

Harford Gymnastics

Procedures To Minimize Risk of Covid

Above all else, the safety of our students, their families, our staff and anyone who enters Harford Gymnastics will always be our top priority. Every decision and policy that we implement will take into account the safety of our patrons.

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

We have safety protocol for everyone to follow to minimize risks. We ask for everyone's cooperation and help to make this work. Please contact us if you need any clarification or more information.
fun@harfordgymnastics.com

We are excited to have our gymnasts doing the sport they love.

Please note that this is a fluid situation and policies and procedures may change as situations change.

Safety Enhancements For Everyone

We have installed the Halo Remi Air Purifier System at our Facility to kill air-bourne germs and viruses in December 2020.

We have had our entire facility sprayed with Vytis environmental shield barrier coating. Vytis shield has been hospital proven to reduce microbes on surfaces by over 99 percent!!

- ▶ Touchless paper towel and soap dispensers are now installed in rest rooms
- ▶ We encourage the students to wash hands thoroughly. Rest rooms will be disinfected regularly
- ▶ All common areas will be disinfected regularly. Additional intensified disinfecting of the facility throughout the day in addition to daily commercial cleaning
- ▶ No water fountain use (must bring water bottle from home)
- ▶ Sneeze guard installed at front counter
- ▶ Staggered start and end times for programs to allow for sanitizing in between
- ▶ Required at home health screenings for our staff, volunteers and students daily
- ▶ 6 foot physical distancing required inside the facility



Minimizing Germs ~ we want to keep you SAFE (continued)

- ▶ We will not have communal chalk for those that like to use chalk for bars. If a child needs chalk, they should purchase a chalk ball and keep it in a ziplock Bag in their bag.
- ▶ The lobby and downstairs party room, entrances and exits will be disinfected regularly through the day
- ▶ Rest rooms will be disinfected regularly and monitored by an adult
- ▶ Gymnasts will get a squirt of hand sanitizer when they enter and when they exit the facility.

HELP STOP the SPREAD

Health Screening Questions

These questions pertain to the students AS WELL AS anyone they have been in close contact with for the last 5 days *IF THE ANSWER IS "YES"* to any of these questions, they should not come into our facility.

- 1 Has student or anyone in household been in close contact with a confirmed case of Covid 19 within
- 2 Is student experiencing a persistent cough, shortness of breath, vomiting, or sore throat?
- 3 Is anyone in household experiencing a persistent cough, shortness of breath, vomiting, or sore throat & not have neg Covid Test?
- 4 Has student or anyone in the household had a new loss of taste or smell?
- 5 Has student or anyone in the household had a fever 100.4 or higher in the last 48 hours?
- 6 Has the student or anyone in household been in close contact with someone awaiting Covid test results?

Safety First

Everyone needs to be vigilant to stop the spread of Covid, as well as the spread of other germs. So PLEASE do not send your child to public places when they have been a part of any of the above scenerios. We want to keep our students and staff healthy.

ONLY enter our facility
if Symptom Free

Mask Policy (This is fluid based on current situations)

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

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. See parent guidance below.

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 during activity time, if they choose, as long as they maintain physical distancing.

STAFF: Will follow the guidance above, except non-vaccinated staff will need to wear a mask at all times. Vaccinated staff will have the option to unmask when physically distanced. 90% of our staff is Vaccinated.

PARENTS: Will be required to wear masks in our facility and stay spread out at all times. If vaccinated and staying 6 ft apart, it is OK to unmask.

We want to keep everyone as safe as possible & still enjoy the benefits of our program

We do honor medical exemptions

How will CLASSES/CAMPS be different than pre-Covid?

We have made some modifications to help ensure safety

- ❖ Students get a squirt of hand sanitizer when entering and leaving
- ❖ 6 feet distancing at stations will be maintained
- ❖ We will teach by progressions with drills and skills. Minimal close contact spotting, but some
- ❖ We are asking parents to not come into facility unless your child is in our BEES classes. Parents will need to follow our Drop off and Pick up procedures for our older students. We can make exceptions if necessary to have a ONE parent come in to the building with the student.
- ❖ If you wish to be a volunteer monitor during classes to help with bathroom & lobby distancing/monitoring during our Big Gym Classes, please let us know
- ❖ We now offer Live Streaming of your child's class thru SPOTTV.com that parents can log into for free
- ❖ We now require students in classes to wear gripper socks for class

Required GYM BAG

- ▶ Students **MUST** bring a gym bag with them.
- ▶ The gym bag is to put their shoes in once they enter the facility
- ▶ Also have a filled, flip top, non-spilling water bottle in it since no water fountain
- ▶ Gym Bag should have other personal items in it as listed on the right
- ▶ You must sanitize your bag between visits to the gym

Personal Gym Bag

To Minimize the need for contact with incidental items, **PLEASE** have your child come with a gym bag with their **NAME** on it. Following items should be in the bag.

1. Empty grocery bag for your shoes inside your gym bag. We have tote bags available for \$5-\$10 if you need one order thru our online store on our website and we will have it ready for your child's first day. **SLIP OR SLIDE ON SHOES ARE PREFERED** for ease!
2. Filled Water Bottle (flip top & non-spill) for drinks **WITH YOUR NAME ON IT** (Be sure it does NOT leak)
3. Extra Hair tie **IF** you have hair at your shoulders that needs tied back, incase yours breaks

Arrival Procedures~ Children should wear a mask into the facility

- Cars should enter at the first gravel drive and join the DROP OFF CAR LINE. (If carpooling, you must wear a mask in the car)
- ❖ Students will get off at the drop off spot to a waiting staffer to take them to the physical distancing spot for entrance. If younger children need special consideration, let us know so we can work with you to make drop off easy.
- ❖ TUMBLE BEE & JR. TUMBLE BEE student's PARENT PARK & will come into the facility with student.

