We remain committed to protecting our Families and Employees by creating a Guide that will help prevent the spread of viruses.

**GYMNASTICS PROTOCOL:**

| Employee Guidelines | -Wear masks  
-Staff will follow illness guidelines including temperature checks and 24 hour wellness standard  
-Staff will wash/sanitize hands prior to, at the conclusion of, and between classes  
-Staff will avoid direct physical contact with children whenever possible (spotting is limited to necessity for all instructional classes)  
-Staff will be diligently trained on procedures and prepared to enforce any distance protocols  
-Staff will adhere to PPE requirements if set by the Board of Health  
-Employee travel will be monitored and isolation following travel will adhere to MA Board of Health recommendations |
| Building Guidelines | -Disinfect and sanitize in prep for “return to work” (Concrobiun, EPA approved sanitizer)  
-Use of Concrobiun, effective against Covid-19, throughout the building prior to open and throughout each day  
-All surface areas will be disinfected multiple times daily, once reopened  
-Hand Sanitizer stands throughout the building, accessible and monitored for refill  
-Drinking fountains covered, and students encouraged to bring water bottles  
-Pit covered with mats. To be used with mats covering only |
| Entering the Building | -Drop Off/Pick Up if able for now, and then no more than 1 adult per child in building  
-Students will be required to sanitize hands and bottoms of feet upon entering the facility |
| Traffic Flow Physical Distancing Facility Ratio | -Athletes and parents will use separate entrance and exit to control physical distancing and traffic flow  
-Parents will be directed where to sit and view class to control distancing and flow when classes begin  
-250 sq. a/athlete in gym for teams; student ratios and stations will be modified in class programming  
-Students will arrive to GLC wearing a mask, and wear their mask when rotating to events |
| Prior to Class | - Students will be required to sanitize/wash hands upon entering the gym, take their shoes off at the front door, and put in backpack  
- Employees will have disinfected/sanitized all equipment, entrance and exit points of programs, and parent areas  
- Students may be temperature checked upon entering the gym, students who appear ill, or have a temperature over 99.5 should NOT attend workout/class.  
- Female gymnasts must wear their leotard into the facility, and boys, their training uniforms |
| During Class | - Athletes will sanitize/wash hands (supervised) after every rotation  
- Lesson plans have been modified to omit partner activities  
- Lesson plans have been modified to limit use of props. Props will be sanitized after each individual student’s use.  
- Stations and activities will be modified to allow safe distance between children  
- Porous surfaces such as carpet squares and bean bags will be temporarily taken out of use  
- Athletes will bring a duffle bag to keep shoes, clothes, and jackets in, to be stored outside of the gym area, and a second drawstring bag to be carried in the gym to all rotations, containing a water bottle, tupperware container of chalk, grips, personal hand sanitizer, and masks to be worn in and during rotation |
| After Class | - Athletes and parents will use separate exit to control flow  
- Employees will begin disinfecting/sanitizing all areas used immediately to get ready for the next group |