



# SNHGA Policies and Procedures Regarding COVID-19 - Version 8

*(Note: These policies and procedures were last updated on 8/13/2022)*

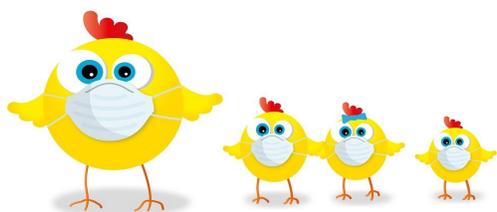
In order to best protect the health and safety of all Southern NH Gymnastics Academy staff, coaches, gymnasts and their families, we have implemented the following policy and procedures. Adopted specifically for SNHGA, the following guidelines were formed after careful review of recommendations by the U.S. Centers for Disease Control (CDC), and the

New Hampshire Department of Health & Human Services (DHHS). We encourage all members of SNHGA to familiarize themselves with the recommendations and guidelines issued by each of these agencies.

*Note: As information surrounding COVID-19 is updated, both in the U.S. and New Hampshire, SNHGA hereby reserves the right to make any changes or adjustments as needed to these guidelines.*

## GUIDANCE ON WHAT TO DO IF YOU HAVE, OR BEEN EXPOSED TO SOMEONE WITH COVID-19:

- **POSITIVE CASE OR SUSPECTED POSITIVE TEST RESULT:** Any member of SNHGA who tests positive for Covid-19 must satisfy all CDC and DHHS isolation and quarantine guidelines before returning to the gym. These guidelines can be found at [www.covid19nh.gov](http://www.covid19nh.gov) under "Isolation and Precautions for People with Covid-19."
- **CLOSE CONTACTS:** Members of SNHGA who are exposed to someone else with COVID-19 are no longer required to stay at home and quarantine, but should continue to monitor for symptoms and follow CDC and DHHS recommendations. These guidelines can be found at [www.covid19nh.gov](http://www.covid19nh.gov) under "Isolation and Quarantine Information."



**MASKS:** SNHGA strongly urges those who are immunocompromised or who are at high risk of getting very ill from Covid-19 consider wearing a mask or other type of face covering at all times in the gym. For safety reasons, masks may not be worn by gymnasts who are performing certain skills on the equipment. Please ask your coach for clarification. Any gymnast may choose to opt out of these specific activities.



**CLEANING/DISINFECTING PROCEDURES:** To mitigate the risk of COVID-19 transmission, 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 called Vital Oxide which is non-toxic and kills 99.999% of germs & viruses, including Covid-19. It's very popular in gyms, restaurants, schools and day-cares.



**HAND SANITIZER:** All gymnasts are encouraged to wash their hands before and after class and/or use hand sanitizer. Spectators are also encouraged to wash and/or use hand sanitizer prior to entering and after leaving our facility. SNHGA recommends each gymnast bring their own small bottle of hand sanitizer; however there will be hand sanitizer dispensers mounted on the walls throughout the gym. The CDC recommends that hand sanitizer be at least 60% alcohol by volume to be effective against the coronavirus.

**STAY HOME IF YOU ARE SICK!** If you or your child are experiencing 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 recovered. Whenever possible, notify the gym if you will be absent. We are VERY flexible with our makeup policies - class or practice time can be made up in the future. We want all our families back enjoying their activities as soon as possible, but we also want you all to be safe and healthy.



**CLOSING MESSAGE:** The course of the Covid-19 pandemic is always changing and presents many challenges for everyone. While we have taken steps at SNHGA to minimize the risk of transmitting the virus, nothing is 100% guaranteed. We are asking all of you - please do your best to follow the recommended guidelines and do the right thing as much as possible. Be kind, treat each other with respect and remember - impressionable children are watching. Everyone here - owners, coaches, parents and gymnasts alike are doing the best we can under difficult circumstances. Those who deliberately or consistently violate these policies may be asked by SNHGA ownership to leave the facility.

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](mailto:snhgymnastics@gmail.com) or call the SNHGA Main Office during normal operating hours at 603-404-6181.