



We're Reopening

We can't wait to see
all of our gymnasts
smiling faces!

THE COMEBACK
*is always
stronger*
THAN THE
SETBACK

A guide to safely getting back in the gym. Learn all the precautions we have taken in preparation for bringing our students back as well as our protocols and procedures that will remain in place once open.



Returning to Gymnastics

LEARN what we are doing to keep our athletes safe

SUCCEED with us in helping to stop the spread by carefully going over these guidelines with your child

ACHIEVE a safe environment to do what our coaches and athletes love to do!

We remain committed to keeping our students, families, and staff safe and healthy. Below are the guidelines we have set to help us maintain a healthy environment for everyone.

GYMNASTICS PROTOCOL:

Employee Guidelines	<ul style="list-style-type: none"> ▪ Staff will have their temperature taken before entering the facility each day; Any staff member with a temperature above 100.3° will not be allowed to enter the building. ▪ Staff will follow specific wellness standards and illness guidelines that meet or exceed state and local requirements. ▪ Staff will wash/sanitize hands prior to entering the building, before the start of each class, at the conclusion of each class, and as needed throughout the day ▪ Staff will avoid direct physical contact with children whenever possible (spotting is limited to necessity for all instructional classes) ▪ All staff members will wear a face covering in accordance with the mandates set by the Department of Public Health (or other state agencies), however, we cannot expect instructors and coaches to keep the mask on for every minute that they are in the facility. Our instructors and coaches have been instructed to ensure they are a minimum of 6 feet away from others if, and when, they do remove the face cover. ▪ Staff will be diligently trained on all internal procedures and prepared to enforce any health protocols if ever necessary ▪ Employee travel will be monitored and isolation following travel will adhere to the recommendations of the Massachusetts Department of Public Health
Facility Preparations & Maintenance	<ul style="list-style-type: none"> ▪ A deep clean has been performed to disinfect and sanitize all equipment in preparation for athletes returning to the gym ▪ The floor exercise has been professionally steam cleaned prior to reopening ▪ All cleaning products used are EPA approved sanitizers or follow the CDC's guidelines for disinfecting ▪ Frequently touched surfaces will be cleaned and sanitized multiple times throughout each day. ▪ Class start times have been modified to allow time for staff to sanitize mats and props between classes ▪ Hand sanitizer stations have been set-up at the entrance and throughout the facility ▪ Motion sensor faucets and light switches have been installed in both bathrooms. ▪ Social distancing will be enforced for anyone in the facility
What to do before arriving to our facility and what to bring to gymnastics	<ul style="list-style-type: none"> ▪ Parents must register their child for one of the new classes and complete the online waiver form ▪ The COVID-19 Daily Self Checklist must be completed & followed before arriving to Jean's Gymnastics ▪ Parent's are required to follow through with the guidelines specified on the COVID-19 Checklist. ▪ All persons (students, parents, and employees) will be required to wear a face mask when in the building ▪ A little about athletes wearing a face cover: They will be required to wear the mask during practice; The decision regarding face coverings has not been easy and it is something neither the instructors nor the students have experienced before. Students will be able to take the mask off while performing skills if necessary, but they will be required to wear it during drills, side stations, and movement throughout the gym. We strongly urge athletes to communicate with their instructor if the mask is becoming a problem. Each student should bring a Ziploc bag to store their mask in if necessary and it is highly recommended to get a strap that goes all the way around the head so the mask can be easily dropped below the chin and then put back on quickly when needed. Any athlete who has a medical condition that prevents them from wearing a mask or face covering is exempt from this rule. ▪ All persons entering the facility will be temperature checked prior to entering → Anyone who has a temperature above 100.3 will be sent home (this will continue through phase two; if at the start of phase 3 it is decided that temperature checks will no longer be done, an email will be sent to inform you of the change). ▪ Students must stay in a vehicle until they get to the front of the drop off line; Additionally, the driver of the vehicle must remain in front of the building until getting a thumbs up from the staff member taking temperatures. Parents are not allowed to bring their child in without a staff member. Please do not drive away until your child has been cleared to enter. ▪ All persons will be required to use hand sanitizer before entering the facility ▪ Students must arrive wearing what they will wear during class and leave any unnecessary items at home ▪ Students should bring a water bottle filled with water only (no sports drinks). Our water dispensers will be unavailable.

