

State Guidelines for Covid-19

NASA Gymnastics Covid-19 Operation Plan

***Anything typed in red has recently been added or updated since we first released this plan.*

Following Governor Inslee's Covid-19 Safety Guidelines and with a phased approach, NASA Gymnastics will implement the following re-open plan. 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 COVID-19.

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.
- In our gym, and on our website, we have posted extensive signage on health policies 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?

When entering or exiting the building:

- A. Student drop off/ pick up is highly encouraged. We ask that parents volunteer to stay in their car or run errands during their gymnast's class time.
- B. Student's will wait in their car until their class time, where they will then line up outside the door, along the building on markers spaced 6' apart.
- C. Everyone must wear a mask when entering and leaving the building.
- D. Gymnast's will wear their mask while waiting in line and will bring it with them throughout the practice.
- E. We will allow 1 adult to accompany a student. **No siblings or anyone over the age of 65yrs will be permitted to sit and watch from upstairs.**
- F. Specific spaces will be designated for people to stand while waiting to enter the building so they can maintain a 6' distance. Please enter and exit 1 person at a time allowing for good social distancing.
- G. There will be hand sanitizer available upon entering/ exiting the building.
- H. If parents have questions or need to fill out paper work, 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:

New Rules are requiring that everyone, employees and patrons, will all need to wear a mask upon entering the building. However, they will not be advised to wear one while working out in the gym. **Under our Governor's guidelines; indoor athletes who are apart of a non- team sport do not have to wear a mask.** This is for their safety while working out. The athlete needs to be able to breathe properly when practicing gymnastics. It can also be dangerous if it falls in the gymnast's eyes when they go upside down. With that being said, gymnasts can choose to wear one and can always bring it with them; it just won't be required. Especially with it being summer, we want to make sure all our hardworking students are able to breathe and won't overheat during their class.

All employees will wear a mask, however per Governor Inslee's allowance, you may see our employees lower their mask on occasion while remaining 6 feet away to give verbal instruction. They will raise their mask again while spotting or while in close contact with gymnasts.

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' 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 phase of re-opening.
- C. Parents will also be required to socially distance while in the facility.
- D. There will be no partner activities during the initial phase of re-opening.
- E. **No high fives, hugs, fist bumps will be permitted. Instead we will use verbal praises, air high fives and celebratory dances to congratulate our students and teammates 😊**
- F. We have closed water fountains, common areas and break rooms for the time being, to encourage and enforce no gatherings. As we move into the next phases 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 work day. They will have to confirm and sign 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 also 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 have to 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 need 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. The gymnasts will bring their water bottles with them to their station in the gym.

Sanitation:

- A. Cleaning stations are set up through out the facility.
- B. The bathrooms will be cleaned with disinfect on 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, pro-shop, 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, beanbags, hand-stamps and other

things of the like, will be temporarily removed during the initial phase of re-opening.

- F. Doors will be opened when possible to aid in ventilation.

Staff Training:

- A. All staff is trained on how to properly clean and disinfect all areas.
- B. All staff is trained on how to watch for symptoms of Covid-19, and what to do should they discover someone exhibiting symptoms.
- C. All staff is 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 is trained to immediately wash their hands or use hand sanitizer if they were to touch their face, sneeze or cough.
- E. All staff is trained to 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!