



COVID-19 New Policies and Procedures

Our recreational classes for the 2020-2021 school year will begin on Monday, September 14.

We will continue to operate at a 60-person maximum capacity which includes both gymnasts *and* coaches. Therefore, we have reduced our class sizes to accommodate this and to allow for adequate social distancing. You will see on the schedule that we have staggered class times to accommodate social distancing while entering and exiting the facility. Additionally, a 20-minute break is scheduled between each class to allow our staff to properly sanitize the facility.

PLEASE NOTE: IN THE CASE OF ANOTHER STATEWIDE SHUTDOWN, THERE WILL BE NO REFUNDS OR CREDITS GIVEN-WE WILL FINISH THE TERM WE ARE IN VIRTUALLY.

PLEASE READ CAREFULLY: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and those with underlying medical conditions are especially vulnerable.

We cannot guarantee that you will not be exposed during your time at Full Force Gymnastics. By entering Full Force Gymnastics, you voluntarily assume all risks related to exposure to COVID-19.

New Policies and Procedures

Please take the time to read and familiarize yourself with our new policies and procedures. We are serious about the health and well-being of all our members and staff; therefore, the policies and procedures we have put in place in response to COVID-19 will be strictly enforced with no exceptions.

First and foremost, if you, your child, or a family member living in the same household as your child, is experiencing any symptoms of illness or have been exposed to anyone with COVID-19, **please stay home**.

- 1) We will not be allowing anyone into the building for information about registration. All information including schedules and registration can be

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found on our website. Any questions can be asked via phone, email, or outside at our screening table. This is our new “office”.

- 2) At this time, parents and spectators will not be allowed in the building. One parent or guardian can stand with their gymnast while they wait to be screened but will not be allowed to enter the building. This includes coming in to use the restroom during your child's class.
 - a. Since we are not allowing parents & spectators in the building at this time, we have set up a livestream for each class. Each week you will receive an email from us 30 minutes before class. This email will contain a Zoom link and password. The link and password are different for each class and each week to keep it secure. By clicking the link and using the password, you will be able to watch a livestream of the entire class from your phone!
 - b. **Only one parent or guardian may participate in the Mom/Pop & Tots classes. This individual is required to wear a mask for the duration of the class. We will not allow siblings to sit inside during the class.**
- 3) We will be taking the temperature of EVERYONE entering the building and asking the necessary screening questions provided in the [VDH Interim Guidance for COVID -19 Daily Screening of Employees](#). Anyone with a temperature of 100.4 or higher or who answers “yes” to any of the screening questions will not be allowed to enter the building.
- 4) Gymnasts will be required to wear a mask while entering and exiting the building. After entering the building, a coach will tell your gymnast when to remove his/her mask.
- 5) All coaches will be required to wear a mask while in the building. The mask may only be removed temporarily if a gymnast is having difficulty understanding the coach through the mask.
- 6) Gymnasts will exit out the garage door when class is over. Please do not drive to pick up your gymnast, instead please walk-up and wait on the designated social distance spots for your gymnast.

- 7) Gymnasts must bring their own water bottle as our water fountain will be closed. We recommend all gymnasts have a water bottle for class.
- 8) Please have your gymnast only bring shoes and a water bottle to class. They may bring a sling pack or small bag (i.e. a canvas bag or reusable grocery bag) to hold their belongings. We will have a personal Bucket available for gymnasts to transport belonging from station to station.
- 9) Hand sanitization will be required at the time of entry and exit and will be required at the start of each group.
- 10) Coaches will be spotting skills and aiding your child when necessary. We require them to use hand sanitizer before and after spotting each gymnast.

Parents please aid us in adopting this “new normal” by reading and reviewing these policies and procedures with your gymnast(s) and family. It may be beneficial to also discuss the following with them:

- while you may not be inside watching them , you will be right outside in the parking lot watching class from your phone and will see them once class is over
- the importance of keeping a 6-foot distance from classmates and coaches when feasible
- using hand sanitizer and/or washing hands frequently
- proper hand washing – the length of the “Happy Birthday” song
- not sharing personal items such as water bottles, hair ties, etc.
- to tell coaches immediately when they are not feeling well

What We Are Requiring of Our Staff

While we cannot control all aspects of our employees' lives, we have emphasized the importance of being socially responsible while outside of the gym. This includes wearing a mask in public areas, avoiding travel via mass transit, practicing frequent handwashing, etc.

We have instructed all our employees to self-screen prior to their shifts. Each employee will be screened prior to entering the building in the same manner

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that is outlined above. Any employee with a temperature of 100.4 or higher or that may be experiencing symptoms will not be allowed to enter the gym.

We have also created the following guidelines for our employees to keep everyone safe:

- 1) As mentioned above, all employees will be required to wear a mask for the duration of their shift. They may only remove it for water breaks and, in the case, that a gymnast cannot understand their instruction. In these circumstances, the mask must be put back on as soon as possible, followed by proper handwashing or hand sanitizer.
- 2) If employees choose to wear a personal mask, they will be required to launder it prior to their next shift.
- 3) Employees will be required to sanitize their shoes prior to entry or go barefoot.
- 4) Any employee who has travelled via mass transit, such as a plane, train, or bus, will be required to quarantine for at least 2 weeks before returning to the gym.
- 5) Employees with symptoms of COVID-19 such as fever, cough, shortness of breath, and any others listed [here](#) will be required to quarantine for at least 2 weeks and be symptom-free before returning to the gym.

New Cleaning Protocol

We have been working hard to ensure all the necessary cleaning has taken place prior to re-opening. The entire facility has been cleaned, including all the mats and equipment with a concentrated bleach mixture.

We have trained our staff on the necessary precautions that must take place before, during and after all classes and team practices. This includes our new cleaning routine which will be outlined in a separate handout.