



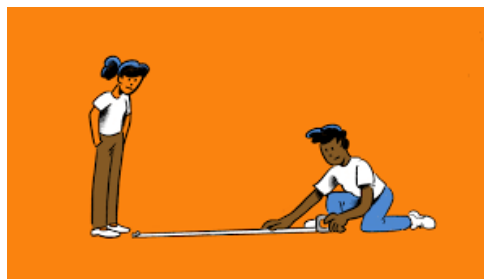
SNHGA Policies and Procedures Regarding COVID-19 - Phase 2

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 changes in compliance with the **NH Economic Reopening Task Force's Universal Guidance and Health & Fitness Guidance - Phase 2**. (Note: Updated 6/15/2020)

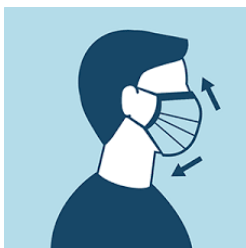
Adopted specifically for SNHGA, these internal policies & procedures were formed after careful review of recommendations by the U.S. Centers for Disease Control (CDC), the New Hampshire Department of Health & Human Services (DHHS), the Occupational Health & Safety Administration (OSHA) and by the NH 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.

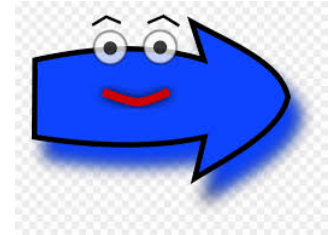
- 1) **SOCIAL DISTANCING 6-Foot:** To the greatest extent possible, all members of SNHGA should maintain safe social distancing, which means keeping a distance of at least 6 or more feet between each other. Classes and practices will be structured to maintain physical distancing requirements whenever possible. Minimal spotting is permitted for safety reasons; however when it is necessary for a coach to come within 6 feet of a gymnast a mask will be worn by the coach and/or staff member. Exception: Members of the same household need not maintain the 6-foot requirement.



- 2) **MASKS:** All staff members and coaches of SNHGA are required to bring a reusable/washable cloth face covering to use when in the facility and not actively engaged in a physical activity. In addition, SNHGA strongly recommends that all gymnasts and spectators wear a face covering upon entering and exiting the building, while waiting for their class or practice to begin, or if choosing to observe from the lobby area. Gymnasts actively engaged in a physical activity may wear a face cloth covering but it is not required. For safety reasons, masks may not be suitable to wear while performing certain skills (such as a back walkover) or on certain equipment (such as on bars and beam). Please consult with your coach on what may be required. The CDC guidelines allow for exceptions to face coverings including for younger children (ages 2 and under) and those for whom it may pose a significant health risk. All SNHGA staff members have received training on the proper use of face coverings.



- 3) **OCCUPANCY LIMITS & CLASS SIZE:** In accordance with guidance from the NH Reopening Task Force, all health & fitness facilities are currently limited to 50% of their maximum licensed occupancy at any one time. SNHGA has more than 12,000 sq ft of air-conditioned gym space which provides the ability to spread out multiple classes and practices in the gym at the same time. However, until further notice SNHGA will limit each individual class or training group size to no more than 10 students and coaches combined. Any teams or class sizes with a roster larger than 10 will be broken into smaller groups in the gym. In addition, station rotations will be directionally-based and signs/arrows are posted around the gym to help maintain organized traffic flow.



- 4) **ARRIVAL PROCEDURES:** All gymnasts & their families are asked not to enter the building until 15 minutes prior to your class or practice time. Gymnasts should arrive fully-dressed in the appropriate attire for class. 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 begin.



- 5) **ENTRANCE/EXIT DOORS:** The doors to SNHGA have been marked to show which door is to be used to enter the facility and which door is used to exit the facility. Please do not congregate near the entrance/exit of the facility at any time. When class is over, families are asked to gather all belongings and leave the gym promptly.

- 6) **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 on the walls above the sinks and are refilled on a weekly basis. Parents/Guardians should accompany small children into the restrooms at all times.



