

FREDERICK GYMNASTICS

RE-OPENING PLAN



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OVERVIEW

The Purpose of This Document

Above all else, the safety of our students, their families, and anyone who enters our Frederick Gymnastics facility will always be our top priority. As we begin to re-open, every decision and policy that we implement will take into account the safety of our patrons.

The Fluidity of This Document

As we know, the development of any outbreak is subject to continuous change in regard to its spread, its social and financial impacts, and the guidelines implemented to combat it. Our plan of action in regard to re-opening our facilities after a temporary closure will remain adaptable and flexible, in order to allow us to meet the evolving needs of our staff, students, and their families. In order to adapt our policies and procedures as needed, the staff at Frederick Gymnastics will remain informed, and actively seek out any and all new information regarding the outbreak. As needed, this handbook will be updated to accommodate necessary policy and procedural changes.

Mandatory Compliance With This Document

Frederick Gymnastics will be strictly enforcing all policies and procedures detailed in this document. If any patron of Frederick Gymnastics is unable or unwilling to comply with the policies and procedures herein, they will not be permitted to visit Frederick Gymnastics until our policies and procedures have changed, or until they are willing to comply. This is for the safety of anyone who enters our facility.

OVERALL PROTOCOL & GUIDELINES

What Are the Overall Guidelines We Follow?

Quick Links

[MD Governor's Office](#)

[CDC](#)

[ADA](#)

We comply with the guidelines put in place by Maryland's Governor, as well as the CDC, ADA, and the Health Department.

You can find resources from these agencies and organizations using the Quick Links to the left.

GENERAL UPDATES

An inherent risk of exposure to viruses exists in any public place where people are present. Said virus and other extremely contagious diseases can lead to severe illness or worsening outcomes. According to the CDC and prevention guidelines, senior citizens and guests with other underlying conditions are extremely vulnerable. By visiting Frederick Gymnastics Club, Inc., you voluntarily assume all risk related to exposure to illness and infectious diseases. Help us to keep each other healthy.

- Upon re-opening, Frederick Gymnastics programs will be modified, have limited capacity, and are subject to limited availability or closure based on the direction of health experts and government officials in order to promote physical distancing.
- Upon re-opening, Frederick Gymnastics reserves the right to cancel any class or event, with applicable credits applied.
- Frederick Gymnastics will strictly enforce maximum capacities at our facility. These maximum capacities have been set in order to protect the health and safety of both our students and our instructors, and have been decided based on the direction of health experts and government officials.
- Recreational programs will have a 6:1 ratio and Preschool programs will have a 4:1 ratio.
- All of Frederick Gymnastics online programs will continue to run as normal for the foreseeable future. This is to accommodate those families that may not be ready to rejoin our in-person programs.
- Class times will be staggered in order to allow for adequate timing between the arrival and departure of all students. This will also allow Frederick Gymnastics employees enough time to properly sanitize all equipment between each class.

OVERALL PROTOCOL & GUIDELINES

GENERAL UPDATES (CONTINUED)

