

# Covid Protocol

**Harford Gymnastics**



Updated Jan 1, 2022

A stylized, abstract graphic of a gymnast's arm and hand. The arm is black with three green stripes. The hand is white with black outlines and green accents. The background is yellow.

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# Covid Quarantine

**If you or anyone in your household has any of the following please, DON'T come into our facility (regardless of vaccination status) & call for a Return To Gym Date**

- 1. Postive Covid Test within the last 10 days**
- 2. Covid Symptoms within the last 10 days (unless medically diagnosed as uncontagious symptom such as allergies)** Covid symptoms include headache, stuffiness, congestion, sore throat, loss of taste or smell, upset stomach, trouble breathing, coughing
- 3. A fever over 100 degrees within the last 48 hrs**
- 4. Awaiting a Covid test, due to symptoms or Close Contact**
- 5. Been in CLOSE CONTACT with a Covid Positive Person within the last 10 days**

**To minimize the spread of germs & to put safety first, our quarantine guidelines are longer than CDC's recommendations balancing getting people back in the work force vs. risk. We opt to minimize risk.**

If a household member has COVID, the quarantine period is longer if the family is not isolating from each other to take into consideration the ripple effect that could pass through the family.

Adults: If you have a persistent cough or sneezing, please do not come into our facility.

If students have persistent cough or sneezing that is medically diagnosed as non-contagious such as allergies, please provide a doctor note and have them wear a mask at all times. Reach out to us to consider special circumstances.

# Mask Policy

**PEP SCHOOL & LUNCH BUNCH:** Masks will be required for students & staff since they are in the facility for longer periods of time (compared to a typical classes that spread out) combined with 3-4 year olds difficulty in understanding physical distancing for long periods of time. This is comparable to a school setting.

**CLASS Students:** Masks will be required for students ages 3 & older (encouraged for under 3 if they can) and staff in all common areas (such as lobby, bathrooms, cubby room, etc.) as well as during warm ups. They will be allowed to take them off, if they choose, during activity time as long as they maintain physical distancing.

Adults should mask at all times.

**TEAM & Pre-TEAM:** Masks will be required for students and coaches in all common areas (such as lobby, bathrooms, cubby room, etc.) as well as during warm ups. Students will be allowed to take them off for high risk skills, if they choose, as long as they maintain physical distancing

# **What class students MUST bring**

**1.) A Gym Bag for coats & shoes**

**2.) Sealed Flip Top Water Bottle to be kept in your bag**

**3.) Gripper Socks (can be purchased at our online store)**

**4.) Hair Ties for hair below the shoulders (Have hair tied back and have an extra hair tie in your bag)**

**Our Covid Policy is fluid and will change as time goes on depending on the state and local recommendations.**

**With the fast spreading variant, we continue to take pre-cautions to mitigate the spread of Covid and other diseases.**

**We thank you for your  
cooperation and  
understanding. We are  
working hard to keep  
students and staff safe.**