- Gymnasts must arrive fully dressed for class/camp and with hair in place out of your face
- Gymnasts must wash their hands & use the bathroom at home prior to coming (bathrooms will be available but we hope to minimize the use to minimize the spread of germs)
- Gymnasts will get a squirt of hand sanitizer prior to entering and when exiting the building

Pick Up Procedures

For Students who go into the building independently:

- ▶ Parents will enter the parking lot the same way they did for drop off & stay in the different line for PICK UP and STOP where noted
- ▶ Gymnasts will be brought out to waiting cars for pick up. If you are late for pick up, you will need to CALL us when you arrive. 410-877-8686
- ▶ Parents must be prompt with pick up. There is a late pick up fee.
- ▶ Pick Up: Child will be brought out to your waiting car if you are not in class with them. Call 410-877-8686 if you will not be there by the end of class/camp.
- ▶ PLEASE exit the parking lot and lane SLOWLY once your child is secure in

For Students with a Parent During Class~

- Parent will take the child with them to their parked Car immediately after class
- We ask that you exit the facility promptly after class

Go SLOWLY through

our

PARKING LOT and

LANE

At all TIMES

Covid Safety Responsibilities of Staff

- ▶ Staff will be required to pass the Health Screening Assessment each day prior to work. Staff is Not allowed if they have a consistent cough, fever, chills, body aches, shortness of breath, loss of taste or smell. They will be required to be cleared by their doctor and wait at least 10 days after Positive Covid Test to return to work.
- ▶ Staff is not allowed in the facility if they, or anyone in their household, have been in close contact with a COVID-19 positive person, unless fully vaccinated.
- ▶ Staff is not allowed in facility if anyone in their household is awaiting Covid test results unless fully vaccinated.
- ▶ Staff is strongly encouraged to get vaccinated. Our PEP school staff is vaccinated.

- ▶ Staff has been educated to avoid touching their face and to sneeze into their elbow (it's allergy season!) Everyone must sanitize their hands after sneezing.
- ▶ Staff has been educated on our enhanced safety protocols and enhanced sanitation procedures and will be required to follow them at all times
- ▶ Staff must wash their hands thoroughly before leaving home and once they arrive at our facility
- ▶ Staff must thoroughly wash their hands when they return home
- ▶ Staff will sanitize all the non porous equipment throughout the day
- ▶ Staff will sanitize all common surfaces throughout each day

Responsibilities of Parents

- ▶ If your child or anyone in your household is feeling sick, do NOT come to the gym. This includes consistent cough, fever, chills, body aches, shortness of breath, loss of taste or smell. If not Covid-19, they must be symptom free for 48 hrs without medication before they can return to the gym.
- ▶ If your child or anyone in your household has been in close contact with a COVID-19 positive person, do not come to the gym until you get a negative Covid (testing must be done 4 or more days after contact) or quarantine from the gym for 14 days from contact.
- ▶ If the person in close contact with a positive Covid-19 person can not isolate from others in the household, your child will need to stay out of the gym for 24 days.

- ▶ Parents should remind your child to avoid touching their face and to sneeze into their elbow (it's allergy season!) Child will need to wash their hands after sneezing.
- ▶ Parents must make sure their child(ren) are washing hands thoroughly before leaving home and upon returning home
- ▶ Please call our center if you arrive after your child's class and the drop off line is done, so we can have staff come out.
- ▶ Please work with your child to be comfortable with procedures ahead of time

ONLY send your child if they are symptom free. IF they are sneezing or coughing, please schedule a make up class when they are symptom free

SPOT TV for your Viewing

Harford Gymnastics has integrated the use of SpotTV at our facilities. SpotTV is a secure way for parents to view their children's class on their device from your car or from home. This is a way to view your child's class without having to enter our facility. This integration will have security features in place for no screen shots allowed and you will only be allowed to view your child's scheduled class.

The SpotTV viewing tool can be done by signing up at SPOTTV.PRO And we will approve your viewing. We can only allow viewing for those on your Jackrabbit Account at Harford Gymnastics. You will only be able to view your child's registered class.

Paperwork and Billing

- All registration should be done online at Harfordgymnastics.com to minimize in-person contact. We will be happy to assist you with that. We may be able to make some exceptions, if necessary. We want to work with you to make our transition as easy as possible.
- We will need and require all families to comply with our updated policies and procedures.
- We expect our policies and procedures to evolve as the current situation changes.

Fluidity of our policies

Our policies and procedures will be fluid and will change as situations change.

Our priority is the safety of our clients, staff, and gymnastics family.

We greatly appreciate your understanding and support as we work to make childrens' fitness, learning and gymnastics as safe as possible.

Covid Positive

If a student/staff is Covid-19 positive

- Please notify us. We will contact anyone that was in close contact with your child. (Note that we strive very hard to NEVER let any of our students be in close contact with others as we insist on physical distancing at all times)
- The positive child, along with all family members will need to stay out of the gym for 10 days from onset of symptoms or from the date of the positive test as long as they have been symptom free for 48 hrs prior to returning. If siblings, see rolling effect below.

If a student/staff has been in close contact with a positive Covid-19 person

- Please notify us to discuss the circumstances and best plan to return
- They will need to quarantine for 14 days from their last contact with the person, unless they have been fully vaccinated including the waiting period afterwards
- If one person in the family is positive and can not isolate from everyone, the quarantine is extended to 24 days because of the rolling effect it could have on the family
- If new close contact occurs within the family, the quarantine period re-starts

Close contact defined as: Within 6 feet of someone for 15 minutes or more during a 24 hour period