

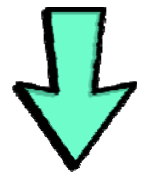
# Lakeshore Dance & Gymnastics

## COVID-19 SAFETY PLAN

Learning at Lakeshore while being safe.

October 7<sup>th</sup> 2020

\*Please note: this document is fluid  
and will be updated as the COVID-19  
situation evolves. Any changes will be in red.

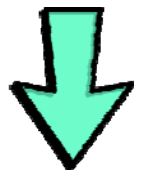


More on  
Next page

# OUR PROMISE

**Your family's health, well being, confidence in Lakeshore's guidelines and comfort will remain to be our most important goal as we move forward to our new normal.**

**We are committed to providing high quality programs for our community and thank you in advance for supporting Lakeshore as we navigate through this together.**



# Check in

**ENTERING THE FACILITY: Masks required during check in procedures.\***

**\*Children 5 and under, we recommend wearing a mask, but understand that they are very young and this may be difficult for them.**



- Wash hands and use bathroom before leaving the house.
- **Parents are to walk child inside door G (unless otherwise directed by coach/office staff)** and wait on designated markers outside until a staff member calls you up.



- Parent will escort child to the entrance where their temperature will be taken and log kept that they have arrived for practice. If a parent is entering the building with child, their temperature will be taken also.

- Seating/Viewing are is limited and will be taken at a first come, first serve basis. Masks are required in the viewing area.



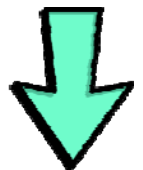
- A temp greater than 100.4 will not be permitted inside, and a temp of 100.4 two times consecutively will result in a 14 day restriction on practice.

- Your child will then be escorted to a designated spot inside the building to take off shoes, sanitize feet/hands, then be lead to a designated spot on the floor.



- Your child will remain here until class begins.

- **Late arrivals must call the office 440-461-0015 and wait in the parking lot for a staff member to let you in.**

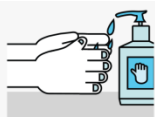


# During class



- Masks are required for traveling through the facility. When in designated spot and physically distanced, mask is not required.

- Athletes and Coaches must sanitize hands after each rotation and will wash hands between events.



- It is mandatory that athletes follow safety instructions from staff at all times. If a child does not know what to do, they are to ask the teacher, NOT a friend.



- **Athletes are to bring a daily backpack with the following items: Filled and securely closed water bottle, personal belongings including clothing and footwear. RECREATIONAL GYMNASTICS: Water bottle, sanitizer. GYM TEAM: include your personal chalk and if in use: grips, tiger paws, cheetah cups. DANCE: include all shoes needed for dance that day.**

- Cubbies will not be available for use. So you must bring your backpack every practice.



- Parent assisted classes: Parents must wear a mask the during the whole class.

- Mask requirement is a rule for Cuyahoga County and for Lakeshore. We aim to take every precaution.



# Exiting the facility

**Exiting the facility:** Masks must be worn during exiting procedures.



- After class students will wash hands, sit at designated spot, put on shoes.



- A staff member will escort your child to you at the pick up point, **door G** (unless otherwise directed by coach/staff).



- Parents must arrive 5 minutes prior to the end of class to ensure participants leave the facility immediately after practice.
- There will be designated markers on the sidewalk for parents to wait for their child.



# OUR FACILITY

## Lobby:

- Staff and public common areas have been limited at this time.
- Should you need to enter the facility, one parent and one child will be permitted in per family.
- Seating in the lobby is limited and will be on a first come, first serve basis.

## Restrooms:

- Maximum of 1 person in the bathroom at a time.
- Bathrooms will be cleaned frequently throughout the day.

## Food:

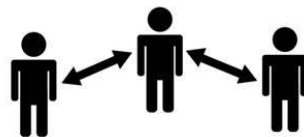
- Shareable snacks and meals are prohibited in the facility for all athletes.

## Masks:

- Masks are required for anyone entering the building.

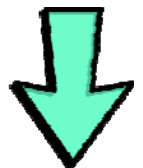


**Maintain Safe Distance**



## Physical Distancing:

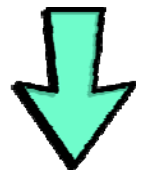
- Safe spacing, 6 feet during class and while in lobby.
- Participants will have designated spots to stand on before, during, and after class.
- The facility is set up to accommodate physical distancing requirements in all locations.
- Equipment is arranged to allow for the physical distancing and spacing between participants.
- No more than 65 athletes in the team side of the gym at a time.
- No more than 30 athletes in the recreational side of the gym at a time (parent/child count as one)
- No more than 12 dancers in the dance room at a time.



