

## Attention Gemini Families!

With all the new guidelines set forth by the State of Massachusetts to re-open our facility..... Gemini is working hard to keep our facility clean, functional, friendly and safe for our gymnasts to come back to, so they may continue with their gymnastics training safe and sound! Closely following the health organizations and policy changes, we will continue to update our health and safety procedures as it deems necessary. Please help us in doing your part to abide by these changes as we re-open our doors to aid in keeping our gymnastics community healthy and safe!

### “Gemini Gymnastics, LLC Covid-19 Procedures and Policies”

#### SOCIAL DISTANCING

- All classes will be at the minimum capacity that our facility can hold with the recommendations set by the CDC and the state guidelines.
- All classes will have a 1/2 hour break in between each class. The time gap allows for social distancing with classes coming and going, pick up and cleaning of equipment, disinfecting the lobby/waiting areas/bathrooms, etc.
- Parents are encouraged to **drop off** and **pick up** their gymnasts on time **in the lobby** no more than 5-10 minutes before or after class. Any gymnast who arrives early, please plan on waiting in your vehicle until it is 5-10 minutes before class time to allow other classes to clear out of the waiting area/lobby and to exit the building safely.
- Gemini Gymnastics **waiting area doors** will be *opened at the beginning of class, closed during class and re-opened at the end of class.*
- All gymnasts will have their own sections in the waiting area to help maintain the social distancing policy and their safety, to store all of their belongings and to wait for further instruction from the class coach/instructor.
- **Lobby/waiting area** will be **closed** to the general public and for observation, due to the limited space our facility has, to maintain the social distancing policies. Any gymnast that is registered for our Munchkin and Me, Preschool or Kindernastics programs should have only one adult/guardian accompanying them to and/or during class. *We respectfully request that all siblings, additional family members and friends stay outside, in their vehicle or at home. This is for everyone’s health and safety.*
- Please remain at least **6 feet apart** at all times unless with a family member.
- We are observing the “No touch” policy throughout the gym. Air high fives and Air hugs are encouraged instead of physical contact.
- While **Spotting** remains an important element to our gymnast’s safety, we will consider an alternate method of teaching/coaching that align with the social distancing policies unless it is to protect the safety of our gymnasts from injury or to maintain proper body alignment. Coaches will sanitize their hands after every gymnast that needs spotting.
- **Face masks** are required by all in order to enter the building/lobby. Gymnasts can remove their face masks and keep them isolated with their belongings when instructed to enter the gym for class.....with the understanding that all gymnasts maintain 6 feet away from other gymnasts at all times during practice. (Classes will be designed with that in mind to help them do just that) When using the restroom....gymnasts are required to put their face masks back on during that time and then remove them when heading back in to practice. Face masks should be worn at the end of class to leave the lobby/building.
- **Bathrooms:** Entrance door to the girl’s bathroom will remain open. Face masks are required while using the bathroom. Please limit the amount of people in the bathroom to a minimum. Please remain 6 feet apart unless you are with a family member.

## **HAND HYGIENE/WASHING & SELF CHECKS**

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- When *entering the building/lobby*, please **wash your hands** before entering the doors of Gemini Gymnastics to the waiting area. A touchless hand sanitizer is available at the front desk.
- Avoid touching your eyes, nose and mouth.
- Gymnasts and staff will be instructed to sanitize their hands when entering the gym for class, after each rotation, coughing, sneezing, blowing their nose, and at the end of class. Please wash hands after using the restroom and sanitize your hands before entering the gym for class. Touchless hand sanitizer stations are available throughout the gym along with Kleenex and trash buckets.

## **CLEANING/DISINFECTING**

In addition to our regular cleaning regimen.....

- All common surfaces, high touched areas, equipment and cubbies will be cleaned and disinfected, according to CDC guidelines, in between each class.
- Each night after classes are done, the entire gym will be disinfected.

## **ADDITIONAL RESPONSIBILITIES**

All gymnasts.....

- Due to time constraints, please try to be in proper attire before you come to class.
- Need to bring their **own water bottles**. *Absolutely NO sharing!* Water bottles are available for purchase at the front desk for \$1.00. Cash or account credit.
- Need to bring a **gym bag** to put all of their personal belongings in along with their own gymnastics supplies.
- On uneven bars.....
  - If a gymnast uses grips, they need to bring their **own grip bags/grips** every time they attend class. *No sharing is allowed!* If using grips, please remember NOT to spit on your grips.....bring a spray water bottle with you. Grip bags, grips and wrist bands are available for purchase at the gym.
  - Each gymnast is required to have their **own chalk**. Please keep it in a plastic container or zip lock baggie. Chalk is available for purchase at the gym for \$2 a block. Cash or account credit. *NO sharing is allowed!*
  - \*Note: if a gymnast forgets to bring their grips or chalk, they will not be able to practice on the uneven bars during that class unless they purchase a block of chalk or go without.
- Need to have their own gymnastics supplies....athletic tape, under wrap, braces, etc. *No sharing!* Athletic tape and under wrap are available for purchase at the gym for \$2 a roll. Cash or account credit.
- Need to bring their **own hair supplies**. *NO sharing* hair ties, scrunchies, brushes, combs or hair spray.

All parents.....

- Please refrain from gathering in the lobby/waiting area.
- Please place all payments in the gray drop box located on the front desk.
- If you have questions, concerns or need to speak with the administrative director or head coach, please call (413) 664-9000 to make an appointment.

Thank you for your time, patience and understanding as we work together to get through this difficult period of time in our lives! Together we can accomplish anything! Let's help keep everyone healthy and safe!

**Gemini Gymnastics Staff**

# Covid-19 Procedures and Policies

Gymnasts Name (Print): \_\_\_\_\_ Class: \_\_\_\_\_

Gymnasts Name (Print): \_\_\_\_\_ Class: \_\_\_\_\_

Gymnasts Name (Print): \_\_\_\_\_ Class: \_\_\_\_\_

## Acknowledgement Statement:

I and the gymnast(s) listed above have read, understand and agree to abide by the rules and conditions set forth therein the “Covid-19 Procedures and Policies”. I am executing this document voluntarily and with full knowledge of its significance.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Parent/ Guardian - Print Name      Parent/Guardian - Signature      Date

In addition to the Gemini Gymnastics, LLC Covid-19 Procedures and Policies, *no one* will be permitted to enter Gemini Gymnastics, LLC if they have been diagnosed with Covid-19 (have not recovered or are still within the 14 day quarantine), had symptoms of Covid-19 within the last 48 hours, or had contact with a person that has or is suspected to have Covid-19 within the last 14 days.

If you can answer NO to all of these questions, we would like to welcome you to Gemini Gymnastics, LLC!

- Have you had a fever within the past 2 days?
- Have you been in contact with a confirmed case of Covid-19?
- Are you experiencing a cough, shortness of breath or a sore throat?
- Have you had a loss of taste or smell?
- Have you been vomiting or had diarrhea within the last day?

*Please list below all additional family members that would or will be entering or attending Gemini Gymnastics.*

- | <u>Name</u> | <u>Name</u> |
|-------------|-------------|
| 1. _____    | 4. _____    |
| 2. _____    | 5. _____    |
| 3. _____    | 6. _____    |

By signing this statement, I \_\_\_\_\_ (name) attest that everyone listed above has answered NO to all the above questions and will abide by the rules and conditions set forth therein the “Covid-19 Procedures and Policies”.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Parent/Guardian - Signature      Date