

RGC's COVID POLICIES & PROCEDURES

POLICIES:

- ILLNESS AND/OR EXPOSURE
- COACHING STAFF PPE & HEALTH
- GYMNAST/PARENT PPE & HEALTH
- SOCIAL DISTANCING & SANITIZATION

PROCEDURES:

- ENTERING
 - Drop Off
 - Before Entering
- IN THE GYM
- EXITING
- CLEANING

POLICIES:

ILLNESS AND/OR EXPOSURE: If your gymnast(s) or family members are not feeling well for any reason he/she needs to stay home. Notify RGC via email, rgcgymnastics@gmail.com or by phone, (952) 406-8979, that your child will miss class that day and include the symptoms the child is experiencing. If the symptoms are non-covid related, he/she will be required to be symptom free for 3 days before returning to the gym.

Gymnasts, staff, family members, or members in the same household who exhibit symptoms related to COVID-19 will need an immediate COVID test done in order to continue attending RGC practices/classes. If the result is positive, he/she will need to be symptom free for 10 days AND show a NEGATIVE test result before returning back class or coaching. If you are unwilling to have your gymnast tested or unable to receive a COVID-19 test, we ask that you quarantine your child and be symptom free for 10 days before resuming classes.

If the test results are negative, you will follow the non-covid related illness policy from above stating your gymnast be symptom free for 3 days before returning for class.

Staff have the right to send any gymnast home if he/she is excessively coughing, sneezing, or exhibiting any sick symptoms upon arrival or during class. If this occurs, a staff member will immediately escort the gymnast to the lobby to contact parents/guardian for pick up. Should the gymnast exhibit any of those symptoms at the time of drop off, staff will deny entrance into the building and send the child home with his/her guardian.

COVID-19 SYMPTOM LIST:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

COACHING STAFF PPE & HEALTH POLICY: Coaching staff will be required to wear a mask as they enter and exit the building, and for the duration of their time

inside RGC, unless eating in the designated eating areas.

Coaching staff will be required to have a pair of “gym shoes” that are to remain at the gym to change into upon arrival at RGC. They are required to arrive at their shift with hair up and nails maintained.

Coaching staff will be prohibited from bringing any outside food into the gym. Please bring food/snacks for breaks in a sealable bag/container. No refrigeration will be available.

Hand sanitizer will be provided to REC coaches to use for themselves, as well as the students in their class during class time.

Coaching staff will be temperature checked entering the building. Any temperature reading 99.7 degrees can be rechecked twice. If the reading stays the same or higher the coach is not permitted to enter the building. If this happens, the Director or Event and Program Coordinator needs to be contacted right away in order to find immediate coverage for that coach. Any further coverage will need to be found by the coach who is unable to come in as stated above in the illness and/or exposure section.

GYMNAST/PARENT PPE & HEALTH POLICY: ALL athletes are **REQUIRED** to wear a mask upon entering and exiting the building. Gymnasts are required to wear a mask throughout the duration of their class - this includes Preschool gymnasts. Gymnasts are responsible for providing their own mask. Gymnasts need to come to RGC with hair tightly pulled back to avoid touching their face throughout class.

All gymnasts will be temperature checked and given hand sanitizer before entering RGC. **Any temperature reading 99.7 degrees or higher can be rechecked twice. If the reading stays the same or higher the gymnast will not be permitted entrance, and will be sent home.**

Only 1 Preschool parent/ guardian will be permitted into the building during classes. The preschool parent/guardian will be temperature checked and given sanitizer, and will be required to wear a mask from the moment they enter the building until they exit.

SOCIAL DISTANCING & SANITIZATION: Gymnasts and coaches will stay 6ft from

each other at all times (excluding spotting). There are markers on the floor throughout the gym to help show gymnasts/athletes where a safe distance is from classmates. Gymnasts and coaches will sanitize hands with personal hand sanitizer before and after spotting, before and after each event and rotation, and as they see fit.

