



SNHGA Policies and Procedures Regarding COVID-19 - Version 4

In order to best protect the health and safety of all Southern NH Gymnastics Academy staff, coaches, gymnasts and their families, we have implemented the following policy and procedure changes in compliance with the **NH Economic Reopening Task Force's Universal Guidance, Amateur & Youth Sports Guidance and Health & Fitness Guidance** -
(Note: These policies and procedures were last updated on 12/1/2020)

Adopted specifically for SNHGA, the following were formed after careful review of recommendations by the U.S. Centers for Disease Control (CDC), the New Hampshire Department of Health & Human Services (DHHS), the Occupational Health & Safety Administration (OSHA) and by the NH Economic Reopening Task Force. We encourage all members of SNHGA to familiarize themselves with the recommendations and guidance documents issued by each of these agencies.

Note: As more information surrounding COVID-19 becomes available, both in the United States and in New Hampshire, SNHGA hereby reserves the right to make additional changes or adjustments to these policies as is deemed necessary.



SOCIAL DISTANCING 6-Feet: To the greatest extent possible, all members of SNHGA should maintain safe social distancing, which means keeping a distance of at least 6 or more feet between each other. Classes and practices will be structured to allow for physical distancing whenever possible. Minimal spotting is permitted for safety reasons. Exception: Members of the same household need not maintain the 6-foot requirement.

MASKS: All staff members and coaches of SNHGA are required to wear a reusable/washable cloth face covering at all times in our facility as are all spectators or parents observing from the lobby. Gymnasts over the age of 5 must also wear a mask at all times inside the facility EXCEPT when they are actively engaged in a physical activity during class or practice. During such times, the gymnast may remove his/her mask or face covering temporarily but must put it back on following completion of the activity. Gymnasts or other children 5 years of age or younger are NOT required to wear masks or face coverings but may choose to do so if desired. For safety reasons, masks may not be worn when performing certain gymnastics or tumbling skills (please ask your coach for clarification). If desired, you may choose not to have your child perform these skills if you're uncomfortable with removing his/her mask. CDC guidelines and NH's Mask Mandate allow for exceptions to mask or face coverings for those for whom it may pose a significant health risk.





CLEANING PROCEDURES: To help further mitigate the risk of COVID-19 transmission in our facility, SNHGA has taken additional steps to clean, disinfect and sanitize the gym, bathrooms and lobby areas. We have contracted with Enviro-Master to perform a regular service called “Virus Vaporizer” which uses an electrostatic spray and an EPA-approved hospital-grade disinfectant that is non-toxic and kills 99.999% of germs on all types of surfaces. It’s very popular in gyms, restaurants, schools and day-care type settings. In addition, Enviro-Master will continue their weekly Sani-Guard service they were already performing prior to the shutdown in our restrooms.

We have also mounted hand sanitizer dispensers on several of the walls around the gym and at our entrance although we still recommend you keep a personal supply on hand. Our coaches will also be spot cleaning the mats and the equipment they use for class and practice and a general cleaning is performed after close of business each night as well.

SCREENING PROCEDURES: By entering Southern NH Gymnastics Academy, all persons are attesting that they can answer “NO” to the following Covid-19 screening questions:



- 1) Have you traveled by plane, train, or bus outside of NH in the last 14 days?
- 2) Had any prolonged contact* with anyone with a confirmed or suspected Covid-19 in the last 14 days? **NH DHHS defines prolonged contact as less than 6 feet for 10 or more consecutive minutes.*
- 3) Had a fever or chills in the last 72 hours without using fever-reducing medicine?
- 4) Have any of the following symptoms? New onset of *cough, shortness of breath, muscle pain, sore throat, loss of taste or smell, vomiting or diarrhea or a headache* that is atypical for you.

If you answer YES to any of the above, please do not come into our facility. Contact us and we can schedule a makeup of your class. We also recommend you contact your health care provider.

STAFF MEMBERS: Any SNHGA staff member exhibiting COVID-19 symptoms, or who reports close contact with someone suspected or confirmed with COVID-19, or those reporting travel risk factors will not be allowed into the facility and will be instructed to contact their health care provider to determine if he/she should be tested for COVID-19 and/or self-quarantine at home. Any SNHGA staff member with suspect or confirmed COVID-19 will not be allowed back into the gym until:

- a) At least 10 days have passed since symptoms first appeared.
- b) At least 3 days (72 hours) have passed since recovery (recovery is defined as resolution of fever off any fever reducing medications plus improvement in other symptoms).

