

# Cary Gymnastics Center

## Health and Safety Protocol

**NO OPEN GYMS OR BIRTHDAY PARTIES UNTIL FURTHER NOTICE**

### Guidelines

#### Employee Guidelines

- Staff will follow illness policy including temperature checks and 24 hour wellness standard
- Staff will wash/sanitize hands prior to/at the conclusion of and between classes
- Staff will have limited direct physical contact with children (spotting is limited to necessity for all classes)
- Staff will be diligently trained on procedures to enforce any distancing protocols
- Staff will wear face masks requirements set by the Illinois Dept. of Health
- Employee travel will be monitored and isolation following travel will adhere to DOH recommendations.

#### Building Preparation

- All surface areas will be disinfected/sanitized multiple times daily
- Water fountains will be closed and students will bring their own water bottles
- Hand sanitizer will be accessible in lobbies and gym areas
- Lockers will be closed, team will carry necessary personal equipment with them during rotations
- Gym areas will be sanitized between every class
- Overhead doors will be open whenever possible for fresh air exchange
- Doors between lobbies and gyms will remain open
- Hands free dispensers for sanitizer
- All seating and tables will be removed from the lobby, vending machines will not be open
- Lobby area will have clearly marked spots 6 feet apart for parents to stand if watching

#### Entering/exiting Building Areas

- Separate entrance for dance students.
- Dance participants will not need to be in the gym/lobby areas at all
- Two separate gym spaces that will not have any contact with each other.
- SMALL GYM AREA and BIG GYM AREA
- Doors between these two spaces will be closed, making two separate gyms.
- SMALL GYM will have one entrance and exit
- Classes will be timed so there is no cross over entering and leaving
- BIG GYM will have designated entrance and exit

#### Student Guidelines

- All students will hand sanitize before entering and leaving the gyms/dance room
- Students and adults MAY be temperature checked upon entering the building
- Children and adults that show signs of sickness will be sent home
- All students must be registered prior to entering the building
- Strict attendance will be taken, anyone not on the attendance sheets will be sent home

#### Class changes

- All class sizes have been restructured to provide more square footage per child.
- Preschool classes will have a ratio of 1/6
- Rec/ tumbling/ninja classes will have a ratio of 1/8
- Team groups will have a max ratio of 1/10 (most groups have less)
- Class times have been adjusted to allow for sanitation between each & less congestion in the lobby areas

#### Parent Guidelines

- All adults will be asked to wear face masks when in the building
- All parents are asked to drop off and pick up only if possible
- Only one parent per student be in the building

