



Return to Sport Safety

Guidelines

Phase 1 As of June 1, 2020

Phase 1
June
FGC Open
Facilities Prepared
Competitive Teams Only

Phase 2
JULY
Phase 1 Policies Loosened
Limited Rec Classes Resume

Phase 3
TBD
Restrictions Loosened
Regular Rec Classes Resume

FGC Reopen Protocol - Phase 1

EMPLOYEE GUIDELINES

- Staff will follow illness policy including temperature checks and 24 hour wellness standard
- Staff will wash/sanitize hands prior at regular intervals
- Staff will NOT be able to spot any skill
- Staff will be diligently trained on procedures and prepared to enforce any distancing protocols
- Staff will adhere to PPE requirements if set by the MN Dept of Health

BUILDING PREPARATION

- Facility Team will be on site to disinfect and sanitize in prep for "return to work"
- Recommended products that are effective against COVID-19 will be used throughout each day
- Doors that can be propped open will be. Door Handles will be wiped and cleaned after uses
- Hand Sanitizer stations throughout building accessible to all and monitored for refill
- Drinking fountains will be closed, except for the bottle refiller. Students encouraged to bring their own water bottle

ENTERING THE BUILDING

- Drop Off/Pick Up will be required. Only 1 parent/guardian allowed to be in building with Preschool/Tots and Parent Classes.
- We reserve the right to perform touchless temperature checks of any participant and send home anyone appearing ill
- Everyone will be required to sanitize/wash hands upon entering the gym.
- Everyone will use the designated entrance and exits. Both are clearly marked for athletes and will help control traffic flow

TRAFFIC FLOW PHYSICAL DISTANCING FACILITY RATIO

- FGC will have separate entrances and exits clearly marked for all athletes to use.
- Occupancy and programming will be regulated per the Minnesota Department of Health guidelines
- No parents will be allowed in the gym to observe their children. There are a number of windows that can be used to view in the building

DURING PRACTICE

- Athletes should come dressed and ready for class
- Athletes will have assigned lockers to keep their stuff in and it will be the only they can use while at the gym
- Coaches will remind athletes of proper hygiene & handwashing duties
- Lesson plans will be modified to omit partner activities
- Lesson plans will be modified to limit use of props. Any props used will be sanitized after every class
- Stations and activities will be modified to allow safe distancing between athletes
- The foam pit will temporarily not be used during classes
- Chalk stations will be removed. Each athlete will keep chalk in their own personal plastic container
- Grips/Tiger Paws must be kept in a bag brought to the gym daily by the athlete. They can not be kept at the gy.

AFTER CLASS

- Everyone will use the designated exit from the building
- Employees will begin disinfecting/sanitizing all areas immediately to get ready for the next class
- Any items left behind at the end of a day will be disposed of, there is NO lost and found