- 7) **CUBBIES/BACKPACKS:** At this time, the storage cubbies near our entrance will be off limits to all SNHGA members. Gymnasts in our rec program should bring a backpack, small bag or carry case if needed to store all personal items (including socks and shoes) inside while attending class. The backpack or bag should be left in the possession of a parent/guardian at all times and not placed on the floor or otherwise unattended in the lobby. Gymnasts who are members of a SNHGA Team (Junior Olympic, Xcel or Pre-Team) should bring their backpack, gym bag or carry case with them into the gym to hold all their training equipment - however they will need to carry their bags during rotations and make sure to place their bags at least 6 feet apart from others whenever possible. Coaches will assist in this process. If a Pre-Team gymnast does not wish to carry around a backpack then he/she may

leave his/her belongings with a household member either in the lobby or waiting outside (please still bring a water bottle into the gym).

TEAM GYMNASTIC SUPPLIES: As a precaution, SNHGA is recommending that all gymnasts on a competitive team at SNHGA supply themselves with the following items until further notice:



Hand Sanitizer; Athletic tape; Baby wipes; Grips; Hair Elastics; Sweat wristbands; Resistance bands; Water bottle and Band-aids.

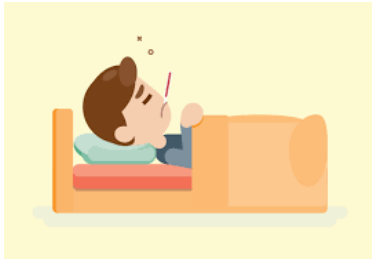
CHALK: SNHGA will require each team gymnast to maintain their own supply of chalk. The gym will have individual squares of chalk available for sale. All chalk must be kept separate in either a ziploc bag or small box. The chalk bucket will be temporarily removed from the gym floor for the time being.

- 8) **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 class/practices so please plan accordingly and bring extra water, especially during the summer months.
- 9) **PRACTICING SAFE HYGIENE:** 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.



- 10) **STAFF SCREENING PROCEDURES:** SNHGA Staff & Coaches will be provided education and training around safe practices as it relates to hygiene, cloth face covering use, social distancing, sanitation (cleaning and disinfection policies), and illness policies outlined in the Universal Guidelines and in this document. All staff are instructed to report any symptoms of COVID-19 or if they have had any close contact with a person who was positively diagnosed with COVID-19 to SNHGA Management.

In addition, each SNHGA staff member will have their temperature taken and documented prior to their shift and will also be asked the following screening questions upon arrival to the facility:



- a). Have you been in close contact with any other person who has a confirmed case of COVID-19?
- b). Have you had a fever or felt feverish in the last 72 hours?
- c). Are you experiencing any respiratory symptoms including a runny nose, sore throat, cough, or shortness of breath?
- d.) Are you experiencing any new muscle aches or chills?
- e.) Have you experienced any new change in your sense of taste or smell?
- f). Have you traveled in the last 14 days either internationally, by cruise ship or domestically (within the U.S.) outside of NH, VT, ME on public transportation (bus, train, plane, etc.)?

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).

11) 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 whenever possible or place a debit or credit card on file for autopay. 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>. All tuition payments must be made prior to the start of each session otherwise a \$25 late fee will be added to your account. Families that are more than 2 weeks late on payment without making prior arrangements with our office will not be allowed to attend class.



12) UPDATED CLEANING PROCEDURES: To help further mitigate the risk of COVID-19 transmission in our facility, SNHGA staff are taking additional steps to clean, disinfect and sanitize the gym, bathrooms and lobby areas. We are contracting with Enviro-Master (the same company performing our restroom service) 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 in our restrooms. We are also mounting hand sanitizer dispensers on some of the walls around the gym for our students and coaches to use at various times during class or practice, although we still recommend you keep a personal supply on hand while in the gym. We are also increasing our efforts in spot cleaning mats and the equipment used during class and practice time. Coaches will now be responsible for cleaning and wiping down equipment and mats used at their individual stations as needed before moving along to

their next rotation and also at closing every night. We've also instituted a labeling system for our equipment to help track and maintain a regular cleaning schedule.

13) SUMMARY: 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. Those who deliberately or blatantly violate these policies will be asked by SNHGA Management to leave the facility. If you or your child is sick or showing any symptoms that could indicate a larger 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