- Hand sanitizing stations, with the SAO Sanitizer will be positioned throughout the Frederick Gymnastics facility and students will be asked to sanitize their hands between each station as well as upon arrival and at departure.
- Frederick Gymnastics Directors have created rotation schedules specifically for the intention of accommodating appropriate physical distancing guidelines. These rotation schedules will be followed strictly by all Frederick Gymnastics employees.
- In the event that a student, Frederick Gymnastics employee, or any other person becomes unwell while inside the Frederick Gymnastics facility, they will be moved to an isolated location inside the facility immediately, and proper health & safety procedures will be followed to ensure both their safety and the safety of all others inside the facility.
- Frederick Gymnastics employees will only come in direct physical contact with students in the event of an emergency, where direct physical contact is necessary to prevent or address injury (unless you have signed the spotting release form). More information about this is under the "Staff Expectations" section of this document.
- **UPDATED: 12.3.20 IF YOUR CHILD HAS BEEN DIRECTLY EXPOSED TO COVID-19:**
- If anyone in your household is infected with COVID-19, your child must quarantine for 10 days while monitoring symptoms and may return to the gym after receiving a negative test. You must provide the gym with the documentation. If you do not wish to test, an additional 14 days quarantine will be required after the initial 10 days.
- If your child has been exposed to someone, outside your home, quarantine for 10 days, monitor symptoms and return to the gym if there are no symptoms during the 10 days. If symptoms are experienced anytime during the 10 days, they must quarantine a total of 14 days from onset of symptoms and may return to the gym after 14 days provided there are no additional symptoms.
- **IF YOUR CHILD MAY HAVE BEEN EXPOSED TO COVID-19:**
- **With a Test:** An individual in quarantine after possible exposure can end quarantine after 7 days if a negative COVID-19 test is received and they are not experiencing any symptoms over the 7 days. This test can be initiated after day 5. You must provide the gym with the documentation.
- **Without a Test:** If your child has possibly been exposed to someone that may be positive, they must quarantine for 10 days and monitor symptoms. If they do not experience any symptoms they may return to the gym after 10 days.
- If the person your child was exposed to does test positive then your child must quarantine for 10 days, monitor symptoms and may return to the gym if they have no symptoms during the 10 days or provide documentation of a negative COVID test after 7 days of quarantine. This test can be initiated after day 5.
- If the potential exposure comes back negative, they may return to the gym immediately if they have no symptoms.

STAFF EXPECTATIONS

STAFF RESPONSIBILITIES

- Frederick Gymnastics employees will wear a face mask at all times while inside the facility.
- Upon arrival for all shifts, Frederick Gymnastics employees will have their temperature taken and health questions asked to indicate that they are not experiencing any symptoms that could indicate illness.
- In the event that a Frederick Gymnastics employee, their family member(s), or someone living in their household is exhibiting symptoms that could indicate illness, they will be asked not to return to work until after they are symptom free, and have followed the appropriate guidelines to recover from their ailment.
- In the event that a Frederick Gymnastics employee tests positive for illness, they will be asked not to return to work until after they are symptom free, and have followed the appropriate guidelines to recover from their ailment. Frederick Gymnastics will contact the Maryland Department of Health as necessary.

STAFF EXPECTATIONS

ENSURING YOUR SAFETY

Frederick Gymnastics staff has taken enhanced health and safety measures for you, your children, and ourselves.

- Prior to the re-opening of the Frederick Gymnastics Club facility, all Frederick Gymnastics employees will be required to attend training on the health and safety policy updates that Frederick Gymnastics will be implementing. All Frederick Gymnastics employees will adhere to the cleaning requirements and physical distancing guidelines implemented by Frederick Gymnastics.
- Frederick Gymnastics Directors will create lesson plans that accommodate physical distancing guidelines. These lesson plans will emphasize the use of station work and hands off coaching as much as possible. All Frederick Gymnastics employees will follow the new lesson plans and gym rotation schedules upon re-opening.
- Frederick Gymnastics employees will spot students only in the event that they are doing so to prevent or address injury. (unless you have signed the spotting release form) If a Frederick Gymnastics employee has to administer first aid, or make physical contact with a student for any reason, they will do so using clean gloves.

PARENT/GUARDIAN EXPECTATIONS

PAPERWORK & BILLING

- All parents/guardians will be required to agree to all NEW policies which includes, but may not be limited to, the following; emergency contact, rules and regulations, waivers, and payment policy.
- All registration will continue to be done through our online site.
- Frederick Gymnastics will be asking that all registered families keep a credit card on file upon returning to any of our programs.
- If you are unwilling or unable to comply with this update to our payment policy but would like to return to our in person programs, please contact us via phone or email so that we may be able to find a solution together.
- If you are unwilling or unable to sign and comply with all updated policies and procedures, (competitive team members only) we kindly ask that you participate in one of Frederick Gymnastics online programs, until our policies are updated again or until you are willing and able to comply with all updated policies and procedures.

