

Gymnastic Dreams – Wellness Policy

Gymnastic Dreams is committed to maintaining the health and wellness of everyone who walks through our doors. That includes staff, gymnasts, parents and visitors. With this, Dreams has outlined a wellness policy that we ask to be followed by everyone.

What our STAFF is doing:

- Upon entering the building temperatures will be taken, and staff will be asked about general symptoms (fever, cough, shortness of breath, body aches, chills, sore throat). If their temperature is 100 or above or they answer yes to any of the wellness check questions, they will be sent home and referred to consult their doctor.
- Upon entering the building hands must be sanitized.
- Staff will monitor and immediately report any symptoms they may develop while at work. If symptoms appear, staff will be sent home and referred to consult with a doctor. They will have to follow health guidelines for returning back to work.
- Staff will wash hands with soap and water for at least 20 seconds and/or use hand sanitizer between events, after going to the bathroom, coughing, sneezing, and/or spotting any gymnasts when necessary.
- Staff will wear cloth face masks if they need to breach the 6' physical distancing space.
- If a staff member has come in contact with or lives with someone infected with Covid-19, they will not be permitted to come to work and will follow the MDH guidelines for returning back to work.
- Staff will NOT be able to high-5 or hug athletes.
- If needed for safety, staff will provide hands-on spotting to athletes.

What are we doing for the FACILITY?

- Frequently touched/commonly used surfaces (door handles, light switches, etc.) will be routinely wiped down by staff.

- Common areas (lobby, bathrooms, etc.) will be cleaned/disinfected consistently throughout the day.
- Small equipment in the gym (panel mats, trapezoids, wedges, etc.) will be cleaned/disinfected after each practice.
- Larger equipment in the gym (beams, vaults, etc.) will be disinfected at least once each day.
- Dreams will provide hand sanitizing stations located throughout the facility.
- Drinking fountains will NOT be in use.
- There will not be seating in the front lobby as long as the social distancing guidelines are in effect.

What can ATHLETES do to help?

- Upon entering the building temperatures will be taken, and athletes must have completed the online questionnaire at least 30 minutes before arriving answering general questions on symptoms (fever, cough, shortness of breath, body aches, chills, sore throat). If their temperature is 100 or above or they answer yes to any of the wellness check questions, they will be sent home and referred to consult their doctor.
- Upon entering the building, hands must be sanitized and athletes will immediately proceed to the gym to SIT in designated areas to wait for practice to start.
- Gymnasts will monitor and immediately report any symptoms that may develop while at practice. If symptoms appear, gymnasts will be separated from other gymnasts, and parents will be called to pick up student. Staff will then refer the parents/gymnasts to consult with their doctor and follow health guidelines for returning back to practice.
- Gymnasts will wash hands with soap and water for at least 20 seconds and/or use hand sanitizer between events, after going to the bathroom, coughing or sneezing.
- Athletes may wear masks.
- If a gymnast has come in contact with or lives with someone infected with Covid-19, they will not be permitted to come to practice and will follow the MDH health guidelines for returning back to practice.
- Gymnasts will arrive no more than 10 minutes prior to their scheduled training time and will leave Dreams within 10 min. of the completion of practice.

- Gymnasts will be required to stay in their vehicle until both temperature and daily symptoms document has been verified and cleared.
- Gymnasts will only be allowed in the building during their scheduled training time to limit number of athletes at any given time.
- Gymnasts will arrive for practice already dressed for practice to limit the use of the bathrooms.
- Gymnasts will bring their own backpack with all necessary personal equipment (LABELED with their name on it) including:
 - Water Bottle(s) already filled with ice and water. Athletes will NOT be allowed to share water bottles.
 - Grips/TigerPaws
 - Spray Bottle for water (if needed for grips)
 - Personal hand sanitizers
 - All athletes needing chalk, must purchase their own block of chalk. Purchases can be made through the gym. And provided to the gymnast. Chalk CANNOT be shared
 - Personal Theraband, labeled with their name
 - Personal hand and ankle weights labeled with their name
- Upon entering the main gym, clothes will need to come off and put into their backpack; shoes should also be placed into backpacks (if possible) or placed in the designated spot.
- During practice, we ask athletes not to high-five or hug fellow teammates and/or coaches.
- Upon finishing practice, all personal belongings MUST go home in the backpack. We will no longer allow gymnasts to keep backpacks/personal items in the gym or their lockers.
- Upon exiting the building, gymnasts will wash/sanitize hands.
- Once an athlete returns home, we recommend washing clothes and shower/bathing prior to interacting or eating with family members; backpacks and personal training items should be sanitized, if possible.

What can PARENTS do to help?

- Parents/guardians are required to drop off and pick up - rather than entering the building with their athlete in order to limit the number of individuals in the facility.
- Only children enrolled in class will be allowed to enter the lobby. Exceptions can be made based on individual child needs.

- Any adult entering the building consents to having his/her temperature taken and answering wellness check questions. They must also adhere to social distancing guidelines and following the traffic flow patterns marked out. Adults should wear a mask while in building. Persons with temperatures of 100 degrees or more or who answer yes to any of the wellness check questions will not be allowed to enter the building.
- Please have your gymnast ready for practice prior to coming into the gym and remind them to wash/sanitize their hands and cover coughs and sneezes.
- If you or any family member does not feel well, please stay home.

Policies and Wellness Plan Acknowledgement Agreement

I am aware that while gymnastics is an individual sport, there will be times when incidental contact will occur. Gymnastic Dreams is operating in a social and physical distancing environment but even with the best efforts and intentions, there will be times when the children will breach the prescribed (currently 6') distancing recommendations.

In addition, our teaching and coaching staff will spot (physically assist) when the circumstances require it. 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 Gymnastic Dreams 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 injury. I also understand that accidental contact between children is always a possibility.

I have read, and understand, the above listed policy & procedures and I acknowledge that I am sending my athlete(s) to practice voluntarily and understand that even with the extra precautions put in place athletes in attendance still risk exposure to Covid-19 and/or other illnesses.

Gymnast(s) Name

Signature of Parent/Guardian