<p>Indoor Traffic Flow and Entering & Exiting the Building</p>	<ul style="list-style-type: none"> ▪ Drop off at the door is strongly recommended for children over the age of 5 years old ▪ Only one parent per family will be allowed in the facility for those who are not comfortable dropping their child off and anyone in the waiting rooms will be required to remain 6 feet apart. ▪ Siblings and other family members will not be allowed to enter the facility. ▪ Anyone entering the building will use the front door (same as before). ▪ Students and families will exit the facility through the door located at the end of the building by the loading dock so we can better control the traffic flow. Please see the Drop off and Pick-up Guide to see our plan for student drop off and student pick-up. ▪ Class sizes have been reduced to better allow for social distancing. ▪ Students must arrive on time for class. If a staff member is no longer outside the facility to take a child's temperature, unfortunately that student will not be able to participate in class that day. We do our best to have an instructor outside for at least 10 minutes into the start of each class, but we cannot guarantee that.
<p>Prior to Class</p>	<ul style="list-style-type: none"> ▪ Lockers and cubbies will be blocked off and unavailable for use ▪ In the waiting rooms students will be given a mark to stand on and will be supervised by one of our instructors while they wait for class to begin. ▪ Athletes will put their shoes and water bottle in the designated area ▪ Athletes will be required to sanitize hands prior to entering the gym from the waiting rooms ▪ Athletes will be required to sanitize feet prior to entering the gym from the waiting rooms
<p>During Class</p>	<ul style="list-style-type: none"> ▪ Athletes and coaches will be required to sanitize their hands prior to beginning a new event ▪ Athletes will be required to sanitize their feet at the beginning of a beam rotation ▪ Lesson plans have been modified to encourage social distancing, omit partner activities, and limit the use of props ▪ Students must follow directions. Jean's Gymnastics will not put other students and instructors at risk by allowing a student to remain in the facility who is not following directions. We fully understand that this is more difficult for our younger students to understand and we are trusting that parents will do their best to discuss this with their children to make sure they understand the importance of following the directions given by their instructor or any other staff member.
<p>After Class</p>	<ul style="list-style-type: none"> ▪ Athletes will be required to sanitize their hands prior to entering the waiting room ▪ Athletes will be let out of the gym into the waiting room to get their shoes in a manner that allows for social distancing; they will then be instructed and supervised as they exit the facility ▪ Students will stand on the dock in pre-marked spaces (feet in a hula hoop) that are six feet apart while waiting to be picked up ▪ Staff have been instructed to release only the child to the first vehicle in line. Please be patient and follow the directions on the Drop off and Pick-up Guide. ▪ Instructors and coaches will begin disinfecting equipment and frequently touched surfaces before the start of the next set of classes.
<p>Procedure for Infected Participant</p>	<p>If a Gym Participant or Participant's family member Tests Positive for COVID-19:</p> <p>If a participant in any gym activity learns that he/she has tested positive for COVID-19, the participant or parent/legal guardian (if the infected party is a child), should notify their coach or a gym manager as soon as possible.</p> <ul style="list-style-type: none"> • A member of our management team will contact the participant/parent/legal guardian to obtain detailed information about the situation • The participant/parent/legal guardian that per current CDC guidelines, participant/parent/legal guardian must not enter the facility or participate in any activities at the gym until the following have occurred and participant/parent must contact a manager prior to returning to the facility: <ul style="list-style-type: none"> A) For a participant who experienced symptoms and tested positive: <ul style="list-style-type: none"> ▪ A minimum period of 72 hours (3 days) has passed during which the participant has remained fever free for the entire 72 hours without the use of fever-reducing medications AND participant has shown improvement in respiratory symptoms AND at least 7 days have passed since symptom onset. OR ▪ The participant has received a negative follow-up COVID-19 test B) For participants who had no symptoms but tested positive: <ul style="list-style-type: none"> ▪ It has been 10 days since their positive test and have had no subsequent symptoms. OR ▪ Participant has received a negative follow-up COVID-19 test • A member of our management team will contact all participants/parents/legal guardians who may have come into contact with the infected participant to inform them of the following: <ul style="list-style-type: none"> ▪ Participant will not be allowed to participate in activities at the gym for a minimum of 14 calendar days. ▪ Participant/parent/legal guardian must contact a manager prior to returning to the gym.



Class Schedule June - July - August 2020

Jean's Gymnastics

257 Simarano Drive, Annex 1

Marlborough, MA 01752

508-481-4401

www.jeansgymnastics.com

info@jeansgymnastics.com

Please note the class start date at the top of each colored schedule.