Coaching staff will wipe down used mats with disinfectant after each rotation and again after the duration of a class. If a gymnast or coach sneezes, coughs, or accidentally touches another teammate or coach, they will be asked to sanitize and/or wash their hands, and surrounding mats will be sanitized. Gymnasts/athletes will be asked to refrain from touching their faces or other classmates throughout practice times to help with sanitization practices.

PROCEDURES:

ENTERING: Spring through Fall, weather permitting, gymnasts must wait outside the front door along the sidewalk standing on a sidewalk square no ***more than 10 minutes prior to the start of their class time, but no less than 5 minutes before class.*** Mask MUST be on. During Winter gymnasts should wait in their vehicles until 5 minutes before the start of class time. They may then enter the front door where they'll be greeted by a staff member to temperature check them before entering the lobby.

Parents with gymnasts 6 years of age, or older are required to stay in the parking lot, at minimum, until they are sure their gymnast(s) has been allowed to enter the building for class.

Gymnast should bring minimal items into the gym for class. The only items allowed in with a recreational/pre-k gymnast are the following:

- **Water bottle: REQUIRED** as the drinking fountains are closed
- Shoes
- Clothing over their leotard, if wearing one and desired
- Small drawstring bag to put above items into
- Appropriate outerwear is acceptable (coats/boots), and do not have to fit inside the drawstring bag

Absolutely **NO** school backpacks, large bags, or food will be permitted into the gym at this time. If any gymnast lines up with any of these items, staff will instruct them to

return the prohibited items to their parent's/guardian's vehicle before entering.

- **Before Entering:** Gymnasts with a mask on will get their temperature checked. If OK'd, gymnasts will be asked to step into the gym vestibule, remove their shoes/clothing items, and place them into their bag. Afterwards, they'll be given hand sanitizer and allowed to walk into the lobby to find a cubby. Additional coaches will be inside in the lobby to greet the gymnast and help direct them.
- **Drop Off:** RGC doors are locked and will remain locked before, during, and after classes. Therefore, a staff member has to be at the door to let gymnasts enter. There will be a **5 minute grace period after the start of the class** in which a staff member will be at the door. **Anyone arriving later than 5 minutes will NOT be permitted into the building for class, as there will be no one available to open the door for them.** Therefore it is imperative that you bring your gymnast on time for class. If you know you're going to be more than 5 minutes late, you should communicate beforehand with the front office via email or phone. **Parents are welcome and encouraged to wait in the parking lot for the duration of their child's class.**

IN THE GYM: Gymnasts will be directed by coaching staff to a cubby to store their belongings and then brought into the gym to warm up and go to their first event. Gymnasts must enter the gym with a mask on and will keep their water bottle with them at all times. During each event and before rotating from one event to another, all gymnasts will be given hand sanitizer and continue to keep 6 feet apart from classmates and their coach(es) unless the coach is spotting.

EXITING: At the end of a class, gymnasts will be escorted to their cubbies to get their belongings. Gymnasts will exit the front doors monitored by an RGC staff member who will also administer sanitizer when exiting.

CLEANING: Coaches will be sanitizing all mat surfaces before the next class enters the gym. All surfaces in the Lobby and Parent Viewing Room will be sanitized and disinfected after each class including cubbies. Bathrooms will be cleaned and disinfected as well.

Print and Sign the page below. ALL gymnasts must bring on their first day of class to enter the gym:

I have read through and understand RGC's COVID Policies and Procedures and agree to follow the safety protocols they have put in place. I understand that any noncompliance from myself or my gymnast(s) with the above policies and procedures will result in not being permitted into RGC until compliance is met. I understand that RGC staff have the right to deny myself and/or gymnast(s) the right to enter if there is any sign of sick symptoms before entering, and that at any time my gymnast can be sent home due to exhibiting sick symptoms while in RGC's facilities:

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____

Date: _____