

Policies & Procedures for Returning to the Gym



The health and safety of our athletes will always come first. As we return to the gym after the disruption due to the COVID-19 pandemic, every decision, policy, and procedure is made in the interest of our students' safety and health, both mental and physical. This document was created based on recommendations from the Centers for Disease Control and the Illinois Department of Public Health and will be strictly adhered to by everyone entering Prairie Gymnastics Club.

Overview

THIS DOCUMENT IS AS FLUID AS THE SITUATION

Everything about this disease, its spread, governmental guidelines, social responses, the needs of our families, and the financial environment have been in constant flux. Our plan and procedures for how we address all of these things must be adaptable, purposeful, based in science, and according to the regulations put forth by the state and federal government. In order to be all of those things, we must constantly evaluate our policies and procedures, seek out new and sound information, and adjust our responses accordingly. Prairie Gymnastics Club will alter any and all of this handbook as needed to fulfill these goals.

EVERYONE MUST BE THEIR OWN ADVOCATE

One thing we have learned in our communication with our families is that each of us is approaching this recovery differently. In navigating as best we can, each of us has had to find a unique plan for the unique circumstances of our families. While we as a team will continue doing everything we can to meet and exceed state and federal guidelines, we understand that certain solutions or policies will not be the most appropriate for each family. While we will try our best to create the best environment for everyone at Prairie, we respect families who have to make the difficult decision to delay their return for now until the global situation, or a Prairie policy, is changed.

MANDATORY ADHERENCE TO THIS HANDBOOK

Given all of the above, and in the interest of protecting the health and safety of the children entrusted to our care, Prairie will be enforcing all policies and procedures listed in this document. If a family, athlete, or employee is unwilling to abide by these policies and procedures, they will not be allowed to attend Prairie until either the Prairie Response Phase or their cooperation has changed.

Our Collective Responsibility

WE ARE ALL RESPONSIBLE FOR THE HEALTH AND SAFETY OF EACH OTHER

In order to help control the spread of the virus, we all must do our part to keep our athletes, our staff, and our families safe.

STAFF

Prairie staff are responsible for ensuring our facility policies are being executed. They are also responsible for taking steps in their personal lives to minimize exposure such as limiting travel and being careful when participating in leisure activities.

ATHLETES

Our athletes are responsible for following the guidelines, helping support their teammates through this time, and following directions given by staff on site to ensure a low-risk environment for everyone.

PARENTS

Parents are responsible for making sure your family is following good hygiene, following all policies and procedures, and helping staff by being patient and supportive as we return.

Maintaining a healthy and safe environment for all of our students and families is going to take work and cooperation from our staff, athletes, and parents. We need every family to do their part to practice good hygiene, follow our policies and procedures, and be patient and supportive of our athletes and staff during this time.

Reopening Phases

PHASE 3

Team Practices Resume on June 1st with Capacity Limits

- No more than 10 athletes per group
- No more than two groups in the gym at a time
- Practice times will be staggered

Recreational Classes Resume on June 8th with Capacity Limits

- Recreational classes will have no more than 6 children per instructor
- No more than two groups in the gym at a time
- Class times will be staggered

See page 3 for a full description of policies/procedures for Phase 3.

PHASE 4

- Preschool Classes (Gym Kids 1-3) Resume with Capacity Limits (4:1)
- No more than 50 people in the gym at a time (excluding spectators). Everyone in the gym must remain at least 6 ft. apart.
- Children will not be allowed in the building unless enrolled in a class on the same day
- Only 1 spectator will be allowed per child, subject to seating availability.
- Staff must remain home if they have a temperature of 100 degrees or more
- Common areas will continue to be disinfected regularly throughout the day
- Staff, athletes, and parents must sanitize hands regularly and practice good hygiene at the gym and at home
- Children showing signs of illness will not be permitted in the building
- Face masks are still required for everyone in the building over the age of 2
- Coaches can spot as long as they are wearing a mask

PHASE 5 (tentative)

- All operations return to normal
- Regular disinfection of the gym will continue
- Good hygiene practices will continue to be enforced



