

Covid-19 Policies and Procedures

- Temperatures will be taken at the door for every individual that enters the building. This includes staff, parents and athletes. We understand temperatures can fluctuate, however, per USA Gymnastics recommendation, anyone with a 100-degree Fahrenheit temperature or above will not be permitted.
- All athletes, parents and staff must enter the building with a mask. Athletes will be required to sanitize their hands and feet upon entering the building.
- Staff, Students and non-participants will be required to wear masks AT ALL TIMES while inside the building.
- If possible, we ask that all athletes arrive to the gym already dressed for class. We will only be allowing one person in the bathrooms at a time. (We understand it has been a popular practice in the past for the girls to go into the bathroom in groups to change, as I'm sure we can all agree, this is no longer possible). The Pop-Up Pods will also be set up and available where our play area once was.
- The water fountain will be closed for drinking. However, our touchless, motion sensor water bottle filling station that is attached to the water fountain is still available. We highly recommend that each athlete brings their own filled water bottle to practice and uses the water bottle filling station to refill their bottles as necessary.
- We will no longer have chalk buckets for athlete use. (You will still see chalk buckets around. These chalk buckets are for coaches to use to chalk up the bars as needed).
- Strict attendance will be taken; it is very important that we have these records for contact tracing purposes.
- If an individual at Ace does contract Covid-19 we will contact trace and alert parents as well as anyone who was in direct contact with the positive individual to be tested. We will close the gym for cleaning and sanitizing as well until the coaches have been tested and cleared of the virus. Anyone who was in direct contact must also be tested and provide documentation that they have been tested and cleared prior to readmittance.
- Most gyms surfaces have markers indicating what is 6ft apart. These markers will be used for athletes to stand on when they are not actively using the equipment to assist in enforcing social distancing.
- All preschool classes now require parent participation to help enforce social distancing regulations. Class size has also been reduced and we now offer a 5-1 athlete to coach ratio.
- All Instructional class sizes have also been reduced and we now offer a 6-1 student to Coach ratio.

- **One Parent** per participating athlete are allowed in the gym at a time due to capacity restrictions. You are more than welcome to leave your athlete at Ace during their class, once the class is over the students will be escorted out to the parking lot by a staff member to ensure the athletes are returned safely.
- We have reduced the number of chairs in all viewing areas and have marked the floors where seating is provided, indicating 6-foot distances. We ask that spectators **do not** move the chairs to another location and stay seated where they are. If you wish to turn them around, that is fine but please keep them as close to where they are supposed to be as possible. We understand that it is not always easy to get a great view on our closed-circuit televisions. Please do not gather around the televisions for a better look. We also ask to please share the limited seating in the main gym.
- 12 hand sanitizing stations have been installed throughout the gym so coaches and athletes are able to sanitize after spotting, or whenever they feel necessary. These sanitizing stations are for everyone, but are primarily for coaches to be able to sanitize immediately after spotting an athlete.
- Touch free motion sensor paper towel and soap dispensers to be installed in both the Men's and Women's restrooms.
- Mats and equipment that have been used during the event rotation will be sanitized before the next group rotates to that event. This excludes floor/tumble trak/vault runway/carpet foam areas. These areas will be sanitized nightly.
- Equipment sanitation logs will be present at each event, bathrooms, etc that must be completed by each staff member to last leave the area.
- We understand the risks of Covid-19. Social distance is the key in stopping the spread. However, in order to keep athletes safe, we must have the ability to spot when necessary. If you wish for your child to participate at Ace Gymnastics, you will have to agree that spotting your child is allowed when needed. The coaches will take extra steps in order to socially distance whenever possible and to work on more hands-off lead ups and drills. However, in terms of athlete safety sometimes spotting is necessary.
- The guidelines above are what is currently in line with the CDC and USA Gymnastics. As new guidelines are released, we will update our operating procedures to align with those.