PARENT/GUARDIAN EXPECTATIONS

HEALTH & SAFETY POLICIES

- Any parent/guardian that becomes aware of their child exhibiting a fever of 100.4 degrees (Fahrenheit) or higher, coughing, or any other symptoms that indicate illness, will be asked to keep their child at home.
- Any parent/guardian that becomes aware that someone living in the same home as their child is exhibiting a fever of 100.4 degrees (Fahrenheit) or higher, coughing, or any other symptoms that indicate illness will be asked to keep their child at home.
- In the event that your child tests positive for an illness during this re-opening phase, they must complete a 14 day self-quarantine prior to returning to our facility.
- In some cases, Frederick Gymnastics may require a doctor's note prior to allowing a student to return to our facilities.
- **In the event that you need to enter the facility, you must wear a face mask in order to protect yourself and all other Frederick Gymnastics patrons.**
- We ask that parents/guardians ensure that their child(ren) have used the restroom and washed their hands prior to arriving at the Frederick Gymnastics facility.

STUDENT EXPECTATIONS

GENERAL EXPECTATIONS

- Students will be required to comply with a temperature check upon each arrival at all Frederick Gymnastics facilities. Students will be required to sanitize their hands upon entering the facility.
- In the event that a student is found to have a temperature of 100.4 degrees (Fahrenheit) or higher, or is exhibiting physical or behavioral symptoms that are indicative of an illness, they will not be permitted to enter the Frederick Gymnastics facility.
- (Update 11/20/20) All students will need to wear a securely fitting mask during their class or team practice. We will require all children over the age of five to wear a mask and recommend that children under five wear a mask as well.
- If the students are performing skills that present a bona fide safety risk, they will not be required to wear their masks during that particular activity. This will be monitored by the coach or staff person.
- We continue to follow the CDC, State, and Local Health Department guidelines as they are carefully evaluating the current COVID pandemic situation.
- Students will be expected to have used the restroom and washed their hands prior to arriving at a Frederick Gymnastics Club.
- Students will be permitted to use the restroom as needed while at a Frederick Gymnastics facility. Only two students will be permitted to use the restroom at a time during class.
- Students will be expected to wash hands and feet properly prior to arriving at a Frederick Gymnastics facility and upon arriving home after each visit to the facility.
- Students will be expected to be able to remain in designated areas as told by an instructor for the entirety of the class.
- If at any time, a student exhibits physical or behavioral symptoms that are indicative of illness while under the care of Frederick Gymnastics, their parent/guardian will be contacted and asked to pick them up.

Parents, please have a conversation with your child prior to returning to Frederick Gymnastics about the importance of physical distancing and listening to their instructor at all times. For the safety of all patrons, students must be able to keep their hands to themselves and listen to Frederick Gymnastics instructors at all times.

PERSONAL BELONGINGS

- Frederick Gymnastics asks that if possible, students bring only a water bottle and shoes with them into the facility. Shoes that slide or slip on are preferable. Any and all items brought into the facility must be in a clearly labeled bag. Team members will be required to bring their own chalk which must be in a two gallon zip lock baggie with their name on it. We will have chalk available at the front desk for sale for \$1.50 per block or \$10 for box of 8.
- Frederick Gymnastics asks that cellphones be kept with a student's other belongings while inside the facility.
- Any and all items that students bring into a Frederick Gymnastics facility should be cleaned properly between each visit.
 - This does not pertain to items that are medically necessary or weather dependent.

CLEANING

GYM SPACES

Frederick Gymnastics employees will wipe down ALL gym equipment that has been used as well as high touch areas such as doorknobs between each time block.

Students may be using and sharing the following equipment:

- Gymnastics specific equipment and apparatuses such as bars, beams, floor areas and vaulting areas.
- Mats and pads - non-porous surfaces only will be used.
- Other training equipment such as weights and bands.

