



# Return to Sport Safety

## Guidelines

Phase 2 As of July 6, 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 2

#### 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 have limited direct physical contact with children (spotting is limited to necessity for all groups)
- 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
- 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 and each athlete will keep chalk in their own personal plastic container
- Grips/Tiger paws must be kept in the athletes bag and be brought to/from the gym daily

#### 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