



GYMNASTICS CLASS PROGRAM GUIDELINES

Helping to protect athletes, employees, and families by creating a universal guide to help prevent the spread of disease.

The Woodson YMCA stands behind these policies in agreement that maintaining such guidelines will provide the safest operation possible. These policies will evolve as the threat to the safety of our gymnasts and staff is reduced.

✓	Line Up	Floor markers space students and families prior to entering the Gymnastics Center
✓	Class Call	Instructors will bring students into Gymnastics Center – Gymnasts will bring a small bag and put their limited items in the bag. The small gym bag will always remain with the gymnast. Families are limited to 1 parent per child, and should they stay to observe the class they will be asked to observe a 6-foot distance between them and other adults. Parents MUST remain with their child during pre-school classes to help maintain distancing.
✓	Mandatory hand sanitizing	Each student will be asked to use hand sanitizer prior to class Sanitizer is to be used on both hands and bare feet.
✓	Temperature	It is encouraged that parents take a temperature reading for the child prior to attending. Children with elevated temperatures are required to stay home. There are no makeups for illness.
✓	Staff Work Habits	Instructors will be required to wash hands and use hand sanitizer stations before and after every class. Masks will be worn when spotting. Instructors are to guide students by verbal commands as much as possible. Stations/drills are set up to avoid lines.
✓	Equipment standards	Instructors are required to sanitize all contact surfaces before and after each class
✓	Facility Ratio	Gymnastics Director will be responsible for scheduling classes to accommodate the student to facility square footage ratio. These ratios are based on guidelines set up for the safety of all participants.
✓	Schedule	Gym Managers will be responsible for scheduling classes in consideration of class ratio, facility allowance, and space needed through access points. Classes will be time-spaced to allow families to enter/exit with minimal overlap.
✓	Group spacing	While attending class, gymnasts are required to stay at a 6 ft. distance from one another. Stations/drills will be set up approximately 6 ft. apart
✓	Foot coverings	Gymnasts are encouraged to wear ankle socks or “footies” to cover their feet. Gymnasts must bring home at the end of class and wash. If gymnast is barefoot hand sanitizer will be used on feet to sanitize.
✓	Health Standard	All staff members are to agree to adhere to a 24-hour wellness standard. Should they feel fatigued or feverish within 24 hours of a shift, they are required to call off from the assigned shift.
✓	Disinfecting	Disinfectant and virucide will be used on all hard surfaces. Material safe cleaners will be used on all soft surfaces and equipment.
✓	Drinking fountain	Gymnasts can bring their own water bottle to class. Water bottle will be kept with the gymnast’s personal belongings. Water fountain in the gym is for re-filling water bottles only – gymnasts will not be using drinking fountain at this time.
✓	Exit	Instructors are to line students up at the exit of the gym and escort students to parents. Hand sanitizer will be given upon their departure and they will exit the gym one at a time. The EXIT will NOT be the same as the entrance.