

“Pandemic Procedures and Policies”

With all the new guidelines and recommendations for the Covid-19 Pandemic set forth by the State of Massachusetts to keep our facility open..... Gemini Gymnastics, LLC is working hard to keep our facility clean, functional, friendly and safe for our gymnasts to 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 listed below to aid in keeping our gymnastics community healthy, safe and functional!

SOCIAL DISTANCING

- All classes will be at the minimum capacity that our facility can hold for each level with the recommendations set by the CDC and the state guidelines.
- There will be a 15 minute break between each class. This 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 minutes before or after class. Any gymnast who arrives early, please plan on waiting in your vehicle until it is 5 minutes before class time to allow other classes to clear out of the waiting area/lobby and to exit the building safely.
- Parents, when dropping off your gymnast for class, please **DO NOT STAY** in the *waiting area* as we have limited space available to fit everyone and it gets very congested when everyone stays and waits for the instructors to call the gymnasts into class. After your gymnast has been checked in, temperature checked and assigned a cubby section, please exit the waiting area. Your gymnast will be okay and safe at this point!
- Gemini Gymnastics **waiting area doors** will be **closed during class** and **re-opened at the end** of class. At the end of class, all gymnasts will go to their “cubbies”, get ready to go home and when the instructor has made contact with their parents, the instructor will open the doors and send your gymnast out to you in the lobby. Please do not come into the waiting area unless a staff member has asked you come in. If you need to speak to the instructor or have business at the administration desk, please be patient and wait till the waiting area is cleared.
- *During class time* when the *waiting area door* is **closed**, please **do not enter** the waiting area unless there is a staff member at the administration desk that can assist you, otherwise please be patient and wait until the end of class to speak to the instructor. It is distracting and unsafe to the class if someone walks into the gym that is unexpected.
- *When arriving for class* and another class is in session, please **DO NOT ENTER** the waiting area until a staff member gives the okay to do so. *Remember...the waiting area must be cleaned and disinfected before the next class is allowed to enter the area.* This is for everyone’s safety!
- All gymnasts will have their own cubby sections in the waiting area to help maintain the social distancing policy and their safety, to store all of their belongings including their water bottles and to wait for further instruction from the class instructor.
- **Lobby/waiting area** is **closed** to the *general public and for observation*, due to the limited space our facility has, to maintain the 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 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 without a mask** and **3 feet apart with a mask** at all times unless with a family member.
- We are observing the “No touch” policy throughout the gym. Air high fives, Air hugs and fist bumps 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 recommended by all in order to enter the building/lobby and waiting area due to the limited space. 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. When using the restroom....we recommend that gymnasts put their face masks back on during that time and then remove them when heading back into the gym. Face masks should be worn at the end of class to leave the waiting area. When outside, it is your call.
- **Bathrooms:** Entrance door to the girl’s bathroom will remain open. Face masks are recommended 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

- Before heading out of your house to go to gymnastics class, please check your temperature. Anyone *running a fever of 100.4°F* and/or *experiencing symptoms* (coughing, shortness of breath, sore throat, vomiting, diarrhea, etc.) should **stay home**. Call the gym at 664-9000 to notify us of your absence. A *verbal health checklist* and *temperature reading* will be presented to all gymnasts entering the waiting area at the beginning of class. **No one will be permitted to enter** our facility 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.
- When *entering the building/lobby*, please **wash your hands** before entering the doors of Gemini Gymnastics to the waiting area.
- Avoid touching your eyes, nose and mouth.
- Gymnasts and staff will be instructed to sanitize their hands before 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***. This is an absolute **must**....we cannot stress this enough! No matter how long a gymnast is in class for, they all need to hydrate their bodies.....especially on "HOT" days! If a gymnast is dropped off without a water bottle, one will be given to them and it ***will be charged to their accounts***, plus parents will be notified at the end of class. ***Absolutely NO sharing!*** Water bottles are always available for purchase at the front desk. 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 always available for purchase at the gym. Cash or account credit. ***NO sharing is allowed!***
- Need to have their own gymnastics supplies.....athletic tape, under wrap, wrist/ankle/knee braces, etc. ***No sharing!*** Athletic tape and under wrap are always available for purchase at the gym. 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 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

Pandemic 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 "Pandemic 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 "Pandemic 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/friends that would be picking up your gymnast instead of you or will be entering Gemini Gymnastics.

- | <u>Name</u> | <u>Name</u> |
|-------------|-------------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

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 "Pandemic Procedures and Policies".

_____/_____/_____
Parent/Guardian - Signature Date