**Our annual Gym Show has been rescheduled to the
Week of August 24th**

Class Beginning the Week of June 15th, 2020:

	Monday	Tuesday	Wednesday	Thursday	Friday
Recreation Novice 60 minutes per week	10:45-11:45 3:00-4:00 4:45-5:45	3:15-4:15	3:45-4:45	4:45-5:45	11:15-12:15
Rec. Intermediate & Advanced 75 minutes per week	3:15-4:30	4:45-6:00	5:30-6:45	4:45-6:00	

Classes Beginning the Week of June 22nd, 2020:

	Monday	Tuesday	Wednesday	Thursday	Friday
School Age 5.9yrs – 7yrs 60 minutes per week	9:15-10:15 5:15-6:15	11:45-12:45	3:30-4:30 5:15-6:15	3:15-4:15	9:30-10:30
Tiny Tumblers 60 minutes per week		1:30-2:30*			
Junior Jumpers & Pre-team				1:30-3:00*	

Classes Beginning the Week of June 29th, 2020:

	Monday	Tuesday	Wednesday	Thursday	Friday
Preschool 2.9yrs – 3.9yrs 45 minutes per week	9:00-9:45	10:30-11:15 3:15-4:00	5:00-5:45		9:00-9:45 10:45-11:30
Pre-K 3.9yrs – 4.9yrs 45 minutes per week	9:00-9:45	10:30-11:15 3:15-4:00	5:00-5:45		9:00-9:45 10:45-11:30
Kindergarten 4.9yrs – 5.9yrs 60 minutes per week	10:30-11:30	9:00-10:00 4:45-5:45	3:15-4:15	3:15-4:15	9:15-10:15 11:00-12:00
Tumbling 7+yrs	5:00-6:00				

The **June** tuition prices listed below include the Zoom classes for any class that does not begin on June 8th. We will continue to offer Zoom classes during the month of July for those who do not wish to return to the gym yet. The tuition for Zoom only classes for the months of June and July are listed in **red**. The zoom schedule has been modified for June and July to fit with our in-gym class schedule so please be sure to note any changes to your child's class time. The zoom schedule can be found on the next page. Zoom classes during the month of August have not yet been determined.

***The Thursday Zoom class for Tiny Tumblers, Junior Jumpers, and Pre-team will end on June 18th. Students in those classes may join an age-based Zoom class if not participating in in-gym classes.**

MONTHLY TUITION

Class	June Tuition	June (Zoom Only)	July Tuition	July (Zoom Only)	August Tuition
Preschool & Pre-K	\$49 (zoom only)	\$49	\$88	\$49	\$88
Kindergarten	\$49 (zoom only)	\$49	\$94	\$49	\$94
School Age	\$60	\$49	\$94	\$49	\$94
Recreation Novice	\$70	\$49	\$94	\$49	\$94
Recreation Intermediate & Advanced	\$78	\$49	\$111	\$49	\$111
Tiny Tumblers	\$70	\$49	\$94		\$94
Junior Jumpers & Pre-team	\$70	\$49	\$120		\$120
Tumbling	\$49 (zoom only)	\$49	\$94	\$49	\$94

Please Note:

*Jean's Gymnastics reserves the right to change this schedule at any time.
Classes with less than 3 students will be canceled.*

**June & July
2020**



Zoom Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Preschool Ages 3-4	Ninja Adventure 10:30-11:15	Gymnastics Class 10:00-11:00			
Pre-K Ages 4-5	Ninja Adventure 10:30-11:15	Gymnastics Class 10:00-11:00			
Kindergarten Ages 5-6	Ninja Adventure 10:30-11:15	Gymnastics Class 10:00-11:00			
School Age Ages 6-7	Ninja Adventure 10:30-11:15	Gymnastics Class 11:15-12:15			
Recreation Novice		Gymnastics Class 11:15-12:15			Team Workout Challenge 5:00-6:15
Recreation Intermediate		Gymnastics Class 12:30-1:30			Team Workout Challenge 5:00-6:15
Recreation Advanced		Gymnastics Class 12:30-1:30			Team Workout Challenge 5:00-6:15
Tiny Tumblers	Ninja Adventure 10:30-11:15			Gymnastics Class 2:30-3:30*	
Junior Jumpers	Ninja Adventure 10:30-11:15			Gymnastics Class 2:30-3:30*	
Preteam				Gymnastics Class 2:30-3:30*	Team Workout Challenge 5:00-6:15

*The weekly Thursday Zoom class for Tiny Tumblers, Junior Jumpers, & Pre-team will end on June 18th. Any student in enrolled in one of those classes who wishes to continue participating in zoom classes may join one of the age-based Zoom classes at that time.