OCCUPANCY LIMITS & CLASS SIZES: SNHGA has more than 12,000 sq ft of well-ventilated air-conditioned space which provides the ability to host and spread out multiple classes and practices in the gym at the same time. In addition to that, SNHGA will still only operate at a 50% capacity and will limit each individual class or training group size to no more than 10 students and coaches. Any teams or

class sizes with a roster larger than 10 will be broken into smaller groups with the exception of our Parent/Child class. (Parents must wear masks while participating in any class in the gym).



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ARRIVAL PROCEDURES: All gymnasts & their families are asked not to enter the building until 10-15 minutes prior to your scheduled class or practice time. If you are comfortable dropping off your child, SNHGA is encouraging parents/guardians not to stay at the facility during class or practice. Gymnasts should arrive to class fully-dressed in the appropriate attire. Hands and feet should be wiped clean of all dirt, hair should be tied back and secure, and all jewelry and loose articles of clothing should be removed. Please observe physical distancing measures while in the lobby waiting for class to begin. Spaces have been marked with tape to serve as a guide. No gymnast will be allowed to enter the warmup area until a coach has signaled for the class to

RESTROOMS: Restrooms should be used for bathroom needs only. Please do not use the bathrooms as a lockerroom to change. Bathrooms are disinfected regularly with our Sani-Guard service from Enviro-Master. Soap dispensers are mounted above the sinks and are refilled on a weekly basis. Parents/Guardians should accompany small children into the bathroom at all times. Please practice good hygiene by washing your hands with soap for at least 20 seconds!



CUBBIES/BACKPACKS: At this time, the storage cubbies near our entrance will be off limits to all members. Gymnasts arriving for a class or practice should bring a backpack, small bag or carry case to store all personal items (including socks and shoes) or leave them with a family member. Gymnasts in our team program (Junior Olympic, Xcel or Pre-Team) may bring their backpack, bag or carry case with them into the gym. All water bottles should be clearly marked.

CHALK: SNHGA will require each team gymnast to maintain their own supply of chalk. The gym will have individual squares of chalk available for sale at the office. All chalk must be kept separate in either a ziploc bag or a small container and should not be shared with other team members.

FOOD & DRINK: Gymnasts who are training for a longer period of time (2 or more hours) may bring a snack and/or drink to consume during breaks in training. No food may be brought into the equipment area. There is no sharing of food or drink with other members of your class or team. Water bottles should be clearly marked with each gymnast's full name. The water fountain will not be available during classes/practices so please plan accordingly and bring extra water, especially during the summer months.



HAND SANITIZER: All gymnasts should wash their hands before and after class and/or use hand sanitizer periodically while also avoiding touching their face, eyes or mouth as much as possible. All spectators are also encouraged to

wash and/or sanitize prior to entering and after leaving our facility. SNHGA recommends each gymnast bring their own small bottle of hand sanitizer; however there will also be hand sanitizer dispensers mounted on the walls throughout the gym. The CDC recommends that hand sanitizer should be at least 60% alcohol by volume to be effective against the coronavirus.

PAYMENTS: While SNHGA will still accept cash and check payments, for the protection of our office staff we are encouraging all families to make digital payments when possible or place a debit or credit card on file for autopay of tuition. To make a payment or add a card to your account, please visit our website (www.snhga.com) or log into your account directly through our updated Customer Portal at <https://app.iclasspro.com/portal/snhgymnastics>.



CLOSING MESSAGE: The owners and coaching staff of Southern New Hampshire Gymnastics Academy spent a great deal of time putting these guidelines together and we believe they will allow us to safely teach and train in the gym while minimizing the risk of transmitting the virus. However, we realize that in life, rarely is anything ever 100% guaranteed or perfect. We ask all our SNHGA families - please respect and follow these guidelines at all times. It is unrealistic to expect any small business to fully be able to police all of these guidelines continuously so we are trusting our families to do the right thing. However, those who deliberately or consistently violate these policies may be asked by SNHGA ownership to leave the facility.

STAY HOME IF YOU'RE SICK! If you or your child is sick or showing any symptoms that could indicate a larger medical issue please do not take any chances. We encourage you to contact your health care provider and stay home until you have fully recovered. Whenever possible, notify the gym if your child will be absent. We are VERY flexible with our makeup policies - class or practice time can be made up in the future. We want to see all of our families back here in the gym as soon as possible, but we also want you all to be safe and healthy.

If you have any questions or concerns about any of the guidelines in this document, please email Jeremy or Coryn Drown at snhgymnastics@gmail.com or call our office during normal operating hours at 603-404-6181.

Sincerely,
Jeremy Drown
Owner
Southern NH Gymnastics Academy