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|  | NGC SAFETY PROTOCOL |
| EMPLOYEE GUIDELINES | * Staff will follow illness policy including temperature checks and 24-hour wellness standard * Staff will wash and sanitize hands prior to, at the conclusion and periodically throughout each workout * Staff will limit their physical contact with the gymnasts. Spotting is limited to necessity for safety. * Staff will follow the 6-foot social distance rule to the greatest extent possible * Staff will adhere to PPE requirements set by the WA Dept. of Health * Staff will wear face coverings (exceptions may occur) * Before arriving at the gym, staff will take their temperature and address the following questions:   + Have you or any members of your immediate family or household members been in close contact with a confirmed case of Covid-19?   + Are you or any members of your immediate family or household members experiencing a cough, shortness of breath, difficulty breathing, chills, muscle pain, headache, new loss of taste or smell or sore throat?   + Have you or any members of your immediate family or household members had a fever in the last 48-hours?   + Have you or any of your immediate family or household members had vomiting or diarrhea in the last 24-hours? * Before entering the gym, staff will recheck their temperature. Any staff member with a temperature of 100.4 or above, or that shows any signs of illness will not be permitted in the gym. * If any staff member shows signs of illness while in the gym, they will be immediately quarantined and sent home. |
| FACILITY PREPARATION | * Facility will be given a thorough disinfecting at the end of each day * Equipment will be disinfected regularly throughout workouts * 8 hand sanitizing stations have been set up throughout the gym * Drinking fountain is off limits – personal water bottles are required * All pits have been disinfected and vinyl covered mats are covering loose foam pits – no use of the loose foam will be allowed at this time * Plexiglass shielding has been installed surrounding the front desk |
| ENTERING/EXITING THE BUILDING | * + Before arriving at the gym, parents need to take their gymnast’s temperature and address the following questions:     - Have you or any members of your immediate family or household members been in close contact with a confirmed case of Covid-19?     - Are you or any members of your immediate family or household members experiencing a cough, shortness of breath, difficulty breathing, chills, muscle pain, headache, new loss of taste or smell or sore throat?     - Have you or any members of your immediate family or household members had a fever in the last 48-hours?     - Have you or any of your immediate family or household members had vomiting or diarrhea in the last 24-hours? * If a gymnast’s temperature is at or above 100.4 or the answer is yes to any of the above questions or if the gymnast is showing any abnormal physical symptoms, DO NOT bring the gymnast to workout. * Entrance will be through the single door on the north end of the building (closest to Triplehorn) * Exit will be through the front lobby door * If being dropped off, gymnasts must remain in their car until the coach indicates it is their turn to enter * If the gymnast drove themselves, they are to wait on the sidewalk in front of the gym on a white circle (placed 6-feet apart) until they are let in by the coach * Prior to entering the gym, the coach will take each gymnast’s temperature, do a visual assessment for obvious signs of illness, and monitor hand/feet sanitization * Gymnasts will be released at the end of workout by the coaches directly to their cars * Gymnasts will sanitize their hands prior to leaving the facility. * To ensure everyone’s safety – gymnasts MUST be dropped off and picked up on time. |
| PHYSICAL DISTANCING | * The spectator area is closed * The front lobby area is closed for parents and any gathering * Gym occupancy is limited and will be monitored to comply with WA. State Guidelines * No parent viewing area will be provided. * Throughout the gym single side doors will be open for viewing- no admission to the gym will be allowed. Parents coming within 6-feet of the facility must wear a mask * DO NOT ENTER THE FACILITY THROUGH ANY DOOR WITHOUT STAFF PERMISSION * All staff and gymnasts will maintain the 6-ft social distancing requirement when in the facility (to the greatest extent possible) |
| DURING WORKOUT | * Gymnasts must bring with them a sealable backpack to carry all personal items. A list of items will be provided but may be adjusted for individual team’s needs. * Gymnasts will wash and sanitize their hands before and after each event, after using the bathrooms and whenever a coach or gymnast deems it necessary. * Lesson plans have been altered to omit partner exercises. * Lesson plans have been modified to limit extra equipment. * Stations and activities will be modified to allow safe distance between gymnasts * Chalk stations will be removed * Each gymnast will be required to provide their own personal container, squirt bottle and block of chalk – NGC is selling chalk bags and chalk (email [office@northshoregymnastics.com](mailto:office@northshoregymnastics.com) to purchase) * No lockers or cubbies will be available for use * Any gymnast who shows signs of illness during workout will be immediately quarantined and sent home * Whenever possible, gymnasts will have individual pieces of equipment or areas which they will use during each rotation. * Gymnasts are not mandated to wear face masks during workout but are welcome to. Masks will need to be worn when entering/exiting the facility and during any use of the bathroom. |
| GENERAL POLICY CHANGES | * All payments must be done online via autopayment   + Before resuming workouts, please follow the attached instructions to add a credit card to your Parent Portal account * NGC TAKES OUR SAFETY PROTOCOL VERY SERIOUSLY. The coaches will emphasize safety issues and rules – please go through these rules with your gymnast * If a gymnast does not adhere to our social distancing, safety, and hygiene policies they will be removed from the group and asked to call home for pick up. * An updated release form will need to be read, filled out and signed by parent/guardian of each gymnast before a gymnast can return to NGC. It would be helpful if the form can be completed, scanned, and emailed to office@northshoregymnastics.com ASAP. We will also need the hardcopy returned at the first practice. * The front desk will be closed. All correspondence needs to be done through office@northshoregymnastics.com * To purchase any store items, email office@northshoregymnastics.com and the item will be added to the ledger in your Parent Portal account. The coaches will have the items for your gymnast at practice once we receive the payment. |