

GYMNASTIKA POLICIES FOR CLASSES/ PRACTICES DURING COVID-19

(UPDATED 10/10/2020)

ENTRANCE:

1. Masks are required for everyone in the general, lobby areas (please see the mask update below).
2. No students, parents or staff will be allowed to enter the facility if showing symptoms of illness. We ask for all families to be alert and to not send their kids in if they are showing signs of possible COVID-19. We will contact all families right away if this occurs and personal privacy will be observed.
3. Please be on time for check in.
4. Parents are encouraged to drop off and pick up for classes. 1 parent can stay and observe their child if their child is under 5 years old (no siblings).
5. Upon entering, parent will be asked to answer questions from the Covid-19 checklist for their child - as seen on the right →.
6. Temperature check will be administered to **everyone** who enters the facility. If the temperature read is above 100.4*, child will not be able to participate in the class- parent should stand by.
7. Hands will be sanitized upon entrance.



PLEASE BRING:

1. Athlete should bring a **bag with water bottle (water only = no sticky spills!), hand sanitizer, mask for practice (masks are mandatory for practice when garage doors are not opened- due to cold weather).**
2. Child will be able to bring their bag in the gym with them for water breaks, sanitizing hands, etc.
3. SUMMER WEEKS: bring own food, neatly labeled and packaged. Sharing will not be allowed.

MASKS:

1. **Masks during warmer months (when garage doors can be opened inside the gym):**
 - a. Masks are not required for athletes when they are inside the gym when garage doors are opened and air from outside is circulating in the gym. Masks must be worn by coaches when social distancing is not possible (spotting / speaking to athlete / etc.) Masks must be worn by everyone when in the lobby, office, viewing room or using restrooms.
2. **Mask updates for the colder months:**
 - a. **As the colder weather will be approaching, we will no longer be able to keep our garage doors open (we will try to keep them open as long as possible!). Because of this, we will be requiring all athletes + coaches to wear masks in the building during practice for everyone's safety (lobby and gym area). Please make sure that your child has a mask when attending their class and that it fits their face properly.**

**Advanced levels and teams will be able to pull their masks down when performing high level difficulty elements / routines. They will pull their masks up when finished.*

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ATTIRE:

1. Hair must be neatly up and away from the face and neck. No hair bands (they tend to always fall out).
2. Proper athletic/workout wear for athletes.
 - a. BOYS: t-shirt, shorts, socks.
 - b. GIRLS: leotard, shorts. Leggings or tank (no lose clothing).
 - c. Please no crop tops/ 2-piece / mid-drift baring outfits. This will help limit skin contact on equipment.
 - d. Socks / ballet / beam shoes are encouraged but not required.

REGISTRATION:

1. Sign ups can be done via e-mail / phone call. Registration forms can be filled out, scanned and emailed back to info@gymnastikanj.com. Payments can be taken over the phone via credit card. **No walk ins are available at this time. Pre-registration is a must.**

CLASS / PRACTICE PROCEDURE:

1. *Check in:* Each child sanitizes hands (upon entrance). Child will have a designated area to put down their bag inside the gym. (Parent is encouraged to drop off).
2. *Warm Up:* Each child will have a floor spot to stretch and keep them adequately spaced out during warm up.
3. *Rotations:* Each time the group rotates events, a Gymnastika staff member will sanitize child's hands. Class group will remain with the same instructor to avoid cross contamination. Stations will be sanitized during / after rotations.

- "Hand washing time" will be staggered into practices. If the gymnast touches their face, coughs, sneezes, etc., they will be sent to wash their hands/ sanitized.
4. *Departure:* Once class is finished, each child will be released and provided sanitizer / you may use your own.
5. *Facility:* a Gymnastika employee will disinfect each contact surface after each class.

DEPARTURE:

1. A Gymnastika employee will make sure that each child will exit one by one to limit crowding.
2. Please be sure to pick up on time to avoid congestion.

FACILITY:

1. Spacers will be marked in the gym to help athletes stay 6 ft. apart.
2. Multiple sanitizing stations will be available throughout the facility for easy access, cleaning and hand sanitizing.
3. Equipment will be sanitized and wiped down during practices.
4. Facility will be fogged down and disinfected every night after practices using approved disinfectant solutions.

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PLEASE REMEMBER:

1. If you feel sick or your child is sick, please stay home!
2. If traveling for vacation, please notify the staff. NJ has issued an incoming travel advisory that all individuals entering NJ from states with massive COVID-19 infections to quarantine for 14 days after leaving that state.
3. All classes / practices are scheduled. No walk ins available at this time.