNOT hug or touch each other.
- While we will use markings in the gym to remind the gymnasts to maintain social distancing, we will rely heavily on our families to discuss the importance of social distancing thoroughly with their children to ensure they understand. If they cannot maintain social distancing, they will be unable to be in the gym.
- 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 and recommended items will be provided to these gymnasts.
- **CHALK** - We have eliminated community chalk buckets. All Team and High School Program members will be given a block of chalk and a bag to use during their practices. Other

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. Spotting is a crucial aspect in training gymnastics. It is the physical safety of the athletes, puts the gymnast in the right position to help learning correctly, and it prevents injury.
 - **HOWEVER...** Our gym is currently opening under Ohio's guidelines for "General No Contact Sports"; therefore, we will NOT use spotting techniques until we are given a green light to resume. Our staff will use other techniques, such as setting up drills for basics and skill progressions.
 - When spotting is allowed to resume, we will continue to actively seek to reduce the amount of spotting. 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 will be required to wear their masks when spotting an athlete.
 - When spotting resumes, should you wish for your child not to be spotted please let us know. Should this be the case for your family, it will be honored as it is your right; however, please understand that your child may be unable to perform certain skills and/or stations, as safety is paramount and we will be taking all precautions for safe skill progression.

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.
- Equipment and items related to the event will be wiped down after each rotation.
- 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 park in the back of the building and enter/exit through the back doors.
- Staff members who are wearing shoes will have a designated pair of “gym only” shoes, or will remove shoes upon entering the gym.
- Staff members will get their temperature taken prior to every shift. No one with an elevated temperature will be allowed to stay.
- 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, so long as they are meeting social distancing guidelines. Coaches must wear masks/facial coverings when social distancing is not possible (i.e. walking around correcting stretching).
- Office staff will wear facial coverings at all times. An acrylic shield has also been installed at the front desk.
- Cleaning staff will wear facial coverings at all times.
- A designated staff member will be standing where the gymnasts enter the gym ready to disinfect their gym bag with a mist sprayer (contained with Cintas Utilizes Signet Neutral Disinfectant (DS1)).

STAY PATIENT AND POSITIVE

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