

Policies & Procedures for Returning to the Gym



The health and safety of our athletes will always come first. As we slowly return to normal after the disruption caused by 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, the Illinois Department of Public Health, and the Kane County Health Department 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 classmates/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 5 SUMMARY (current phase)

- Capacity limits for Preschool & Recreational classes will return to normal (Preschool 6:1, Recreational 8:1)
- Everyone in the gym must remain at least 6 ft. apart.
- Spectators will be allowed, 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 will be strongly recommended, but not required for gymnasts and spectators.
- Staff will be required to wear an appropriate face mask.



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

Prairie Gymnastics Club - Phase 5 Protocol

General Policies & Scheduling	<ul style="list-style-type: none"> - Classes/practices are 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 is open but online registration is required. - Gymnasts 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 needs in his/her bag. - No food may be consumed in the facility. - In the event a class needs to be cancelled, we will attempt to reschedule or provide make-up tokens.
Employee Guidelines	<ul style="list-style-type: none"> - If unvaccinated, Prairie staff members self administer a health screening and temperature check upon entering the gym each day. - Any staff member exhibiting signs of illness will be required to stay home. - All staff members are required to wear a face mask while children are in the gym. - Staff members must wash/sanitize their 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.
Facility	<ul style="list-style-type: none"> - The facility is regularly disinfected with a recommended EPA-registered disinfectant that carries the EPA's emerging pathogen claim. - High touch surfaces are disinfected/sanitized multiple times daily. - Drinking fountains are not available for use. Gymnasts need to bring a water bottle to the gym each day. - Six foot physical distancing markers have been placed in the lobby and gym.
Hygiene	<ul style="list-style-type: none"> - The use of an appropriate face mask is recommended but not required. - 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 one or more signs of illness (congestion, runny nose, fever, cough, shortness of breath, etc), please do not come to the gym. When in doubt, please stay home. Children or spectators exhibiting signs of illness will be sent home. Please review our complete COVID Mitigation plan on page 6. - Students are required to wash hands frequently, especially before and after class/practice.
Entering the Gym/ Drop Off	<ul style="list-style-type: none"> - We make use of all entrances and exits in the gym to limit the amount of people in the lobby area. - Students are allowed to enter the gym a maximum of 10 minutes before class or team practice. - 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 should wait (6 ft apart) for class/practice to begin in the designated waiting area.
During Class	<ul style="list-style-type: none"> - Spectators are allowed in the viewing area. Please try to limit the number of spectators, especially during peak times, and maintain physical distancing as much as possible. If space becomes an issue, limits will be placed on the number of spectators allowed. - Stations and activities are modified to allow a safe distance between children. - 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. - If you are waiting in the upstairs viewing area, please meet your child downstairs to escort him/her out of the building. - If you are picking your child up, please approach the exit door by the front garage. Staff will not allow young children to cross the parking lot alone.

3/1/22

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



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 <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 - 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"> \$1.00 per block if purchased from the gym - Grips (if applicable) - Wrist bands (if needed) <p>Coaches may request that your 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 *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>

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.



Prairie COVID-19 Mitigation Plan

Effective February 14, 2022, the following guidelines should be followed by all gymnasts, spectators, and staff at Prairie and supersede all previously stated guidelines:

All COVID policies at Prairie Gymnastics Club are based strictly on the guidelines and recommendations of the CDC and state/local health departments. We are all responsible for the health and safety of each other and must do our part to keep our athletes, our staff, and our families safe by adhering to our policies.

We strongly recommend consulting with your healthcare provider if you or someone in your household is experiencing symptoms of illness. As a reference, we've put together the following recommendations from the Kane County Health Department & IDPH:

Scenario #1: A gymnast tests positive and is showing symptoms of illness.

Response: The gymnast must isolate for a minimum of 10 days from the onset of symptoms. Unless vaccinated, all members of their immediate household must quarantine for 10 days beginning after the last close contact with the positive individual. Close contact is defined as contact with a person who has COVID-19 symptoms (in the period from 2 days before symptom onset) for more than 15 minutes regardless of whether or not either person was wearing a mask. The gymnast and all unvaccinated members of their immediate household must remain out of the gym until they meet the above criteria and are symptom free. The gymnast must present a release note from IDPH or a medical professional, or a negative rapid test (home tests are not permitted) upon return.

Scenario #2: A gymnast tests positive and is NOT showing symptoms of illness.

Response: The gymnast must isolate for a minimum of 10 days from the date of the positive COVID test. Unless vaccinated, all members of their immediate household must quarantine for 10 days beginning after the last close contact with the positive individual. Close contact is defined as contact with a person who has COVID-19 symptoms (in the period from 2 days before symptom onset) for more than 15 minutes regardless of whether or not either person was wearing a mask. The gymnast and all unvaccinated members of their immediate household must remain out of the gym until they meet the above criteria and are symptom free. The gymnast must present a release note from IDPH or a medical professional, or a negative rapid test (home tests are not permitted) upon return.

Scenario #3: A gymnast has tested negative but is showing one or more signs of illness, even if allergy related. (congestion, runny nose, cough, fever, sore throat, etc.)

Response: The gymnast must remain out of the gym until symptoms resolve. Contact your healthcare provider for further direction.

***With the exception of symptoms confirmed to be allergy related by a doctor, gymnasts showing symptoms of any illness must remain out of the gym until symptoms have resolved EVEN if a doctor's note clears them to return sooner.**

Scenario #4: A gymnast or a member of their immediate household was in close contact with someone showing symptoms of COVID. Close contact is defined as contact with a person who has COVID-19 symptoms (in the period from 2 days before symptom onset) for more than 15 minutes regardless of whether or not either person was wearing a mask.

Response: Any unvaccinated gymnast and unvaccinated members of their immediate household must quarantine for a minimum of 10 days. The clock starts on the day after the last exposure. A COVID test 5-7 days after exposure is recommended to help prevent asymptomatic transmission. Everyone in the home must be symptom free before the unvaccinated gymnast is able to return to the gym. Vaccinated individuals do not have to quarantine after close contact with someone showing COVID-19 symptoms unless they begin to develop signs of illness themselves.

General Guidance for Vaccinated Individuals:

Per the IDPH, vaccinated individuals do not need to quarantine, even if a member of your household tests positive for COVID-19, unless they begin to develop signs of illness.

***We reserve the right to adjust our policies and procedures as needed.**