



Re-Opening Safety Plan

STEP 1

- Private Lessons (1 Student – School Age, Ninja Zone or Team)
- Virtual Team Training will continue as is, with current schedule
- Amazing Kids 360 Subscriptions for On-Demand Content

STEP 2

- Private Lessons (1, 2, or 3 Students – School Age, Ninja Zone or Team)
- Competitive Team (Small Groups – 6 Athletes, Shorter Practice Times)
- Virtual Team Training will continue as is, with current schedule
- Amazing Kids 360 Subscriptions for On-Demand Content

STEP 3

- Private Lessons (1, 2, or 3 Students – School Age, Ninja Zone or Team)
- Competitive Team (Small Groups – 6 Athletes, Shorter Practice Times)
- School-Age Classes (Max 6 Students per class)
- Virtual Team Training will continue as is, with current schedule
- Amazing Kids 360 Subscriptions for On-Demand Content

Head Over Heels Gymnastics Re-Open Protocols during Steps 1, 2, & 3

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| Employee Guidelines | <ul style="list-style-type: none"> -Staff will follow illness policy including a 24 hours wellness standard and a daily health screening questionnaire. -Staff will wash/sanitize hands at start of shift and at regular intervals. -Staff will physically distance themselves from students (a minimum of 6' will separate students from the staff). -Staff will have limited-to-no contact with students (no high fives, fist bumps or hugs; spotting limited only to necessity). -Staff will be trained on procedures and prepared to enforce social distancing procedures. -Staff will wear masks. -Staff travel will be monitored and isolation following travel will adhere to CDC recommendations. |
| Facility Preparation & Use | <ul style="list-style-type: none"> -Staff has been on site to disinfect and sanitize in preparation for "return to work." -Recommended products that are effective against COVID-19 will be used throughout each day. -Doors that can be propped open will be. -All High Touch Areas will be cleaned and disinfected often. (Door handles, sinks, toilets, soap & hand sanitizer dispensers) -Drinking fountains will be closed and students encouraged to bring water bottles. -Staff will wipe down and/or spray high touch areas located in the gym at the conclusion of the event. |
| Entering the Facility | <ul style="list-style-type: none"> -Drop Off/Pick Up Encouraged. No more than 1 adult per student in facility. Masks are encouraged to be worn by adults. -Before entering the facility, adults and students will ask themselves the following questions: <ul style="list-style-type: none"> • Have you experienced any symptoms of COVID-19 in the past 14 days? (<i>Symptoms include: Cough, Shortness of Breath or Difficulty Breathing, Fever, Chills, Muscle Pain, Sore Throat, New Loss of Taste or Smell, Nausea, Vomiting or Diarrhea</i>) • Have you or your student had a test with a positive result for COVID-19 in the past 14 days? • Have you or your student been in close contact with confirmed or suspected COVID-19 case in the past 14 days? -If the answer is yes to any of the above questions, you and your student will not come into the facility. -Anyone who appears ill will be sent home. -Everyone will be required to sanitize/wash hands up on entering the facility. Students will also be required to wash again prior to beginning class/practice. -Everyone will use designated patterns to enter the building to control traffic flow. |
| Traffic Flow Physical Distancing Facility Ratio | <ul style="list-style-type: none"> -Lobby/Parent Area will have no seating or tables. Occupancy will be limited and monitored to comply with local and state guidelines. Parents that feel the need to stay will have a designated place to stand to ensure physical distancing. -We are working on integrating a secure live-streaming option for our families. -Groups will be limited to a maximum of 6 students on 1 event area. A minimum of 6' will separate students from each other. -Signs, Markings & Equipment will be used to indicate where students should be to maintain physical distancing. |
| During Practice or Class | <ul style="list-style-type: none"> -Students should come dressed and ready for class/practice. -If necessary, students should have their own backpack or drawstring bag to carry with them during class/practices. All students will need to bring a small bottle of hand sanitizer & a water bottle. Team athletes will also need to bring a 2 ½ gallon Ziploc bag for chalk and a small spray bottle for water for grips (if used). -Students will be supervised as they sanitize/wash hands as required. Staff will remind students of handwashing duties when appropriate. -Lesson plans will be modified to omit partner activities. -Lesson plans will be modified to omit props (including no stamps at the end of class). -Chalk stations will be removed. Team Members will keep chalk in their own (brought from home) personal plastic container. If the athlete uses water on their grips, they must bring a personal spray bottle with them. -Grips will be kept in the bag brought by each student daily. |
| After Class | <ul style="list-style-type: none"> -Staff & Students will wash/sanitize hands at the end of class/practice. -Everyone will use designated patterns to exit the building to control flow. -Staff will begin cleaning/disinfecting all areas immediately to get ready for the next group. |