COVID-19 Daily Checklist



Review this COVID-19 Daily Self Checklist with/about your child each day before arriving at Jean's Gymnastics

If you reply YES to any of the questions below, **STAYHOME** and follow the steps below:

- Step 1: Contact a member of the Jean's Gymnastics Management Team
- Step 2: Follow the guidelines listed in the last section of the "Returning to Gymnastics" form for additional steps to return to gymnastics.

Is your temperature above 100.3° F?(temperature must be taken without the use of fever reducing medication)

- Yes
- No

Loss of Smell or Taste?

- Yes
- No

Muscle Aches?

- Yes
- No

Sore Throat?

- Yes
- No

Cough?

- Yes
- No

Shortness of Breath?

- Yes
- No

Chills?

- Yes
- No

Headache?

- Yes
- No

Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?

- Yes
- No

Have you, or anyone you have been in close contact with been diagnosed with COVID-19, or been placed on quarantine for possible contact with COVID-19?

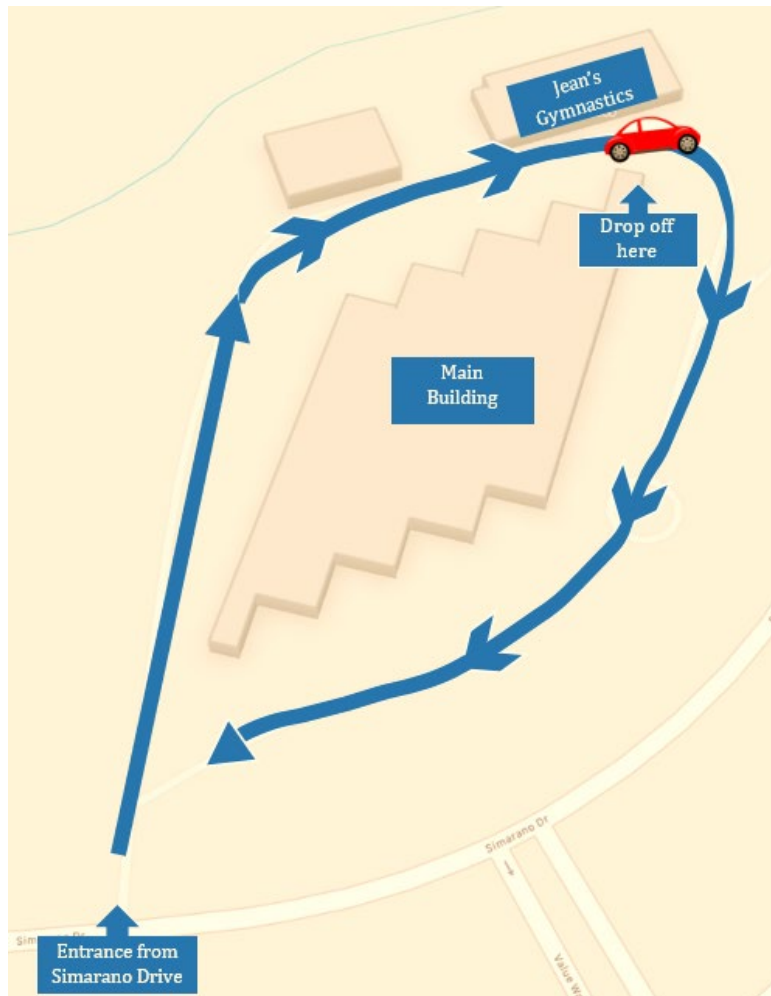
- Yes
- No

Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?

