



# COVID-19 SAFETY GUIDELINES

We are highly dedicated to providing a safe and healthy gym environment for our students, families, and coaches. To help mitigate the spread of COVID-19, it is imperative that we continually monitor and evaluate health hazards along with CDC recommendations in order to implement the most appropriate best practices as related to COVID-19. Furthermore, to minimize the risk of COVID-19 it is essential that we are not only in compliance with, but all students, families, and coaches follow any regulations and orders mandated by national, state, and local authorities. As I continue to receive updated information, ongoing updates will be posted in the gym, on our website, and social media pages.

## **We have taken the following steps to minimize the risk of COVID-19 infection at Tumblemania:**

1. Increased daily frequency of wiping down high traffic surfaces and areas (chairs, doors, handles, mats, equipment, bathrooms, etc.). Reviewed all cleaning products to ensure compliance with CDC recommendations. Reviewed cleaning regimen to ensure procedures are in accordance with all CDC recommendations and guidelines.
2. Implemented a 3 step check-in procedure for all students and coaches.
3. Coaches are screened each day prior to entering the gym.
  1. Answer the following screening questions (**COACH MAY NOT REMAIN AT THE GYM IF ANY ANSWER IS YES**):
    - Have you or a member of your household been experiencing any symptoms of COVID-19, including fever, cough or shortness of breath (not related to seasonal allergies or asthma)?
    - Have you or a member of your household been out of the country or traveled to a high risk area or been in close contact with anyone who has traveled out of the country or to a high risk area within the last 14-18 days?
    - Have you or a member of your household been tested, diagnosed, or told by a medical professional they may have COVID-19?
    - Have you or a member of your household been in close contact with anyone who has been tested, diagnosed, or told by a medical professional they may have COVID-19?
  2. Temperature check. As recommended by the CDC, any coach with a temperature of 100.4 degrees or higher may not remain at the gym. We will be using a no contact forehead thermometer.
  3. Wash hands or use hand sanitizer prior to entering the gym.
3. Coaches are wearing masks as recommended by the CDC.
4. Social distancing measures have been implemented throughout the gym with the use of markers (positivity dots, circles, stars, arrows, mats, etc.) and decreased capacity (reduced class sizes). Social distancing in the lobby has been implemented by spacing of chairs and decreased capacity.
5. Hand sanitizer stations have been increased throughout the gym and lobby.
6. Increased signage has been posted to remind students and spectators of proper social distancing, face covering, and hand washing as well as steps to prevent illness, disease, and the spread of germs.
7. The water fountain has been turned off.
8. Students have been assigned their own individual small equipment (ex. jump ropes)
9. Coaches have been trained in all COVID-19 safety guidelines. Spotting will be more limited. Coaches will spot as needed for safety. Coaches will utilize hand sanitizer after spotting a student. Coaches cannot give hugs but will give lots of praise, air high 5's, and smiles☺.

**Students and Parents/Guardians agree to abide by the following guidelines in order to minimize the risk of COVID-19 infection at Tumblemania:**

1. Parents/Guardians and students agree to abide by CDC, state, county, and city guidelines and regulations while at Tumblemania.
2. Parents/Guardians will support coaches in reminding their children to follow social distancing practices during each class or practice. Students agree to follow social distancing rules and utilize social distancing markers as instructed by coaches.
3. Parents/Guardians and students understand masks are recommended by the CDC and required at this time by Tumblemania in the lobby. A mask is not required for children under six, persons who have trouble breathing due to a chronic pre-existing condition, or individuals with a documented or demonstrable medical problem.
4. Parents/Guardians and students understand masks are not required for students while participating in class. As a parent/guardian, if I feel my child should wear a mask during class, I agree to provide a mask for my child.
5. Parents/Guardians will ensure their children enter Tumblemania wearing shoes.
6. Parents/Guardians agree to please arrive on time and not early. We have to monitor the traffic flow for social distancing. We will be dismissing the students one at a time at the end of class so we can adhere to social distancing in the lobby between classes. We appreciate your help with transitioning.
7. Parents/Guardians understand the lobby will be open but with social distancing measures in place.
5. Parents/Guardians agree to keep their children with them at their seats in the lobby when they arrive. We cannot allow the students to line up at the door to the gym inside the lobby as they are accustomed because there is not room for social distancing.
5. Parents/Guardians and students understand we will come to you at your seats to complete our **3 step check-in procedure**. Once the student is checked in, he/she will be sent to a coach inside the gym to line up for warm-up:

1. Answer the following screening questions **(STUDENT/SPECTATOR MAY NOT REMAIN AT THE GYM IF ANY ANSWER IS YES):**

- Have you or a member of your household been experiencing any symptoms of COVID-19, including fever, cough or shortness of breath (not related to seasonal allergies or asthma)?
- Have you or a member of your household been out of the country or traveled to a high risk area or been in close contact with anyone who has traveled out of the country or to a high risk area within the last 14-18 days?
- Have you or a member of your household been tested, diagnosed, or told by a medical professional they may have COVID-19?
- Have you or a member of your household been in close contact with anyone who has been tested, diagnosed, or told by a medical professional they may have COVID-19?

2. Take the temperature of the student participating in class. As recommended by the CDC, any student with a temperature of 100.4 degrees or higher may not remain at the gym. We will be using a no contact forehead thermometer. Temperature checks are not required for spectators.

3. Wash hands or use hand sanitizer prior to entering the gym.

6. Parents/Guardians agree to bring a water bottle or Gatorade to class for their children. The water fountain has been turned off.

7. Parents/Guardians and students understand that spotting will be limited. Coaches will spot as needed for safety. Coaches will utilize hand sanitizer after spotting a student. We will be giving the students LOTS of praise as always, but unfortunately we cannot give hugs. We can give air high 5's, and a smile goes a long way😊.

We thank you for helping us help your child with our new normal! We will all get through this together!!

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Print name of Parent/Guardian \_\_\_\_\_

Name of Student(s) \_\_\_\_\_