

MEMBER CLUB CONSIDERATIONS

FOR A SAFE RE-OPENING

Like many businesses throughout the U.S., we know that member club owners are considering re-opening their doors soon and want to do so as safely as possible. To help with that, we have compiled some safety measures and tips to consider if and when the club re-opens.

However, we first want to clarify:

- While we intend for this information to be helpful as clubs think about reopening, it is not intended to encourage clubs to open earlier than they otherwise should. First and foremost, club owners should follow the rules and regulations in their region, and consider the risk affecting their local area. This determination will be highly location- and fact-specific for every gym, and we urge owners to make the call with caution.
- Safe Sport policies – including the one-on-one policy and parental access to training – continue to apply in full. These policies help keep children safe. [Click here](#) to view policy. Please contact the USA Gymnastics Safe Sport Department for guidance on how to balance Safe Sport Policy and COVID-19 safety guidelines.
 - Safe Sport Department may be contacted via email at: safesportpolicy@usagym.org or call 833.844.7233.

And, secondly, we want to remind clubs of a few additional aspects:

- USA Gymnastics cannot offer legal advice or guidance specific to any particular location. Please refer to any federal, state, and local directives and guidance that apply to your business.
- This is not an exhaustive list. There may be other steps a club can take to help prevent the spread of viruses in the gym, and we encourage club owners to talk to other business owners about best practices and new ideas.
- Of course, even when taking all precautions, there will still be a risk of transmitting illnesses. Everyone must stay vigilant about the health of members and be ready for additional business interruptions.
- The COVID-19 situation is rapidly changing. Because of that, these suggestions may quickly become outdated. Watch out for the latest from the CDC and other health authorities.

GENERAL INFORMATION

CDC: www.cdc.gov/coronavirus/2019-ncov/index.html

WHO: www.who.int/health-topics/coronavirus#tab=tab_1

OSHA: www.osha.gov/SLTC/covid-19/

ESTABLISH CLEANING/SANITATION GUIDELINES



- Follow CDC cleaning guidance (see www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html).
- Read the labels of cleaning products and follow directions on the label. Some products need to sit wet on a surface for several minutes before being wiped off in order to properly sanitize.
- Check the EPA website for selected EPA-Registered Disinfectant. [Click here](#) to view.
- Remember to wash first, then disinfect and use caution when mixing cleaning chemicals.
- Buy in bulk to ensure that the club has several months supply.
- Consider using a pump sprayer (sometimes referred to as a garden sprayer) to spray down large areas quickly.
- Contact equipment manufacturers for specifics on proper cleaning protocols.
- When possible, wipe equipment down after each person; if not possible, ensure that all equipment is properly sanitized after each class and/or each rotation.
- Document the time of each apparatus or specific area is cleaned; like public restrooms.
- Sanitize frequently used items and surfaces on a regular basis; including light switches; door handles; counter tops, matting.
- Provide hand sanitizer at entry/exit of the facility and at each station; require use at entry and before each rotation.
- Consider investing in a steam cleaner for cleaning of carpets.
- Remove chalk bowls; participants should bring and use their own chalk, bucket and/or bag.
- Consider providing masks or facial coverings.
- Regarding mask or facial coverings use:
 - Non-coaching staff – Consider the use of masks or facial coverings at all times while in the facility.
 - Coaching staff – Consider the use of masks or facial coverings at all times unless deemed a hazard during spotting.
 - Parents – Consider the use of masks or facial coverings at all times while in the facility.
 - Athletes/Students – Consider recommending all athletes/students wear masks or facial coverings while entering the facility. Once arriving to their initial physical-distanced station, the athlete can then remove the mask or facial coverings, place it into a paper bag, and keep it isolated with their personal items throughout training. The mask or facial coverings should be reapplied while using other areas of the facility (i.e. bathrooms), and reapplied while exiting the facility after training.

- Remove mats or shapes that are torn from use as they cannot be properly sanitized.
- Consider using contactless or online methods of payment; Apple Pay, Venmo or Zelle.
- Consider covering foam pits with a tarp (tucked in around the foam) with mats placed on top of the tarp to allow for proper cleaning.



