

# Aerials Gymnastics Safety Policies

July 2020

**Staff Policies:** We all want to be considerate of ourselves and each other. We want to make this a safe transition for all of our staff and students.

- Must stay home if they or anyone in their households showing symptoms
- Temperature checks at door
- Must wear face coverings
- Must wash hands upon entering and sanitize between each rotation / class

**Family Policies:** We are so looking forward to having your family back in the gym and we want to make this as comfortable and safe for everyone as possible.

- No students with symptoms allowed – please understand that our staff will use our best judgment and families must accept our decision
- If anyone in a student’s household is showing symptoms, they cannot attend
- All administrative and billing must be done by phone or email with front desk
- Students will be dropped off and picked up in front parking lot
- Limited number of parents allowed in the building must wear a mask

**Student Policies:** We are excited to get back to working out! Our athletes play a key role in making this a safe and successful workout environment.

- Temperature checks at door, no one allowed with temperature over 100.4
- Students must bring their own water bottle and hand sanitizer
- Must sanitize hands upon entering
- Students will wear a mask upon entry to the building and before their workout starts. Students will not be required to wear a mask on the events.
- Students bag will stay with them from rotation to rotation

**Class / Practice Policies:**

- Where possible, athletes will remain in their same group week after week
- All students must sanitize hands before entering and leaving a group
- Classes altered to limit sharing equipment between athletes where possible
- Classes altered to promote social distancing

- No physical contact, no high fives or hugs – coaches will enforce strict social distancing during practice

**Facility Policies:**

- Bars, Beams and the Vault table are not practical to attempt to clean between group or rotations – instead we will be focusing on hygiene for athletes & staff – washing of hands between rotations, avoiding touching our face and proper coughing and sneezing etiquette
- High touch points, door knobs, ledges & bathrooms will be cleaned before, after and in between each group / practice
- Landing mats and carpets will be mopped / vacuumed throughout the week