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

Prairie Gymnastics Club - Phase 4 Protocol

General Policies & Scheduling	<ul style="list-style-type: none"> - Classes/practices will be staggered as much as possible to allow time for the facility to be disinfected and to control the number of people entering/exiting the gym at the same time. - The front desk will be temporarily closed. All transactions should be done online or over the phone. - Cubbies will be temporarily off limits. Gymnasts will need to bring a bag large enough to carry their personal items, including their shoes. See page 4 for a complete list of items your gymnast will need in his/her bag. - We will temporarily be offering unlimited make-ups for missed classes in Phase 3 & 4 but classes must be made up after Phase 3 & 4 have ended. All team gymnasts must stay with their designated team group each day. - Birthday parties and open gyms will be temporarily suspended. - No food may be consumed in the facility.
Employee Guidelines	<ul style="list-style-type: none"> - Prairie staff will receive a health screening and have their temperature taken upon entering the gym each day. - Any staff member exhibiting signs of illness will be required to stay 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. - Coaches will be permitted to spot as long as they are wearing a face mask. - Staff will be diligently trained on procedures and prepared to enforce any distancing protocols.
Building Preparation	<ul style="list-style-type: none"> - The facility will be disinfected with a recommended EPA-registered disinfectant that carries the EPA's emerging pathogen claim. - All surfaces will be disinfected/sanitized multiple times daily once reopened. - Drinking fountains will not be available for use. Gymnasts will need to bring a water bottle to the gym each day. - Six foot physical distancing markers will be placed in the lobby, gym, and balcony viewing area.
Hygiene	<ul style="list-style-type: none"> - 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 reapplied when entering other areas of the facility (i.e. lobby, bathrooms) and when exiting the facility after training. - Anyone entering the gym should take the health screening questionnaire on page 5 prior to each visit. - 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. - Older people and people with underlying health conditions are discouraged from visiting the gym. - Children will not be allowed in the building unless enrolled in a class on the same day. - 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 at all times. - Students should be prepared for class upon arrival (come dressed, go to the bathroom at home, etc.). - 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 extremely limited so drop-off is strongly encouraged. Only one spectator will be allowed per child, subject to seating availability. Physical distancing will be strongly enforced. - Recreational class sizes will be limited to 6:1 and preschool classes will be limited to 4:1. Team group sizes will not be limited. - 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 after each rotation or when moving to another apparatus.
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.



Personal Gymnastics Bag Contents

Cubbies will be temporarily off limits and whenever possible, gymnasts should use their own personal items/equipment. As such, all gymnasts will be required to carry a bag that includes the following items:

<p>Preschool/ Recreational Gymnasts</p>	<ul style="list-style-type: none"> - Shoes - Water bottle - Hand sanitizer - Face mask (preferably with paper bag for proper storage) <p>*Snacks are not allowed in the gym *Clearly label all items with your child’s name (including the bag) *Remind your child to keep his/her personal belongings at least 6 feet away from others’ personal belongings</p>
<p>Team Gymnasts</p>	<ul style="list-style-type: none"> - Shoes - Water bottle - Hand sanitizer - Face mask (preferably with paper bag for proper storage) - Athletic tape (if needed) <ul style="list-style-type: none"> Single Roll - \$3.00 Two Rolls - \$5.00 - Zip lock bag or plastic container with chalk <ul style="list-style-type: none"> \$13.00 (1 box - 8 blocks of chalk) \$1.00 per block if purchased from the gym - Grips (if applicable) - Wrist bands (if needed) <p>*After the first week, coaches may request that you purchase additional items your gymnast will need (jump ropes, sliders, etc.). While all items are available at the gym, they may be temporarily taken out of use if they can’t be easily disinfected.</p> <p>*Snacks are not allowed in the gym</p> <p>*Clearly label all items with your child’s name (including the bag)</p> <p>*Remind your child to keep his/her personal belongings at least 6 feet away from others’ personal belongings</p>

WE'RE ASKING FOR YOUR HELP

With the global spread of COVID-19, we are following all CDC and IDPH recommendations to keep our community safe.

Please review the following questions each day before you or your child visits Prairie Gymnastics Club.

IF YOU ANSWER **"YES"** TO ANY OF THESE QUESTIONS FOR YOURSELF OR YOUR CHILD, WE ASK THAT YOU DO NOT ENTER THE BUILDING AND ONLY RETURN WHEN YOU CAN ANSWER ALL QUESTIONS WITH **"NO"**.

- Have you been ill with fever, chills, cough, or body aches in the last 14 days?
- Has anyone in your household had these symptoms in the last 14 days?
- Have you or anyone in your household traveled to a location in the U.S. where an increased incidence of COVID-19 has been reported in the past 14 days?
- Have you been told by a healthcare provider that you should self-quarantine due to potential COVID-19 exposure or you are suspected of having COVID-19?

We appreciate you taking the time to answer these questions. As part of their daily health screening, our staff members are also answering these questions before they enter the building each day.