



### **ASGA COVID Guidelines**

COVID 19 virus – Because of COVID 19 there are new policies/procedures that will be required.

The virus will be a factor in everyone's life for some time to come, and there is no assurance that our precautions will prevent the virus from spreading. We are taking steps to reduce that risk, and we will adapt our procedures as circumstances may change, consistent with operating the gym for the education and enjoyment of your children.

If they wish, parents may leave their children at the building entrance, remain outdoors, and pick them up from the building exit. Parents are required to wear masks and practice social distancing everywhere on the premises. In addition, we allow only one parent, with a mask, per family, to enter the building. No one whose temperature exceeds 100.4 degrees should enter the building. We will be using a non-contact thermometer; any person above that reading will have to leave the premises immediately.

If a child can not follow social distancing rules within the gym they will be sent out of the gym. It is up to the parents to ensure that their child understand what is expected of them in social distancing.

Children must keep hands to their selves

Children must be aware that they need to respect another space by trying to keep 6 feet distance

Child must be able to listen to an instructor and follow safety advice.

To teach gymnastics safely and effectively, clear oral instructions and attentive spotting are essential. For that reason, our staff may elect not to wear a mask, although children are permitted to do so. Further, spotting will require our staff to physically guide children through their routines, so touching will be inevitable.

The following guidelines are in place to provide the safest possible environment at All Stars Gymnastics Academy. Our gym has completed the Connecticut reopening certification process.

1. Staff, athletes and Attending parents will have their temperatures taken by a no touch thermometer.
2. If your child is sick do not bring them to class you can schedule make ups
3. Reduced capacity of classes.



4. Complete and thorough cleaning of the facility has already taken place. Strict cleaning and disinfection protocols are in place for the gym floor, common areas, bathrooms, etc. Staff are trained to execute procedures properly at the designated times.
5. Facemasks must be worn by all staff and spectators. Athletes must wear masks as they enter and exit. It IS permissible for staff to not wear masks when physical distancing is assured.
6. Hand sanitizer is available at the entrance and common teaching areas.
7. Separate entry and exit doors will be used when possible for classes coming in and out of the gym.
8. Classes will be taught in stations. Stations are physically distanced, and coaches will instruct athletes when to switch to the next station. There are breaks between classes to allow for cleaning and sanitizing.
9. There will be no shared props used in teaching.
10. Physical distancing will be maintained among athletes, staff, and spectators.
11. In this initial phase of our opening we ask that parents do not come into the gym area and use the live feed to view. When we do allow parents in viewing room there is only 3 to a view room and only ONE parent per athlete. If a sibling must be with you, please keep them directly next to you at all times.
12. Employees, athletes, and spectators must stay home if they are currently experiencing any symptoms of Covid and/or have had fever over 100 in the past week. Everyone will be screened upon entering with a non touch thermometer and questioned about fever, chills, unexplained muscle pain, headache, sore throat, or a loss of taste or smell.
13. Water fountains will be closed. Athletes should bring their own drinks with their names on it.
14. In the event of a positive test of an employee, athlete, or spectator, state guidelines will be followed - everyone will be notified and the gym will be thoroughly sanitized.
15. **Those in high risk groups and over the age of 65 should continue to stay home and stay safe.**