

# Twisters Gymnastics Protocols for Reopening

If/When additional guidelines or restrictions are announced, this document will be updated.

Updated as of 6/14/2021

*In order to slow, prevent, and limit COVID-19 exposure and spread, Twisters Gymnastics will be adhering to the following policies and procedures (subject to change):*

Please keep alert for signs of illness in your children. Symptoms related to COVID-19 include:

- Fever or Chills
- Difficulty Breathing
- Loss of Taste/Smell
- Fatigue
- Congestion\Runny Nose
- Sore Throat
- Nausea or Vomiting
- Diarrhea
- Shortness of Breath
- Headache
- Muscle/ Body Aches
- Cough

**\*\* PLEASE KEEP YOUR CHILD(REN) HOME WHEN SICK \*\***

*Please note that if your child (or any member of your family) is sick or has been exposed to someone who is sick, please stay home. We will be offering extra make ups to accommodate this change.*

## Face covering Guidelines-

- Twisters Gymnastics encourages unvaccinated students to wear face coverings at all times, but particularly when physical distancing is difficult.
- Students participating in classes are NOT required to wear masks.
- Twisters Gymnastics encourages unvaccinated parents to wear face coverings at all times, but particularly when physical distancing is difficult. Parents are NOT required to wear a mask.

## Class Capacity-

- Twisters Gymnastics will offer smaller class sizes and modified lesson plans to allow safe distance between groups and instructors.
- During class, small mats and equipment will be used in limited capacity and sanitized after each hour.

## Social Distancing-

- All Students must stand 6 feet apart during warm ups and when in common areas.
- There will be no gathering of students.
- Designated rooms to store belongings at a safe distance will be in place.
- Students will avoid contact with other students. (No handshakes, hugs, etc.)
- Staff will maintain a safe distance from students. (No high fives, handshakes, etc.) Limited spotting will take place during class time.

## **Student Safety-**

- Students must bring in a labeled water bottle only.
- Students will not be able to use the water fountain during class.

## **Drop Off & Pick Up**

- Please arrive on time but not too early for your child's class.
- Any person with signs of COVID-19 illness will be sent home for the day and not allowed to enter the facility.
- Class viewing will be allowed for your child's class only.
- Hand sanitizer will be required before and after class.
- While outside please maintain social distancing.
- Please make sure you are on time for the dismissal of your child.

## **Employee Protocols-**

- Any employee with signs of COVID-19 illness will be sent home for the day and not allowed to enter the facility.
- All employees will wash their hands before and after each class.
- Employees who are teaching classes will dispense hand sanitizer to all students after every rotation.

## **Facility Cleaning-**

- EPA registered cleaning products will be used to clean throughout the gym.
- All surface areas will be disinfected before/after each class.
- Hand sanitizers will be placed throughout the facility.
- Entrance and exit points in the facility will be sanitized constantly.
- When possible, doors will be propped open to prevent excess handling.
- Equipment will be sanitized after each class.
- Restrooms and hard surfaces will be cleaned after each class.

Twisters Gymnastics will closely monitor the rules set forth by the CDC and will comply with all current guidelines and regulations. The COVID-19 Safety and Health Policies outlined above are subject to change.