

COVID-19 Guidelines and Procedures for
Pre-School & Recreational Gymnasts 2021



Please Bring:

- A refillable water bottle. Drinking fountains will not be used, but gymnasts may use the water bottle filling station. Please label with gymnasts' name.
- A mask must always be worn by participants.
- Slip on shoes/boots. Please send your child in slip on shoes or boots. We have limited time between classes, and it will speed up the process if we do not need to worry about tying laces.

Drop Off/Pick Up Procedure:

- Due to limited space and the ongoing COVID-19 pandemic, we cannot allow parent observation on the first and last class as we typically have in the past. Parents will drop off and pick up their children at the building entrance. Please park your car along the Town Hall Side near the flag poles. Please see the picture below for the drop off/pick up location. Parents and gymnasts should wear a face mask for both the drop off and pick up procedure.



- For drop off, follow the sidewalk closest to the Town Hall. A coach will be waiting inside the entrance doorway to do temperature checks. Parents must escort their child for the temperature check. Drop off will run for the five minutes prior to each class start time. Please try your best to be on time. If you are running late, please call us at 860-368-2512 to arrange for a coach to greet you outside for your arrival.

Class Day/Time	Drop Off Time
Wednesday 2:40-3:40pm	2:35-2:40pm
Wednesday 3:50-4:50pm	3:45-3:50pm
Wednesday 5:00-6:00pm	4:55-5:00pm
Friday 4:00-5:00pm	3:55-4:00pm
Friday 5:10-6:10pm	5:05-5:10pm

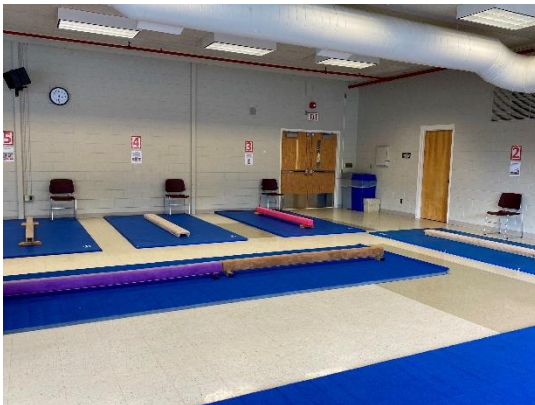
- For pick up after class, parents must walk to the building entrance. Please wait outside (socially distanced and with a mask on) for dismissal. Coaches must be able to see the person who will be picking up each child, therefore, you cannot wait in your car and must come to the building door. Again, please try your best to be on time as we have limited time between classes.

How Recreation Classes Will Be Run:

- Children must wear a mask for the duration of the class. They will be escorted into the facility by our coaching staff and will be assigned a chair to leave their belongings and wait for class to begin.
- A coach will give each child hand sanitizer prior to warm-ups beginning. Coaches will assign a station to each child.
- The 10-minute warmup will be done as a group. The children will be spaced 6' or more apart.

- The class will be divided in four groups, with five children in each group (maximum of 20 gymnasts/class). The groups will remain the same for the duration of the session. Siblings will be placed together regardless of level.
- The groups will rotate between the events vault, bars, beam, and floor. There will be 5 individual stations at each of the four events. There are 20 stations total, so each child in class will always be participating in an activity.
- At each event, one of the five stations will have a coach actively spotting and teaching specific skills. The four remaining stations will have pictures posted showing the gymnasts what they will be independently working on. An additional coach will be walking around assisting the children who are working independently.
- At the end of each rotation, children will use hand sanitizer. At the end of class, children will use hand sanitizer as they exit the facility. A coach will escort them outside for pick up.
- Due to the need to keep groups consistent, we will not be allowing make up classes this fall session.

Pictures of the Recreational Class Set Up:



Additional measures we are taking to ensure safety and cleanliness:

- Staff will receive temperature checks prior to the start of each shift.
- Staff will wear masks for the duration of practice.
- Each event will have its own bucket of cleaning supplies and hand sanitizer.
- Mats and equipment will be wiped down in between each rotation of children. A more thorough cleaning will be done in between each class.
- A deep cleaning will be done by the Town facilities staff daily.
- Common touch points will be sanitized throughout the day and night (door handles/restroom/stall doors).
- Two of the bathroom stalls will be designated for gymnasts' use only.

We are looking forward to a safe and healthy return of our recreational class gymnasts! If you have any questions or concerns, please don't hesitate to reach out to us at (860)368-2512 or through email at gburygymclub@gmail.com.