

## COVID-19 Guidelines and Procedures for Team Gymnasts – Spring 2021

### Please Bring:

- A refillable water bottle. Drinking fountains will not be used, but gymnasts may use the water bottle refilling station. Please label with gymnasts' name.
- A medium sized Tupperware container with lid to be used as a personal chalk bucket. Siblings may share one. Please label with gymnasts' name.
- A facemask must be worn at all times when not actively participating in gymnastics.
- Please limit personal belongings that are brought to the gym. In colder weather, please send your daughter with a large enough bag that can fit her belongings (coat/shoes/pants).
- Please send your daughter in slip on shoes. We have limited time between groups and it will speed up the process if we don't 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 as we typically have in the past. Parents will drop off and pick up their children outside. Please park your car along the Town Hall Side near the flag poles. Please see the picture below for 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, please follow the sidewalk to the building entrance and wait for a coach to perform a temperature check. Check In will run for the five minutes **prior** to each practice start time. For example – if practice starts at 4pm, check-in will occur from 3:55-4:00pm. If practice starts at 6:10pm, check in will occur from 6:05-6:10pm. Please try your best to be on time. If you are running late, please call the gym at 860-368-2512 to arrange for a coach to greet you outside for your arrival.
- For pick up, 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.



### How Practice Will Be Run:

- Gymnasts must always wear a mask a mask.
- 28 gymnasts are allowed per practice. They will be split into 4 groups with a maximum of 7 gymnasts per group. Groups will be the same for the duration of the session. Each gymnast will have a personal space to keep their belongings. Spaces will clearly marked and will be kept 6' apart.
- The 15-minute warmup will be done as a group with all 28 gymnasts together. The floor will be marked with spaces 6' apart.
- After warm-ups, the groups will be split up and will be assigned to vault, bars, beam, or floor. There will be a brief break in between each rotation to allow for cleaning/sanitizing/washing hands/restroom use, etc. All gymnasts will use hand sanitizer between each event.

### 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. A more thorough cleaning will be done in between each practice
- A deep cleaning will be done by the Town facilities staff daily
- If weather allows, exterior doors will be kept open to allow for air circulation
- Fans will be positioned in doorways to blow the interior gym air towards the outdoors
- Two exhaust fans located on the gym ceiling will run throughout the day and evening to circulate fresh air into the gym
- Common touch points will be sanitized throughout the day and nights (bathroom doors/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 team gymnasts!