



SAFETY GUIDELINES - UNI PARK

PHASE 1

Competitive Gymnastics
Team Resumes

PHASE 2

Limited Recreational Gymnastics
and Tumbling Classes Resume
(Ages 4+)

PHASE 3

Restrictions Loosened.
Tots & Preschool Classes Resume
Cheer Program Starts

TRANSFORM ACADEMY PROTOCOL

<p>Entering the Building</p>	<p>One adult per athlete. Masks are encouraged to be worn by adults.</p> <p>The outside door will be blocked open. Recreational athletes will enter the facility and immediately go RIGHT, into the waiting area, and stand on a designated spot marked on the floor, to maintain social distancing.</p> <p>Temperatures will be taken and recorded by the parent (as soon as touchless thermometers arrive) before the athlete is allowed upstairs to the gym; anyone who appears ill or has a temperature of 99.5 or higher will be sent home.</p> <p>Everyone will be handed a plastic bag in which to store their shoes and other belongings. Bags will be placed on designated spones in the downstairs waiting area. Only water bottles can be brought upstairs.</p> <p>Everyone will be required to sanitize or wash hands upon entering the building. Athletes will be required to wash hands again prior to beginning practices.</p> <p>Please arrive 5-10min. Before your scheduled class start time. The outside door will be locked once class has started. Call or text Meghan at 641-295-1434 if you are locked out.</p>
<p>Traffic Flow & Physical Distancing</p>	<p>Drop off and pick up are encouraged. The waiting area and stage will have no seating or tables. Occupancy will be limited to comply with current IDH and CDC guidelines. Parents who feel the need to stay and view practice will be told where to stand to control distancing and flow. We are working on integrating a secure live-streaming option for our families to watch classes and practice.</p> <p>Team gymnasts will use a separate sink, bathroom, and stairwell then recreational gymnasts and tumblers.</p> <p>After class, athletes will wash their hands and exit down the same stairwell they used to enter.</p>
<p>During Practice</p>	<p>Athletes should come dressed and ready for class. Please leave all bags and anything you possibly can at home or in the car.</p> <p>Drinking fountains will be closed. Athletes are encouraged to bring a water bottle.</p> <p>Athletes will be supervised as they wash hands before the start of class and we will remind athletes of proper handwashing technique as needed.</p> <p>Lesson plans will be modified to eliminate partner activities.</p> <p>Lesson plans will be modified to limit the use of props. Any props will be sanitized after each individual student's use.</p> <p>Stations and activities will be modified to allow safe physical distancing between athletes.</p>
<p>Employee Guidelines</p>	<p>Staff will follow illness policy including temperature checks.</p> <p>Staff will wash/sanitize hands prior to each class and at regular intervals throughout.</p> <p>Staff will have limited direct physical contact with children (spotting is limited to necessity for all groups).</p> <p>Staff will be diligently trained on procedures and prepared to enforce any distancing protocols.</p> <p>Staff will sanitize equipment and props before and after each class, using recommended products that are effective against COVID-19.</p>

TRANSFORM ACADEMY - IN THIS TOGETHER!

