



## KEEPING OUR FAMILIES SAFE & HEALTHY

Phase 2: Limited classes offered with reduced class sizes

### Granite City Gymnastics Protocols

<b>Employee Guidelines</b>	<ul style="list-style-type: none"><li>* Staff will perform a wellness check prior to reporting to GCG and will remain at home if they are sick.</li><li>* Staff will wash/sanitize hands prior to and at the conclusion of each practice.</li><li>* Staff will have limited direct physical contact w/ gymnasts until further notice (spotting only if necessary).</li><li>* Staff will adhere to PPE requirements as set by Minnesota Department of Health (MDH).</li><li>* Staff is to limit travel and follow isolation guidelines that the MDH recommendations.</li></ul>
<b>Building Preparation</b>	<ul style="list-style-type: none"><li>* We will only use products effective against Covid-19 throughout the facility.</li><li>* All surface areas will be disinfected/sanitized after each class.</li><li>* Hand sanitizer and cleaning stations setup throughout facility accessible and monitored for refill.</li><li>* Doors (including garage doors) will be propped open weather permitting. Humidity makes our equipment slippery so we'd like to utilize the AC on hot/humid days. Door handles will be wiped regularly.</li><li>* Drinking fountains will be covered and students are asked to bring their own water bottles.</li><li>* Social distancing stations will be set-up throughout the gym.</li><li>* Lobby area will have limited seating available set up for social distancing.</li><li>* GCG will no longer provide a lost and found; all items left at GCG will be disposed of daily.</li></ul>
<b>Prior to arrival at GCG: for parents &amp; gymnast</b>	<ul style="list-style-type: none"><li>* Perform a wellness and temperature check before coming to GCG each day. Do not attend if you/your child has Covid-19 symptoms, have been exposed to the virus, or have traveled in the past 14 days.</li><li>* Gymnasts hair must be pulled back tightly, no loose hair will be allowed.</li><li>* <b>We would prefer and encourage a drop-off/pick-up routine to reduce traffic in the building. ONE</b> parent is allowed to stay if needed. You are allowed ONE masked sibling that must be seated. If a parent/sibling enters the building, they must pass a wellness check (mask required). You are welcome to watch through the garage doors from the parking lot when they are open.</li><li>* Please use the restroom at home and arrive in your leotard with clothing over it.</li><li>* Educate your child on what social distancing looks like and how to cough into their elbow.</li></ul>
<b>Upon arrival at GCG</b>	<ul style="list-style-type: none"><li>* <b>Arrive 5 minutes before practice, no sooner.</b> The ENTRANCE ONLY door will be the door on the <b>EAST</b> side of the building by the office.</li><li>* Each gymnast will have their temperature taken with a touchless thermometer (anyone who appears sick and has a temperature that exceeds 99.5 will be sent home). Your gymnast will be allowed 1 retest if they arrive to the gym and are warm due to the weather. They will be asked to sit in their air conditioned car or in the shade for 10 minutes before the retest.</li><li>* Once a wellness check is passed, hand sanitizer will be applied prior to entering the building.</li><li>* Our pro-shop will be open; please practice social distancing and only touch what you want to buy.</li></ul>
<b>During practice</b>	<ul style="list-style-type: none"><li>* We will not exceed a 10:1 gymnast to coach ratio per group.</li><li>* Gymnasts will be supervised as they individually sanitize/wash hands when necessary.</li><li>* Lesson plans will be modified to omit partner activities.</li><li>* Stations and activities will be modified to allow for social distancing.</li><li>* Foam pits will be covered with panel mats and only be used for landing on 8" mats over the panel mats.</li><li>* Chalk bins will be closed in the bar area and each high school gymnast will be provided their own block of chalk and container.</li></ul>
<b>After practice</b>	<ul style="list-style-type: none"><li>* Gymnasts will either wash their hands or use hand sanitizer prior to departure.</li><li>* Please be prompt in picking-up your gymnast at the EXIT ONLY door on the <b>WEST</b> side of the building.</li><li>* Coaches will immediately begin disinfecting/sanitizing all equipment used to get ready for the next group.</li><li>* Please let us know immediately if your child or someone in your family contracts Covid-19.</li></ul>