

RGC's COVID POLICIES & PROCEDURES

POLICIES:

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

PROCEDURES:

- ENTERING
- EXITING

POLICIES:

ILLNESS AND/OR EXPOSURE:

- If your gymnast(s) or anyone in the home is feeling sick, keep your gymnast home.
- Notify RGC via email, rgcgymnastics@gmail.com, or by phone, (952) 406-8979, that your child will miss class that day.
- If anyone in the home is exhibiting COVID-19 symptoms, the gymnast(s) will need to have a negative COVID test result in order to continue attending RGC classes. A copy of the results needs to be provided to RGC.
- If the result is positive, the gymnast(s) will need to be symptom free for 10 days AND have a negative test result before returning. A copy of the results needs to be provided to RGC.
- 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.

COVID-19 SYMPTOM LIST:

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

COACHING STAFF PPE/HEALTH POLICY:

- All staff are required to follow the same policies and procedures as gymnasts and families entering the building. This includes having their temperature checked, using hand sanitizer, and wearing a facemask.

GYMNAST & PARENT PPE/HEALTH POLICY:

- Masks are required for the entire duration of your time in RGC for both gymnasts and adults. This includes gymnasts in Pre-K classes. Families are required to have their own well fitting masks.
- Anyone entering will be temperature checked at the door and given hand sanitizer once inside. **A temperature of 99.7 degrees fahrenheit or higher will be rechecked twice. If there's no change, that person will not be permitted entrance.**
- **Only 1 parent/guardian per Pre-K class family will be permitted into the building.** If your gymnast is not registered for one of the following Pre-K classes; Twos, Tots, or Tumblers, parents/guardians are still NOT permitted inside.

SANITIZATION:

- Gymnasts and coaches will sanitize hands between each event, and as they see fit throughout the class. Coaching staff will also wipe down used mats with disinfectant after each class and at the end of the night.

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.**
- **During Winter** gymnasts should wait in their vehicles until 5 minutes before the start of class time.
- **At drop off, parents/guardians are required to stay in the parking lot, at minimum, until their gymnast(s) has been permitted inside.**
- There will be a **5 minute grace period after the start of each class** in which a staff member will be at the door. **Anyone arriving later than 5 minutes will NOT be permitted in because staff will be unavailable.**

EXITING:

- A staff member will walk gymnasts to the front door and wait until all gymnasts have been picked up.