- Yes
- No

Drop Off & Pick-up Guide

DROP OFF

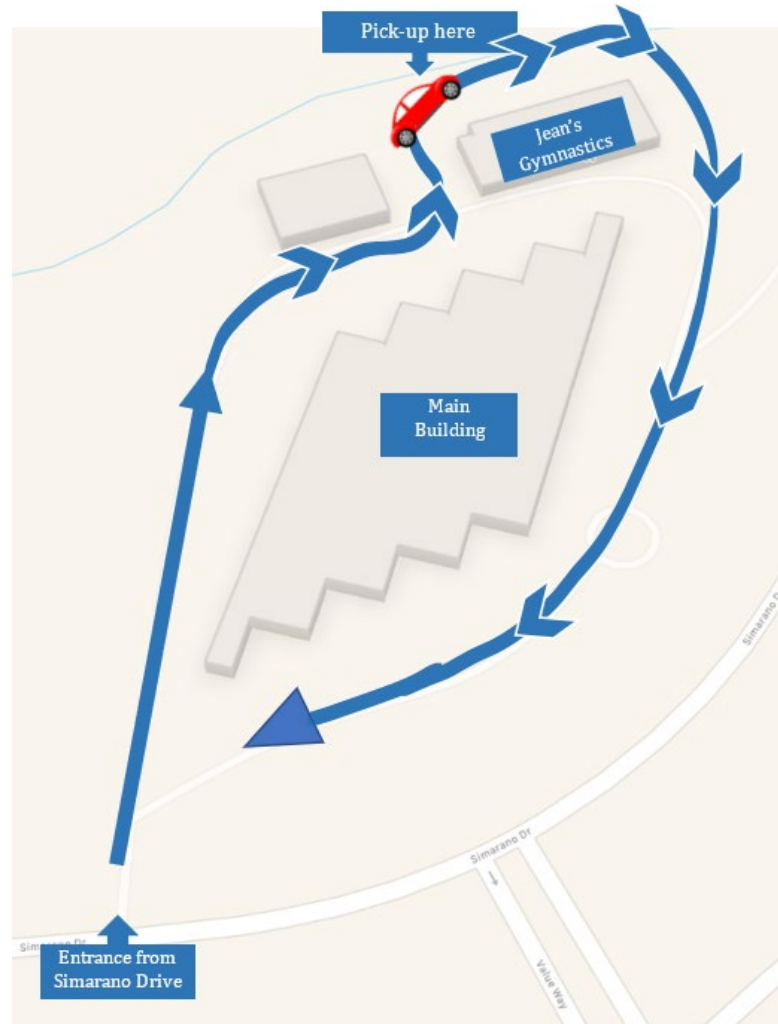


Students will be dropped off at the front door to the building.

Parents should wait to get a thumbs up from the instructor taking temperatures before driving away.

Please follow the route highlighted above to avoid any traffic jams in the parking lot.

PICK-UP



Students will be picked up on the side of the building by the loading dock.

Parents will then drive around the back of our building to exit.

Please follow the route highlighted above to avoid any traffic jams in the parking lot.

Thank you in advance for your cooperation!

FREQUENTLY ASKED QUESTIONS

Will my child's temperature be recorded?

No. We are only taking each child's temperature as a safety precaution and using that temperature to clear each student to enter the building.

Will students touch the same equipment?

Yes. While our lesson plans have been modified to limit props and unnecessary items, it is inevitable that students will need to use the same equipment. Students will be given hand sanitizer before beginning each event during their class and our instructors will be disinfecting mats and props between classes to help keep the athletes safe.

What is being used to clean the equipment?

We have multiple different cleaning products. Each product meets the requirements of the CDC to use as a disinfectant effective against COVID-19 and/or is registered with the EPA as effective against COVID-19. With the limited availability of effective disinfectants, we have been "collecting" the recommended cleaning products over the last two months as they have become available, which has resulted in our having a wide range of products at our disposal.

What about the big equipment? How will you disinfect the big stuff?

All carpeted surfaces, balance beams, quad bars, kip bars, vaulting tables, and the tumble track will be disinfected at the end of each day. Any mats that are used during a class will be disinfected between classes. Unfortunately, there is no way to disinfect the uneven bars on a daily basis without risking the safety of our upper level athletes who use them. The tensioners and adjustment knobs of the uneven bars will be disinfected daily and the uneven bar rails will be cleaned weekly. To protect our athletes, they will be given hand sanitizer at the beginning of each event rotation and more frequently throughout an uneven bar rotation. Coaches will also remind athletes to keep their hands away from their face.

Are the instructors and coaches held to a wellness standard?

Yes. Our coaches must complete the same wellness checklist that we require our students to complete before arriving to the gym each day. Additionally, all staff have their temperature taken prior to entering the building.

What will you do if a participant of the gym gets COVID-19?

All staff have been diligently trained on our internal procedures if this situation were to arise. The following are the general idea of what our internal procedures look like:

- Infected areas of the gym will be closed off immediately
- The parent/legal guardian of the student will be contacted and asked a series of specific questions aimed to help us identify any potentially infected individuals.
- Our management team will contact any potentially exposed participants or employees
- A decision will be made by our management team as to whether or not the gym will be closed for any period of time.
- The infected areas of the facility and all commonly touched surfaces will be disinfected.
- Our guidelines and requirements for returning to the facility will be given to any infected or potentially infected individuals.
- All personal information about the infected individual will be kept confidential