



Covid-19 JCC Adult Gymnastics Procedures

We are committed to the safety and protection of our participants, staff and families by developing policies and procedures to help prevent the spread of COVID-19.

All procedures listed below are subject to change based on continuous evaluation of our processes along with the latest CDC guidelines.

GYMNASTICS CLASSES	<ul style="list-style-type: none"> ◆ Physical contact with the coach will be limited except for safety reasons. Because of this participants will work skills that they can do safely on their own. View the section below titled Safety Face Coverings for information on mask requirements. ◆ Bring a water bottle as we will not be using water fountains. ◆ Adult class requires a reservation in advance. Contact us for information. ◆ No visitors are allowed at this time. Please do not bring children, friends, or family members.
WHAT TO BRING	<ul style="list-style-type: none"> ◆ Bag with a place to put your mask, hand sanitizer, water bottle, grips if applicable, and chalk if applicable (for those who do bars, we will be providing an initial block of chalk)
PROCEDURES TO ENTER	<ul style="list-style-type: none"> ◆ For the summer, all participants will enter through the Sports & Fitness entrance, rather than the main lobby entrance that we normally use for adult gymnastics. Take an immediate left after the guardhouse, go straight past the stop sign, and you will dead end to the sports & fitness parking lot (where the field is). ◆ When you enter, non-members will present their screening confirmation screen upon entry. Members will scan their membership card. ◆ Once you arrive at the gym, we will be using the door closest to the spinning area to enter (our main entrance). ◆ Please wait at designated spots in the hallway before class time. ◆ All participants will complete an online screening form ahead of time on their phones and present the completed form to a staff person upon entering the gym. Only those with temperatures 99.9 degrees & below will be allowed to participate. ◆ Do not enter the gym until you have shown your confirmation screen to a staff person.
SAFETY FACE COVERINGS	<ul style="list-style-type: none"> ◆ Staff will be required to wear masks during class time. ◆ Participants are required to wear masks upon entry into the J and when moving around within the building. ◆ Once inside the gym, participants are encouraged but not required to wear masks for gymnastics. Please keep in mind that masks do limit view which can make certain skills challenging. ◆ If you choose to attend class, you <u>must</u> physically maintain a minimum of 6 feet distance from staff and other participants no matter if you are wearing a mask or not. This will be strictly enforced.
KEEPING IT CLEAN	<ul style="list-style-type: none"> ◆ Staff will wash hands before and after each class. ◆ We ask that all participants wash their hands before and after each class time, and sanitize hands between events. ◆ Cleanings will occur before and after each class. Deep cleaning will take place daily. ◆ We will be eliminating plush props & porous equipment and will instead be using limited items that are easily sanitized.
PROCEDURE IF STAFF OR PARTICIPANT IS DIAGNOSED WITH COVID-19	<ul style="list-style-type: none"> ◆ We will notify staff and families immediately of a COVID-19 diagnosis while maintaining confidentiality as required by the Americans with Disabilities Act (ADA). ◆ We will close off areas used by that person & will not use them again until deep cleaning and disinfection has occurred. ◆ We will inform those exposed to a person with COVID-19 to self-monitor for symptoms for 14 days, and follow CDC guidance if symptoms develop. ◆ If any classes are cancelled due to COVID-19, you will receive a refund for those classes.
STAFF TRAINING	<ul style="list-style-type: none"> ◆ All JCC Staff will receive training specific to COVID 19, our health and safety protocols related to COVID 19, and how to ensure for greater health and safety, prior to their first day of work.