



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

## Prairie Gymnastics Club - Phase 3 Protocol

<b>General Policies &amp; Scheduling</b>	<ul style="list-style-type: none"> <li>- Classes/practices will be scheduled 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.</li> <li>- The front desk will be temporarily closed. All transactions should be done online or over the phone.</li> <li>- Cubbies will be temporarily off limits. Gymnasts will need to bring a bag large enough to carry their personal items, including their shoes.</li> <li>- We will temporarily be offering unlimited make-ups for missed preschool &amp; recreational classes.</li> <li>- Birthday parties and open gyms will be temporarily suspended.</li> <li>- No food may be consumed in the facility.</li> </ul>
<b>Employee Guidelines</b>	<ul style="list-style-type: none"> <li>- Prairie staff will receive a health screening and have their temperature taken upon entering the gym each day.</li> <li>- Any staff member exhibiting signs of illness will be required to stay home.</li> <li>- Staff will be required to wear a face-covering or mask while in the gym.</li> <li>- Staff will wash/sanitize hands prior to, during, and at the conclusion of classes/practices.</li> <li>- Staff will have limited direct physical contact with children. Spotting will be limited to necessity.</li> <li>- Staff will be diligently trained on procedures and prepared to enforce any distancing protocols.</li> </ul>
<b>Building Preparation</b>	<ul style="list-style-type: none"> <li>- The facility will be disinfected with a recommended EPA-registered disinfectant that carries the EPA's emerging pathogen claim.</li> <li>- All surfaces will be disinfected/sanitized multiple times daily once reopened.</li> <li>- Drinking fountains will not be available for use.</li> <li>- Six foot physical distancing markers will be placed in the lobby, gym, and balcony viewing area.</li> </ul>
<b>Hygiene</b>	<ul style="list-style-type: none"> <li>- Anyone entering the gym will be required to wear a mask or face covering. Gymnasts may remove their mask once in their physically distanced warm up area. The mask must be replaced when entering other areas of the facility (i.e. lobby, bathrooms) and reapplied when exiting the facility after training.</li> <li>- 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.</li> <li>- Students will be required to wash hands frequently, especially before and after class/practice.</li> </ul>
<b>Entering the Gym/ Drop Off</b>	<ul style="list-style-type: none"> <li>- We will make use of all entrances and exits in the gym to limit the amount of people in the lobby area.</li> <li>- Older people and people with underlying health conditions are discouraged from visiting the gym.</li> <li>- Children will not be allowed in the building unless enrolled in a class on the same day.</li> <li>- Students will be allowed to enter the gym a maximum of 10 minutes before class or team practice with 1 adult 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.</li> <li>- Students should be prepared for class upon arrival (come dressed, go to the bathroom at home, etc.).</li> <li>- Children will wait for their class/practice to begin in the designated warm-up area a minimum of 6 feet apart.</li> </ul>
<b>During Class</b>	<ul style="list-style-type: none"> <li>- In-person viewing will be extremely limited so drop-off is strongly encouraged. Only one spectator will be allowed per child, subject to seating availability. Social distancing will be strongly enforced.</li> <li>- Preschool class size will be limited to four, recreational will be limited to six, and team groups will be limited to ten.</li> <li>- Stations and activities will be modified to allow a safe distance between children.</li> <li>- 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.</li> <li>- Lesson plans will be modified to omit partner activities and limit use of props.</li> <li>- Children must wash or sanitize their hands after each rotation or when moving to another apparatus.</li> </ul>
<b>Exiting the Gym/ Pick Up</b>	<ul style="list-style-type: none"> <li>- A staff member will dismiss children from class/practice one by one.</li> <li>- 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.</li> </ul>

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