RISK MITIGATION

- Consult and follow state and/or CDC for guidance on temperature checks and face masks or facial coverings for staff and participants.
- Institute protocols that maintain a safe environment for employees; consult OSHA guidelines and protocols for employees (www.osha.gov/Publications/OSHA3990.pdf).
- Staff Training: Continually educate all staff on any updates and changes to club policies, especially physical distancing and other COVID-19 guidelines.
- Update and distribute club policies and team/parent handbooks to participants.
- Consult your insurance carrier regarding updates to insurance coverage due to COVID-19.
- Consult your legal counsel for guidance on updates/modifications to participant waivers.

GYM AREA

- Measure your gym, know the square footage and maximum occupancy, do the math, and create more space to allow for physical distancing.
- Calculate the appropriate occupancy level to ensure minimum physical distancing between individuals in the gym.
- Create a map of your gym's space to show how each activity in the space may continue consistent with the 6 ft standard.
- Share the map with staff, parent and your local health department, to demonstrate how physical distancing is being implemented.
- Create additional space by removing items or equipment in the gym that are not being used.
- Use outdoor space if safe and possible.

LOBBY/ENTRYWAY

- Stagger class schedules and run fewer classes at one time.
- Limit the number of participants in each class.
- Utilize multiple entrances and exits. Enter through one door, exit through another.
- Schedule longer breaks between sessions to allow for cleaning and orderly entry and exit of individuals.
- Consider suspending food/concessions sales.

- Consider removing or blocking off cubbies/lockers or separate around gym.
- Require participants to bring their own water bottles so water fountains are not shared.
- Mark 6 ft. separations in viewing areas; consider using walk-in or standing areas instead of seating or mark off seating.



BATHROOM

- Adopt policies to ensure social distancing in bathrooms
- Consider installing no touch soap and no touch air dryer. Examples; faucets, soap dispensers, light switches, air dryers.
- Emphasize proper handwashing for anyone using the restroom.

CLASSES AND TEAM TRAINING

- Consider re-opening your club in phases;
 - with lower-risk classes re-opening first (e.g., optional or team athlete classes),
 - and higher-risk classes (e.g., classes involving very young students, for whom it is difficult to maintain a socially distant environment) re-opening only in a later phase.
- Put in writing policies describing how the club will:
 - achieve physical distancing in the facilities
 - incorporate enhanced cleaning protocol
 - teach and coach while continuing to maintain physical distancing
 - inform of the expectations and responsibilities of athletes in implementing these measures.
- Consider reducing size.
- Breakdown how you are going to social distance these athletes/students during class, and clearly convey your plan to athletes and parents.
- Organize team as cohorts: assembling, rotating and training together as an exclusive group (example as groups of 6 or 8) through the summer. New groups may be formed in the fall after competition levels are finalized.
- Include an explanation of your cleaning protocol, the expectations on the athletes; and how to keep a 6 ft distance.
- Talk with your instructors about how to teach/coach in new environment and help participants keep a safe distance.
- Hold a dry run class or team training to practice how physical distancing guidelines.
- Role play with staff the normal day to day business operation and practice how to respond to in this “new normal”.
 - Examples of how and what to practice:
 - Have group of staff members entering the building. Where do they go upon entering?

- Coaches/Teachers/Office staff roles when entering the building.
- Calling gymnasts out to class
- Hold a practice run of classes and how they will rotate.
- Roll play when a someone has to go to the bathroom, someone get hurt, uncooperative or upset student.
- Class dismissal.
- Getting students to parents after class.

SPOTTING

- Athlete safety is paramount, and coaches should not be restricted from spotting an athlete if necessary, to protect the athlete from injury.
- While spotting remains an important element to athlete safety, consider alternative teaching/coaching methods that align with social distancing protocols.
- Clearly communicate any alternative teaching/coaching methods so they are understood by the athletes and their parents.
- Coaches should consider the use of gloves for personal contact, with a goal of switching gloves between athletes.



PARENT VIEWING

- Per USA Gymnastics’ Safe Sport Policy, a parent/guardian must be provided the opportunity to observe their child’s training.

