

## TROUSDELL GYMNASTICS CENTER

### IMPORTANT CHANGES FOR Spring 2021 – Recreation Program

#### New Operational Procedures

To offer the safest environment for our participants, there will be significant changes from our usual operating procedures. Some of these changes are listed below as well as tips on how to prepare.

- There will be assigned side entrance and exit doors to maintain social distancing.
- The Front Doors are EXIT ONLY.
- The gym will remain closed to those not registered and in class.
- Only **ONE** parent may accompany each gymnast into the facility.
- NO ADDITIONAL PARENTS OR SIBLINGS WILL BE PERMITTED INTO THE FACILITY FOR VIEWING.
- Families with multiple children with different start times will not be permitted to enter the facility ahead of time and should remain in their car until 10 minutes before the next gymnast's class is due to begin.
- All adults / coaches / parents must bring face masks.
- FACE MASKS MUST COVER NOSE AND MOUTH AT ALL TIMES WHILE IN THE FACILITY.
- Child participants are not required to wear a facemask, but we do recommend it.
- DANCERS must wear Face Coverings during class.
- Social distancing will be in effect throughout the facility.
- Water fountains will be turned off or covered.
- Seating in the blue seating area is limited and will be spaced 6' apart. No other seating or viewing areas will be available. **(We ask that you please DO NOT sit on the caution tape)**
- ALL Pre-school classes will be parent-and-child classes and will be in the Pre-School room. Each parent will spot and assist their own child.
- Kinder gym classes will be 1 hour in the preschool room and are without the parent in the room.
- Dance Classes will be held in the Dance room or Multi – Purpose Room. (With or Without parent will vary depending on class)
- Class numbers have been limited to help maintain social distancing.
- The cubbies will not be available – please do not bring personal belongings into the gym.

#### Prior to Leaving Home

##### **Stay at home if you are sick**

- Anyone experiencing the following symptoms should not attend class:
  - Cough, shortness of breath, or difficulty breathing
  - Fever or chills
  - Muscle or body aches
  - Vomiting or diarrhea
  - New loss of taste or smell
  - Temperature above 100.4 degrees
- If in doubt, stay home.
- Come dressed to practice – the locker rooms / rest rooms will not be available for changing clothes.

### **Entrance to TGC**

- Parents should accompany their gymnast to the side door and wait until their child has been temperature checked.
- All those eligible to enter the facility will be temperature checked and must sanitize their hands.
- All adults must wear a mask that **FULLY** cover both nose and mouth.
- Those with a temperature of 100.4 or higher, or who show any signs of illness, will not be permitted to enter the facility.
- Gymnasts who arrive 15 or more minutes after their practice has started **WILL NOT** be able to attend workout that day. The classes have staggered start times for social distancing, and we will need to keep entrance restricted to those whose class is about to start.
- Please maintain 6' distance while waiting for entry to the gym.
- An accompanying adult (excluding pre-school gymnasts) will go straight to the blue seating area.

### **During Workout**

- Gymnasts may wear face masks and a protective foot covering (not shoes), if they wish.
- Those dancers in Ms. Aurora's ballet classes will be required to wear facemasks.
- Coaches will not spot initially. Some spotting may become necessary as training progresses but will be kept to a minimum.
- Gymnasts will use hand sanitizer between rotating events and at the end of training.
- An accompanying parent must enter the facility with their gymnast and will not be able to enter the facility later or re-enter the facility.

### **Exiting the Facility**

- The exit door for all classes will be through the front doors only.
- Any parent who did not enter the facility with their child will meet their gymnast outside the front exit door. The coach will escort the gymnast to the front door.
- Parents must pick up their child immediately when class finishes. Gymnasts picked up late may not be eligible to return.

*We recognize that these protocols will be very different to our normal mode of operation. While the coronavirus pandemic is occurring, priority will be given to protecting participants safety. If these protocols seem onerous, we recommend not participating in this session and waiting until we can resume normal operation.*

*These protocols may be adjusted as new information is received or to further streamline procedures.*