DISCLAIMER: The equipment that students will be using is dependent on their age, skill level, and whether they are enrolled in a recreational or competitive program and what the objectives of that program are.

BATHROOM/LOBBY SPACES

- Bathrooms at all Frederick Gymnastics facilities will be cleaned at least every two hours and between each session. A bathroom cleaning schedule will be clearly displayed on all bathroom doors and Frederick Gymnastics employees will be required to sign off that each bathroom has been cleaned between every time block. The lobby at Frederick Gymnastics facility will be cleaned once at opening and again at closing.
- The water fountains at Frederick Gymnastics will not be accessible to anyone inside the facility except to use the hands free water bottle refill feature.
- Plexiglass barriers will be installed at the front desk at Frederick Gymnastics Club. Electrostatic sprayers will be used to apply hospital grade disinfectant in addition to our normal daily cleaning practices, in order to avoid generating an excessive amount of aerosol, when it becomes available.
- Please inform Frederick Gymnastics of any and all allergies pertaining to soaps and cleansers.

DROP OFF & PICK UP

- At our location, the designated drop off door will be the front door of the facility. Please park and walk your child to the designated area by the front door.
- Once at the door, the FGC staff member will take your child's temperature. Please do not leave until the FGC staff member gives you the okay that your child has been cleared to enter the facility. Once they have been cleared to enter the facility, you may return to your car and exit the lot.
- If you would like to remain parked in our lot for the entirety of their class, please remember that our parking lot is limited and we will be using spaces that were once available for parking to do entry and exit activities.
- At the end of your child's class, we ask that you wait by the exit door, which is the door to the right of the entrance door, to pick up your child. An FGC staff member will escort your child out the exit door.

6 YEARS & YOUNGER

- If your child is 6 years of age or younger, we ask that you park and escort them to the designated drop off area at the front door.
- Once you have reached the front entrance, a FGC staff member will take your child's temperature. Once your child has been cleared to enter the facility, a FGC staff member will escort them in.
- You may return to your vehicle and remain there until your child's class comes to a close, or you may enter the facility and remain in our indoor designated waiting area, you will be required to have a temperature check and sanitize your shoes. Children that are not participating in a Frederick Gymnastics class are not permitted in the indoor waiting area.
- The pick up procedure will be for parents to be outside of the exit door, to the right of the Main Entrance. Please exit your vehicle and stand in our designated outdoor waiting area. A FGC staff member will bring your child out to you. If you opted to sit in our indoor waiting area during their class, you will need to exit the building through the exit door and wait in the designated area for your child to be dismissed. We ask that you exit promptly once they are sent out to you.
- Students who are **under 6** may have one parent/guardian remain in the balcony during class.
- Only one parent/guardian is allowed in the gym at a time during class
- No siblings are allowed at this time, unless they are in a car seat.

IMPORTANT REMINDERS

PLEASE BE ADVISED: Frederick Gymnastics will be re-opening using a phased approach, and will be opening one program at a time...

- There will be limited space available in our indoor waiting area, and once we have reached capacity we will not be able to accommodate any other parents during that class hour. The indoor waiting area is for **parents of children under the age of six**. Any parent/guardian who enters our facility will be required to wear a face mask, have their temperature checked and sanitize their hands and feet.
- Please do not arrive to drop off your child to class any earlier than 10 minutes prior to the start of their class. This is to ensure that all students from the class hour prior to your child's have been dismissed.
- Please be prompt in picking up your child, do not arrive prior to or after the pick up time. This is to ensure that there are no cars congesting our parking lot prior to pick up, and that we are able to dismiss your child in time to prepare for the arrival of students enrolled for the following time block.
- Please drive safely through our parking lots at all times. We will have pedestrians walking up to our facility to drop off children under the age of seven, and we ask that you help us to ensure their safety by driving slowly and carefully through our parking lot.
- All parking spots are first come first serve, limited space available.