



# **Santa Rosa Gymnastics** **& Elite Cheer Inc.**

By entering this facility, I will abide by and agree to Santa Rosa Gymnastics & Elite Cheer Inc. (SRGC) Coronavirus Action Plan, and I am aware and fully understand the following:

- Our teaching and coaching staff will not be spotting at this time. When we are allowed to spot, please remember, spotting our students and athletes is often necessary in order to teach skills safely, to help athletes perform skills correctly, and to prevent injury.
- I understand and agree that spotting will be part of the learning process at SRGC and I agree to permit my child's teacher and/or coach to physically assist my child when needed. Direct assistance will also be provided in the event of an injury, to console, and to give an elbow bump as needed.



# SRGC Coronavirus Action Plan

## Illness Policy

To keep our students and employees safe and healthy, we ask that you keep your child home if they exhibit any COVID-19 symptoms and/or are not feeling "well". Additionally, If you or someone in your family is ill, please stay home.

## Mask Policy

All staff and adults entering the building must wear face coverings at all times. Gymnasts/Students must wear face coverings while in the building except when doing gymnastics. Face coverings must be worn while walking through building, waiting for turns, going to the bathroom and entering & exiting building.

## Entering and Exiting

All students and parents are required to wait outside the facility until their Camp/class time is called. Athletes will put personal belongings in a plastic container that their teacher will provide. Anyone who enters the building will have a symptom/health check, with a no touch temperature check and questioner, and then will be prompted to use hand sanitizer. Any temp over 100.4f will not be allowed inside the facility. Parents will pick up their kids from the back door at the south side of the building with along with their belongings. Parents must leave before the next group enters.

## Business Needs

Clients that need to do business with our office staff will be motioned into the building by office staff, one customer at a time. The above guidelines for entering will apply. When speaking to office staff, please do so by the acrylic shield and stand on the "X" marks.

## Bathrooms and Water

All students are asked to practice social distancing while using the bathrooms (one at a time). All students will be required to bring a personal water bottle to class, as the drinking fountain will be closed for public use, but the filling station will be available.

## Observing Class

Camps will be done both inside and outside the building, in accordance with the new camp regulations set forth by the Governor. . Parents may only watch during their child's class time. If needed, only one adult may enter to observe students class. Siblings are not allowed in the spectator's area at this time. We only have 20 spots available for viewing and it will be first come first serve..

## Sanitizing

Staff will sanitize contact surfaces after each class. Additionally, staff will do a complete cleaning at the start and end of each day. This includes, but is not limited to, door handles, bathrooms and floors.

## Staff Work Habits

Staff will be required to log their temperatures and answer a health questionnaire daily. They will be required to wear a mask on premises and must adhere to the wellness standards. Our staff will coach students with limited contact, and only spot when necessary and will hand sanitize before spotting.

## Scheduling

We will be scheduling classes to accommodate the student to facility ratio. We will uphold the recommended student to square-footage ratio at all times. Classes will have staggered start and end times to avoid over crowding inside the gym including the entrance and exit areas.

## Group Spacing

While attending lessons, athletes are required to stay at a 8-foot distance from one another at all times. We will have markers on the floor to establish this distancing. During class, we will separate students with stations and the instructors will call for the kids to rotate. There will be no lines and very limited waiting. There will be a pre-arranged traffic flow throughout the gym to maintain social distancing while moving from event to event.

## Toddler Classes

All classes for kids 4 years old and under will need to have an adult accompany the child in class. The adult will help them practice social distancing and will aid them in staying on task at their stations. We ask that parents help assist and guide them but refrain from coaching their children.

# Team Procedures

## **Belongings**

Athletes will be required to bring a SMALL clean gym bag to keep their belongings, equipment and water in. They will keep this bag with them throughout the gym as they workout. We ask that they bring only the essentials.



## **Snacks and Water**

Athletes will no longer have designated snack or water breaks. If an athlete needs a snack or drink of water, they will simply grab some out of their bag momentarily and then go back to their workout. Teachers will encourage water consumption regularly.



## **Spotting**

All coaches will be teaching using drill stations and lead ups. Spotting will be on a must have basis only, if required for safety purposes. Students will be expected to work independently with coach supervision.



## **Face Masks**

All gymnasts will be required to wear face masks while entering facility. They will be able to remove the mask once training begins. We recommend gymnasts bring a large zip lock bag to put their masks in, while not being used. Gymnasts must then put their masks back on when leaving the facility.



# Staff Procedures and Requirements

## Upon Arrival

Staff must adhere to the wellness standard. Staff will be required to log their temperature and answer a health questionnaire daily. Any staff member who has not felt well in the last 2 days or shows a temperature over 100.4f will be asked to go home.



## Uniform

Along with the SRGC uniform guidelines, all staff will be required to wear masks while on the premises. Staff will be required to put on and wear a clean pair of shoes, brought seperatly and designated to be worn only in the gym. Gloves and other safety precautionary clothing are optional.



## Breaks

Staff will be required to take their breaks in their cars or it is suggested for them to use the outside tables. The regular employee area will not be used for breaks or for "hanging out" during this time. Social distancing cannot be appropriately practiced in this space.



## Cleaning Tasks

All staff will be required to sanitize and clean contact surfaces and equipment after each class. Additionally, each staff member will be required to sanitize and clean an area at the end of their shift. Staff will be required to log all cleaning done.



## Contact

All staff will refrain from any physical contact with other staff members, students, and clientele as much as possible. Staff may spot gymnasts only when needed for safety but must use hand sanitizer before touching any student..