# Our Equipment



- Lakeshore will get a deep clean nightly and will be periodically cleaned throughout the day, and sanitized between each class group. Frequently touched surfaces will be wiped down between every class. Carpets will be sprayed with sanitizer nightly.
- Equipment and stations will be cleaned and sanitized after each class time slot before the next group of students is set to begin.
- Additional hand sanitizing stations and staff cleaning stations will be set up around the gym for easy access.
- Classes and lessons will be created enabling participants to have limited shared use of the equipment.
- When possible, coaches will wash down equipment between students. If not possible, students will sanitize after usage of the equipment and wash hands after event is over.
- Hand sanitizing stations will be available at every event.
- The water fountains will be closed. The use of water bottles will be required for all staff and athletes.
- Pit and foam will not be in use for the foreseeable future.



# Guidelines for Athletes:

- Whether you have a fever or not, if you do not feel well, please stay home.
- Wash hands before you leave the house and wash hands when returning to home. We suggest immediately showering and changing clothes too.
- Sanitize before workout at check in and again after workout.
- When within 6 feet of another, wear a mask.\* \*Children under 5 we recommend wearing a mask, but understand that these are young children and it may have a difficult time.
- Masks **do not** need to be worn when distanced and working out if it restricts breathing or vision. Masks that can be pulled down under chin are acceptable and easier to pull up quickly when speaking to others.
- Do not touch face with hands. Have a hand towel if you need to wipe away sweat.
- Take your temperature before leaving the house.
- Have self-awareness, do self-tests, and make responsible choices before deciding to come to practice.





# Guidelines for Staff:

- Whether you have a fever or not, stay home if you do not feel well.
- Wash hands before you leave the house and wash hands when returning to home. We suggest immediately showering and changing clothes too.
- Temperatures will be taken upon arrival to work. Anyone with a temp of 100.4 or higher will be sent home. A temp of 100.4 or higher on 2 consecutive days will be asked not to return for 2 weeks.
- Wash hands before workout at check in and again after workout.
- Masks are to be worn at all times when coaching and when within 6 feet of others. Spotting for safety is permitted but must have the permission of parent. **Hands must be sanitized between spotting athletes.** Spotting in event of accident is permitted.
- If tending to an injury, coach must be wearing mask.
- Masks may be temporarily pulled down when physically distanced and it restricts breathing or vision.
- Do not touch face with hands. Have a hand towel if you need to wipe away sweat.
- Get to gym early, put on gloves, set up area with physical distancing in mind, wipe off all mats and equipment before and after class.
- Follow the Responsible Restart Ohio [Guidelines](#) for 'skills training' and 'contact sports'.
- Have self-awareness, do self-tests, and make responsible choices before deciding to come to practice.

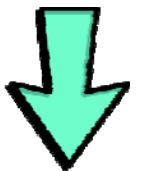


# VACATION POLICY

- If you are getting on a plane for travel, sightseeing, or going to amusement parks, high traffic destinations, or 'hot spots'. You are asked not to return to class for 2 weeks.
- If you are traveling by car with your household and social distancing from others (camping, hiking, etc.), there is no restriction on class.
- Please be honest with us on this policy out of respect for others well being.

# ADDITIONAL FEES

- If you forget your mask we will give your child a free mask the first time. Each additional time there will be \$1 charge to your account.
- Athletes should pack their own water, but in the case they forget or need more, we will have bottled water available for \$1.
- Late pick up charge of \$1 per minute you are late (after a grace period of 5 minutes). For extenuating circumstances please call the office. We understand that you are doing your best, but our coaches now have important cleaning duties after class, before the next group of kids arrive. This is a new process for all.



# REPORTED COVID-19:

In the case that an athlete or staff has tested positive for COVID-19 Lakeshore will take the following steps:

1. Immediately close facility.
2. Notify the Ohio Board of Health
3. Notify all customers, with special attention to those directly who were directly in contact.
4. Have facility professionally cleaned and disinfected
5. Have inspection done by the Board of Health
6. Reopen

Should your athlete have had exposure to COVID-19, you are obligated to let us know. You will be asked to stay home for 14 days for the respect and safety for others.

Should a staff member have been exposed to COVID-19, we are will let you know also. That staff member will quarantine for 14 days for the respect and safety of others.

Communication is essential. We will be doing everything in our power to give our customers the safest possible environment.





Please make sure you have read our guidelines before coming in.

If you give permission for your child to be spotted, **please fill out a waiver with the office.**

You have helped Lakeshore become the success that it is.  
We have missed you.

Our staff is ready to provide a safe environment for your child to grow,  
learn, and excel in.

We can only keep the gym open to students with your cooperation and  
understanding of these guidelines.

Thank you for all you do.