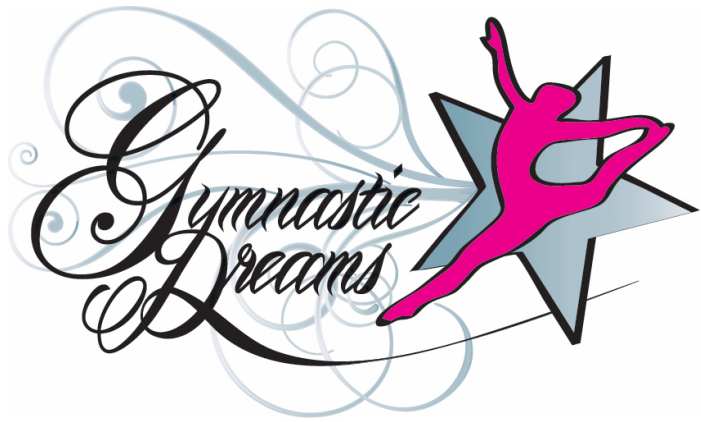


## **GUIDE TO RETURN TO CLASSES:**

With the statewide lift on the closure of gyms, Gymnastic Dreams would like to welcome back all of our gymnasts and their families! As we are excited to reopen the gym, there are a few guidelines that must be followed to ensure the safety of your gymnasts, families and our staff. To provide a safe,

healthy environment we are asking for our families to become our safety partners.



Gymnastic Dreams have implemented many new procedures with the reminder that these necessary new steps allow us to keep our doors open. Please know that these procedures will change and evolve over time as we continue to follow any new and revised guidelines by the State Of Michigan, CDC or Gymnastic Dreams.

Please take a moment to review the guidelines listed below.

### **Drop Off & Pick Up:**

- Staff members will meet our gymnasts at drop off
- When possible, utilize drop off/pick up (1st grade & up)
- Limit to 1 accompanying adult
- All visitors will sanitize hands upon entering Gymnastic Dreams
- Arrive no sooner than 5 minutes prior to class time—dressed and prepared for class/practice
- Everyone entering Gymnastic Dreams is required to wear masks
- There are designated doors to enter and exit for our recreational programs as well as team

### **Wellness Checks:**

- Our Illness Policy will be Strictly Enforced
- Gymnasts, visitors & staff will perform a wellness assessment upon entry—COVID Daily screening form must be completed and temperatures will be taken; a temperature of 100.4 or higher will be asked to return home
- Any person exhibiting flu-like symptoms will be sent home and may only return fever free without the use of fever reducers for 72 hours prior to return
- Should any Gymnastic Dreams staff, gymnast or visitor test positive for COVID-19, Gymnastic Dreams will follow all Health Department guidelines for cleaning and notifications

### **Cleaning & Class Time:**

- Number of athletes in any one area of the gym will be limited to coincide with the recommended regulations
- Gymnasts will wear mask during class whenever 6 feet is unable to be maintained

- All gymnasts must wash/sanitize hands before and after class, there will be no exceptions
- Equipment will be cleaned frequently, including at the start and end of each class/practice
- Matting, surface areas, ect. will be disinfected regularly
- The facility will be deeply disinfected professionally using foggers once every two weeks
- Pits will be temporarily closed and be covered with mats, until restrictions are lifted and pits are deemed safe to use
- Coaches and all staff members will wear masks unless exempted for health reasons or there is a functional reason not to
- Lesson plans are temporarily modified to omit partner activities, surface props and limited close contact
- Coaches & gymnasts are to maintain 6 feet distancing whenever possible; instruction may require interaction (example: spotting)
- Schedule have been modified to allow additional times for gymnasts to enter & exit gym facility
- Please exit Gymnastic Dreams immediately following class

### **Physical Distancing:**

- Everyone in our front lobby and office area are asked to maintain a safe distance from others
- Appointment times will need to be scheduled prior to coming into the front lobby to register for classes/inquiries. Due to the smaller size of our lobby, at this time when cannot accommodate a large amount of people in the lobby at one time.
- Families, gymnasts & staff are asked to maintain a safe distance of 6 feet from others whenever possible
- Our locker room is temporarily closed
- Masks must be worn at all times while in the gym facility/lobby

### **Traffic Flow:**

- Recreational class gymnasts will enter and exit through the front lobby entrance
- Team gymnasts will enter and exit through the rear exit of the gym
- Signs will be posted
- Please have patience with our staff and families as we adjust to our new policies and executing them properly
- Due to the flow of our gymnasts using both front and back entrances, we ask that parent/guardians pull in to the Gymnastic Dreams driveway and exit around back of our facility. Please have patience as this may take a few moments as gymnasts are coming in and out of cars