• [Click here](#) to view the safe sport policy. The USA Gymnastics Safe Sport Department is also here to help to provide clubs guidance on how to balance safe sport policy and COVID-19 safety guidelines. Email: safesportpolicy@usagym.org or call 833.844.7233.

- Clubs can establish the method by which the training is viewable to ensure that social distancing protocols are maintained. For example, consider:
 - Limit observation to one parent/family,
 - Establishing a closed circuit T.V. platform that would allow parents to watch from parking lot/home; example Spot T.V.
 - USA Gymnastics Member Clubs can receive a 10% discount on new Spot T.V. system. [Click here](#) to learn more.
 - Setting up a viewing rotation for parents.
- Keep in mind that creating smaller class sizes may cut down on the number of parents in the gym at one time.

STUDENTS RESPONSIBILITIES

- Consider making each student responsible for their own supplies, including bringing and maintaining their personal gym bag, water bottles, hand sanitizer, etc.

- Provide each student personal chalk that they keep in their own plastic container, that only they use.
- Each athlete transports their gym bag from station to station with bags being kept 6 feet apart.
- Athletes should be made aware of the gym's new safety protocols and their athlete's role in maintaining safety guidelines for themselves and others;
- Encourage athletes/students to keep 6-foot distance from teammates/coaches (when feasible), using hand sanitizer; wash hands frequently, not to share water bottles or other personal items; tell coaches immediately when they are not feeling well.
- Athlete should consider the use of masks or face coverings consistent with above recommendations (see section: Establish Cleaning/Sanitation Guidelines)
- Remind athletes to refrain from "spitting" in grips to cut down on the transmission of germs on the apparatus.

PARENT/GUARDIAN RESPONSIBILITIES

- Gym owners should talk to parents about the gym's new safety protocols and their family's role in maintaining safety guidelines for themselves and others, including:
 - ensuring their child and immediate household members are free from illness before coming to the gym (when in doubt, stay home!);
 - providing their child with personal items for the gym (e.g., gym bag, water bottle, grips, tape, pre-wrap, wrist guards, etc.), and talking to their children about not sharing items; and
 - talking to their children about keeping a 6-foot distance, cleaning equipment, and following other gym rules.
- Parents should refrain from gathering in groups while in parent waiting area/lobby/entry ways.
- Ask any parents in the gym to use hand sanitizer and recommend the use of masks or face coverings at all times while in the facility.



COMMUNICATE REGULARLY WITH STAFF, PARENTS AND ATHLETES

- Hold staff meeting and update staff handbooks to ensure staff is aware of

new safety protocols and their role in maintaining the environment.

- Run a mock practice with staff before athletes show up to ensure classes run smoothly and everyone knows their role
- Schedule a virtual parent and athlete meeting to share:
 - Club cleanliness practice and procedure
 - Steps that the club is taking to keep athletes/students/ staff safe
 - Policies regarding spotting or incidental contact between students
 - Class structure changes/business modification/ expectations of everyone
 - Expectations you have of the athletes (social distancing, following sanitation rules, following coach instruction regarding gradual return to skill performance, etc....)
 - efforts to address parents' concerns, including any accommodations or alternatives for parents who do not want their children to participate.
- Create signage to remind of safe distance protocol
 - Keep 6 feet of distance
 - Only one parent viewing
 - One entrance/One exit
 - Water fountain closed
- Be prepared to communicate your facility's safety protocols with public health officials.
- Provide visual of gym space and an overview of club's safety policies and procedures.
- Be prepared to communicate with concerned parents on your club's decision to open.
- Use cleaning logs that are visible to parents and athletes to show when areas have been last cleaned.

OTHER CONSIDERATIONS

- Communicate with other gymnastics club or youth sports facilities in the area to learn from one another.
- Reach out to community leaders, keep them aware of what you are doing to maintain a safe business.
- Prepare now for the possibility of future club closures due to COVID-19.



USA GYMNASTICS®

USA Gymnastics cares about your safety and the safety of all of our gymnastics community. We urge you to consult federal, state, and local directives and guidance, including guidance from the CDC and WHO, as you plan for your re-opening.

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