

State Guidelines for Covid - 19

NASA Gymnastics Covid 19 Operation Plan

Our #1 priority is to ensure the health and safety of all clients, staff and our community.

Following Governor Inslee's Covid-19 Safety Guidelines with a phased approach, NASA Gymnastics will implement the following plan as business operations slowly open as Phase 2 begins.

NASA Gymnastics is committed to the effort of safe practices with regard to gymnastics training, staff training and the responsibility of keeping our community safe and ensuring we handle all new procedures and policies appropriately.

NASA Gymnastics offers these guidelines for all athletes, families and staff to adhere to, for our common goal of ensuring the least amount of spread of COVID19.

As new discoveries are made from our local government as well as the CDC we will adjust our guidelines accordingly. In addition to strict adherence to the CDC and the Governor's guidelines, NASA Gymnastics recommends personal responsibility to stay informed on current information provided by the state and CDC, so efforts are made by everyone to keep safe and on the same page. While we will do our part to follow all guidelines for social distancing and sanitation, there still may be the possibility of exposure to Covid - 19.

NASA Gymnastics will have a Covid - 19 Supervisor/Gym Manager onsite at all times.

We will continue to monitor requirements from our local government and the CDC as they are updated. We will implement any new developments into our operating protocol.

We have posted extensive signage on health policies, including the following documents, in the workplace to help educate building occupants on COVID-19 best practices:

CDC guidance to stop the spread of germs. · CDC guidance on COVID-19 symptoms.

There will be a brief questionnaire regarding COVID-19 symptoms. A yes answer to any of the questions will result prevention from entering the building by anyone::

1. Have you been in close contact with a confirmed case of COVID-19?
2. Are you experiencing a cough, shortness of breath, or sore throat?
3. Have you had a fever 100.4 or higher in the last 72 hours?

Entering the building:

- A. Student drop off/pick up is highly encouraged.
- B. We will allow 1 adult to accompany a student. Parent's will be asked to volunteer to wait in their car.
- C. Specific spaces will be designated for people to stand while waiting to enter the building so they can maintain a 6 foot distance. Please enter and exit 1 person at a time allowing for good social distancing.
- D. There will be hand sanitizer available upon entering / exiting the building, as we have access to supply.
- E. There will be a limited number of people allowed to enter the facility at any one time. The number allowed will change as we move from an initial Red phase of small pods of 5 per 1 coach, to a Yellow and then Green phase of full capacity.

Parents Questions and Seating:

- A. Parents will have designated spots to sit while watching class, which will be 6 feet apart.
- B. If parents have questions or need to fill out paperwork, there will be designated places for them to stand, and only 1 person at a time can be at the desk in the foyer.

PPE Utilization:

- A. Coaches will have access to PPE, and will have the option to wear it or not. Gymnasts will also have the option to wear PPE. Business personnel will wear PPE while in close proximity to parents asking questions at the front desk, or any verbal conversations.
- B. PPE will be used by coaching staff if it is needed to be in close proximity to a gymnast to aid in first - aid care.

Physical Distancing:

- A. Gymnasts will have designated spots to help aid in the transition of stations during class following protocol for social distancing. There may be times that the 6 feet apart guideline may not be practical due to the layout of the gymnastics equipment. NASA Gymnastics will do everything possible to follow the necessary guidelines for social distancing.
- B. Coaching staff will remain 6 feet in distance during the first phase of opening, and then use discretion of close proximity moving forward into further phases. Spotting by the instructor is limited to safety purposes during the initial Red phase.
- C. Parents will also be required to socially distance while in the facility.
- D. There will be no partner activities during the initial Red phase of opening.
- E. We have closed water fountains, common areas and break rooms, during the Red phase, to encourage and enforce no gatherings. As we move into the Yellow phase and are allowed larger numbers in an area, we will begin to open up the common areas and break rooms, but water fountains will remain closed, until further notice.

Symptom Monitoring:

- A. Gymnasts entering the gymnastics area will be assessed for visual symptoms. Parent's need to take the responsibility to ensure that they and their child are not contagious before entering the building.
- B. Staff will have their temperature taken and visual symptoms will be assessed each working day, and they will confirm that they are not having any symptoms of Covid - 19, and will immediately inform the managers if they have symptoms or have come in contact with someone who has been diagnosed with Covid - 19. They will agree to a questionnaire stating they are not experiencing symptoms.

Incident Reporting:

- A. NASA Gymnastics will ask that anyone exhibiting symptoms, leave the facility and seek medical attention. A 14 day quarantine period will begin until they are no longer symptomatic, or they present a statement from a doctor stating they are cleared from Covid - 19 and safe to return.
- B. If a staff member, gymnast or other adult entering the facility has come in contact with anyone who has contracted Covid 19, they will inform NASA gymnastics immediately and they will have to quarantine for 14 days before returning to the gymnastics facility.
- C. If we are informed by an adult that a positive test result has been verified of COVID19, we will send out an email to anyone that may have had contact with this person, clarifying the time and date of the potential exposure. NO names will be released per privacy laws.

Hygiene:

- A. Staff will use hand sanitizer upon entering the building, and will continue to hand sanitizer or wash hands frequently, and in between classes.
- B. All gymnasts and coaching staff will be requested to not touch each other, not touch their nose, eyes, and face in general. If a staff member or gymnasts is observed touching their face, it will be requested that they leave the workout area and wash their hands before returning to class.
- C. Children may want to give hugs and high fives. Although staff will not initiate the practice, it must be noted that children are spontaneous and unpredictable, and NO NASA staff member will be told to refuse such a natural instinct. Should that social distance barrier be broken, all parties will sanitize immediately.
- D. Gymnasts are encouraged to bring personal water bottles well marked with their name. Moving into summer, it will be imperative that athletes of all levels have personal water bottles, as there will be no access to water, and the facility will heat up significantly as we move into the warmer months.

Sanitation:

- A. Cleaning stations will be set up throughout the facility.
- B. The bathrooms will be cleaned with disinfectant each hour.
- C. The mats and equipment will be wiped down in between classes.
- D. All areas of the gym will be disinfected each day, which includes bathrooms, foyer, proshop, office, seating as well as equipment used throughout the day. This is in addition to the wiping down of used equipment in between classes.
- E. Porous surfaces such as carpet squares, bean bags, hand stamps and other things of the like, will be temporarily removed during the initial Red phase of opening.
- F. Doors will be opened when possible to aid in ventilation.

Staff training:

- A. All staff will be trained on how to properly clean and disinfect all areas.
- B. All staff will be trained on how to watch for symptoms of Covid 19, and what to do should they discover someone exhibiting symptoms.
- C. All staff will be trained on protocol that requires them to immediately disinfect an area or piece of equipment for individual circumstances separate from the daily tasks of cleaning each day, and or, cleaning that will be done in between classes.
- D. All staff will be trained to immediately wash their hands or use hand sanitizer if they were to touch their face, sneeze or cough.
- E. Direct any employee who exhibits COVID-19 symptoms (i.e., answers yes to any of the screening questions or who is running a fever) to leave the premises immediately and seek medical care and/or COVID-19 testing. All employees are required to report any symptoms of Covid - 19 illness to the gym manager and/or give notification if someone in their household has been tested positive for Covid - 19.

If we all do our part to practice safe social distancing and personal hygiene, we can help flatten the curve with Covid - 19, and help our gymnasts return to the sport safely.

Thank you for placing your trust in us at NASA Gymnastics!