



Summary of Policies & Procedures in Response to the COVID-19 Pandemic

Prairie Gymnastics Club Protocol

General Policies & Scheduling	<ul style="list-style-type: none"> - Virtual preschool & recreational classes will be available for those who are not comfortable physically being in the gym. - Classes/practices will be scheduled 15-30 minutes apart to allow time for the facility to be disinfected and to control the number of people entering/exiting the gym at the same time. - We will temporarily be offering unlimited make-ups for missed preschool & recreational classes. - Birthday parties and open gyms will be temporarily suspended.
Employee Guidelines	<ul style="list-style-type: none"> - Any staff member exhibiting signs of illness will be required to stay home. - Prairie staff will receive a health screening and have their temperature taken upon entering the gym each day. Any employee having a temperature of 100 degrees or more will be sent home. - Staff will be required to wear a face-covering or mask while in the gym. - Staff will wash/sanitize hands prior to, during, and at the conclusion of classes/practices. - Staff will have limited direct physical contact with children. Spotting will be limited to necessity for all classes and team practices. - Staff will be diligently trained on procedures and prepared to enforce any distancing protocols.
Building Preparation	<ul style="list-style-type: none"> - CDC recommended products effective against COVID-19 will be used throughout the building prior to open and throughout each day. - All surfaces will be disinfected/sanitized multiple times daily once reopened. - Hand sanitizer will be accessible throughout the building. - Drinking fountains will not be available for use. Children will need to bring a water bottle clearly labeled with his or her name to class or practice.
Hygiene	<ul style="list-style-type: none"> - Anyone entering the gym will be required to adhere to PPE requirements set by the Illinois Department of Public Health. - Anyone entering the gym will be subject to a health screening including temperature checks. Anyone with a temperature of 100 degrees or more or exhibiting signs of illness will be immediately sent home. If you, your child, or someone in your household is experiencing symptoms of COVID-19 (fever, cough, shortness of breath), please do not come to the gym. When in doubt, please stay home. - Students will be required to wash hands frequently, especially before and after class/practice.
Entering the Gym/ Drop Off	<ul style="list-style-type: none"> - We will make use of all entrances and exits in the gym to limit the amount of people in the lobby area. Please enter through the front door as normal and exit through the door near the front garage. - Older people, people with underlying health conditions, and children not scheduled for a class will not be allowed in the building. - Students will be allowed to enter the gym a maximum of 10 minutes before class or team practice with 1 adult to assist ONLY IF NEEDED. Only 1 adult/child pair will be allowed in the lobby at a time. Kindly wait outside until space becomes available. You must remain a minimum of 6 feet away from other customers and employees. - Employees will be available to assist children with entering the building and preparing for class. - Children will wait for their class/practice to begin in the designated warm-up area a minimum of 6 feet apart.
During Class	<ul style="list-style-type: none"> - In-person viewing will be temporarily prohibited. We will be providing online viewing of your child's preschool or recreational class. Requests to watch in person will be handled on a case by case basis. - Stations and activities will be modified to allow a safe distance between children. - Porous surfaces such as the foam pit, carpet squares, and bean bags will temporarily be taken out of use. Team gymnasts may use the foam pit ONLY if it is covered by vinyl mats that can be easily disinfected. - Lesson plans will be modified to omit partner activities and limit use of props. - Children must wash or sanitize their hands before and after using chalk. - Children must wash or sanitize their hands before and after using the bars, beam, pommel horse, and rings.
Exiting the Gym/ Pick Up	<ul style="list-style-type: none"> - A staff member will dismiss children from class/practice one by one. - When you arrive to pick up your child, please approach the exit door by the front garage and tell the waiting staff member the name of your child. The staff member will walk your child out to meet you.

All policies and procedures are subject to change.
We will do our best to advise you of any changes as soon as possible.