



Return to Gymnastics

rev 12-9-2020

**Facility
Cleaning**

**Classes
Staff**

**Parents
Gymnasts**

Truckee Gymnastics Mitigation Protocols

Cleaning Ventilation	✓ Air purifiers x 5: High capacity, UV lamp + hospital grade HEPA filter; destroys viruses, bacteria, other volatile compound. Air scrubber. Up to 6 air exchanges per hour. ✓ Hand cleaning spray stations throughout gym ✓ Enhanced cleaning products. COVID process for pro-cleaning service. ✓ Increased cleaning before, during, and after classes. Focus on high touch points ✓ Carpets cleaned & sanitized throughout the year ✓ Windows & doors open w/fans on, weather permitting, to promote air flow & sunlight in gym
Facility Traffic Flow	✓ Signs: visible & easy to read health and process signs including 7' physical distancing cue spots ✓ Greeter @entrance: screen, welcome, advise ✓ Sneeze guard @ front entry desk ✓ Drinking fountains, cubbies, public waiting areas/toys/books closed ✓ Bins: now larger w/handles to accommodate winter items like coats. ✓ Food & gum not allowed inside building ✓ Personal grooming, prep, changing clothes not allowed in building. Gymnasts arrive ready for class ✓ Entry-only front door (weather permitting). One-way flow. Minimize bottle necks ✓ Exit-only double side doors (weather permitting). One-way flow. Minimize bottle necks ✓ Pro Shop: touch-free sales only. No exchanges, returns. All sales final
Team Private Lessons	✓ Only Team & Private lessons. No rec classes. Gym traffic reduced by 90+%. Reduced class sizes; # of classes. ✓ Private lessons: now limited to same household members only. ✓ Transition times: increased 200% to allow for physical distancing + extra cleaning between lessons. ✓ Staggered schedule to enhance physical distancing before, during, and after class ✓ Touch-free enrollment, registration, payment experience online (reduces handling items) ✓ Physical distancing increased from 6' to 7'. ✓ Cues: spots, numbers, cones, props, musical cues, voice, to communicate flow to students ✓ Spotting: hands-on spotting decreased to zero; spot only if safety requires; skills taught using progressions ✓ No make-ups; postponed until after pandemic. Absences tracked for post-pandemic use ✓ Gymnasts cued on mitigation techniques like 7' physical distancing, keep hands away from face, hand sanitizer stations ✓ No stamps after class; stickers instead
Gymnasts Parents	✓ PARENTS READ: 'Plan your trip to Truckee Gymnastics' (what to do, bring, expect): see LINK ✓ Face coverings: 100% required all times unless drinking water or need a breathing break requires temporary draw-down. ✓ Food: none in the gym. ✓ Arrive 10 min. early prepared for class w/minimal items, no backpacks (see LINK BYL 'b4 you leave' #4 above) ✓ Check-in @entry: parent & child wears mask, accompany child to the check-in spot outside, wait for greeter. ✓ Parent answers screening questions, child's temperature taken (over 100.4 degrees not allowed in building) ✓ Enter: greeter welcomes each child one by one w/instruction like remove shoe, wash hands, find your bin & waiting spot ✓ Gymnasts & staff only inside. No parents in building (except Private lessons 1 parent required at all times)
Staff	✓ Extra staff in gym for cleaning, flow, & greeting ✓ Screened before entering building (temps; screening questions) ✓ Wash hands upon entering building ✓ Face coverings: 100% required at all times. ✓ Trained in gym's mitigation procedures ✓ Educate gymnasts: mitigation techniques during class (distance, flow, hands off face, sanitizers)