



Covid-19 JCC Gymnastics Procedures

We are committed to the safety and protection of our students, athletes, 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"> ◆ Class structure will be different than in the past as we realize it is difficult for children to developmentally understand physical distancing. Stations and activities will be modified when possible to allow safe distance between children. ◆ Coaches will spot children based on the need. ◆ Equipment will be cleaned between rotations. ◆ We will be eliminating plush props & porous equipment and will instead be using limited items that are easily sanitized. ◆ Gymnasts will need to bring a clearly labeled water bottle as we will not be using water fountains. ◆ Classes will be staggered with reduced sizes. Class ratios will be 4:1 for preschool and 5:1 for elementary. Team practices will be strictly limited in size & will be broken into 2 or 3 groups for rotations. ◆ Please make sure your child uses the restroom directly before class. We have a single restroom in the back area of our gym that can be used if needed during classes.
WHAT TO BRING	<ul style="list-style-type: none"> ◆ Classes: mask, hand sanitizer, and water bottle. ◆ Team gymnasts: mask, hand sanitizer, water bottle, grips if applicable, and chalk (we will be providing an initial block of chalk).
PARENT PROCEDURES	<ul style="list-style-type: none"> ◆ Only one parent/guardian per student. We encourage parents to only bring the child attending programming and not siblings/family members into the building. We understand there may be instances when this is not possible. ◆ Parents will not be allowed into the gym at this time due to limited observation space. Parents will be able to look through the glass doors once class has started. ◆ We will have a separate parents' waiting area outside the gym.
DROP OFF PROCEDURES	<ul style="list-style-type: none"> ◆ All parents/guardians 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. ◆ Members will enter using their Member IDs. Non-members will check in through the online screening form on their phone and present their completed form to enter. ◆ All CLASS participants will need to enter through the Sports & Fitness entrance with an adult. <ul style="list-style-type: none"> ◆ We will be using the door closest to the spinning room for our entrance. ◆ Please wait at designated spots in the hallway before class time. ◆ We will be admitting children into the gym one at a time to ensure physical distancing. ◆ All TEAM participants will be dropped off at the main building entrance once coach is present.
PICK UP PROCEDURES	<ul style="list-style-type: none"> ◆ We will be using the door closest to the swimming pool as our exit for classes. ◆ Please wait at designated spots in the hallway for your child to exit from this door. ◆ We will permit gymnasts to exit the gym one at a time when a parent is present to ensure physical distancing. ◆ All CLASS participants need to be walked out of the gymnastics gym with an adult. ◆ All TEAM participants will be walked up to the main building entrance by a coach, where they must be picked up by an adult.
KEEPING IT CLEAN	<ul style="list-style-type: none"> ◆ Staff will wash hands before and after each class. ◆ We ask that all gymnasts sanitize their hands before and after each class time. ◆ Cleanings will occur before and after each class. Deep cleaning will take place daily.
SAFETY FACE COVERINGS	<ul style="list-style-type: none"> ◆ Parents are required to wear masks at all times while in the building. ◆ Staff will be required to wear masks at all times, including during class time. ◆ Preschool aged children will be required to wear masks when entering the building. Masks are optional but encouraged for class time. ◆ Elementary aged children will be required to wear masks. It will be up to the coach's discretion if a skill should be performed without a mask.
PROCEDURE IF STAFF OR GYMNAST 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.