

## Gymnastics East Parent Information and Expectations

**\*These may be subject to change as we learn more information and have additional rules or guidelines to adhere to. We reserve the right to be dynamic with our decisions in regards to this ever-changing pandemic.**

### Rules for staying home and when to return to the gym:

#### **I need to stay home if:**

- I have a fever (Temperature of 100.4 or higher)
- I am vomiting (Within the past 48 hours)
- I have diarrhea (Within the past 48 hours)
- I have a rash (Body rash with itching or fever)
- I have head lice (Itchy head, active head lice)
- I have an eye infection (redness, itching, and/or drainage from eye)
- I have been in the hospital (Hospital stay and/or ER visit)

#### **I can return when:**

- I'm fever free for 48 hours without medication
- I haven't vomited in 48 hours
- I have been better for 48 hours
- I'm free from rash/itching or have a doc's note
- Treated with appropriate treatment at home
- Evaluated by my doctor and ok'd
  
- Released by doctor to return to activities

### **Additionally, please stay home if you, someone in your household, or your child:**

- have a new cough
- are experiencing shortness of breath or difficulty breathing
- are experiencing fatigue
- are experiencing body aches that cannot be explained by workout
- new loss of taste or smell
- Are experiencing other Covid-19 symptoms

### Entrance into the gym procedure

- Arrive no more than 5 minutes prior to the start of your class
- Have athlete leave all clothes and unnecessary items in your car
- Send your athlete to the waiting marks near the entrance door {Bellevue will be the main front door, Issaquah will be the side front door) wearing shoes, leotard AND MASK, with their "gym bag"—something easy for them to carry that can hold everything they need.
  - o Please see bottom of the email with what to bring in this bag
  - o Bellevue – Classes and camps will use the main front door
  - o Issaquah Rec Gym – Classes will use the west side door on the front of the building
  - o Issaquah Team Gym (Camps are held at this facility & Ninja Classes)
    - Classes and camps will use main front entrance
- Athlete will enter into building, wash hands or use hand sanitizer, wait on a spaced spot until directed by coach to go into their warm-up area. Right before they go onto the floor, they'll remove their shoes, then once on spot they will take off their mask as well and put mask and shoes in their bag.
- Your athlete's coach will direct them to place their backpack on a backpack spot and return to sit on their warm-up spot and begin class

## **Parent Observation**

- We will have standing marks 6 feet apart
- To make sure we stay at our acceptable occupancy, we ask that during this time parents do not bring siblings to the gym with them
- Our garage doors will be open at all times, for additional outside viewing, weather permitting
- In Bellevue, the staircase that leads upstairs is not a viewing area, needs to be one person at a time, and if there's a class going up or down, they have the right-of-way
- In Issaquah, we will have parent viewing near the exit door (the main front door.) If there is a class finishing, the coach will need to use those spots for kids to stand and wait to meet their parents at the door. If you are viewing here, you'll be asked to exit to clear space for the kids to wait. If your child is in the class exiting, you will wait on a space outside the door; if your child is not in this class but a different one, you will still need to exit and can reenter through the entrance door.
- We are doing our best to follow as many guidelines and recommendations as we can, within reason and respect to everyone's wishes.
- There will be reduced office hours. Per state requirements, most of our office work is being done remotely. Please email us with any questions you may have or if you need to make payment in person or purchase a retail item, we can setup a convenient time to meet you.
  - o [registration@gymeast.com](mailto:registration@gymeast.com) (for Bellevue Gym)
  - o [issaquah@gymeast.com](mailto:issaquah@gymeast.com) (for Issaquah Gym)

## **Practice procedure and risk mitigation outline**

- Coaches will be in masks or face shields as much as possible
    - o Directly from the WA Health Department specifically regarding Coaches teaching in masks during summer camps in the heat:
1. ***you can use the plastic face guards***
  2. ***if you feel the mask is creating an unsafe restriction on the ability to complete your task safely and might result in an injury, it can be removed.***
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- Athletes will be asked to wash hands properly or sanitize after every rotation, and should have their own hand sanitizer with them to use at their discretion, or per your family rules
  - Athletes will all rotate the same direction so there is as little passing/crossing as we can
  - Coaches will be doing a quick clean after every class that follows their class's trail. At the end of each evening, all coaches will do a deep clean
  - Bleach products will be used at the completion of each full day of training
  - Coach's temperatures WILL be taken before each practice, athlete's temperatures WILL NOT be taken – parents, this is something you will need to do before you leave the house for class. We're trusting everyone to attend gymnastics if they're healthy
  - If any athlete complains of feeling sick throughout practice, we will HAVE to send them home... we apologize for this up front, as we know this could become an issue as we move forward.

### **Exiting the gym procedure**

- Athlete will again wash their hands or sanitize prior to exiting the building
  - o Bellevue will exit through the front door. Athletes will be brought into the front hall to meet parents at the door. Parents can wait on the spaced-out spots outside for athletes to be released.
  - o Issaquah Rec Gym will exit out the main (east) front door. Athletes will be brought to the spots just inside the main door to meet their parents. Parents can wait on the spaced-out spots outside for athletes to be released.
  - o Issaquah Team Gym (Camps & Ninja) will exit out the side (North) door. Gymnasts will sit on their spot until a parent come to this door and a coach will direct them to exit.

### **Spotting**

- USAG has asked us to refrain from unnecessary spotting, therefore, we will be spotting if and when the athlete absolutely cannot learn or understand the concept without physical help, or if the athlete could get hurt- this extends to “being there” or “standing in”.
- Masks→ Coaches will be wearing their masks while spotting so long as it doesn't obstruct or view or the athlete's safety.
- You are within your rights to ask that we not spot your child. Please understand that if you request that we not spot your child, he or she will likely be given drills to work up to the skill.
- You are within your rights to ask that we wear a mask to spot your child no matter what the skill. There may be skills that we feel mask wearing is dangerous for the coaches and in this case as well, we will come up with drills and progressions

### **What are the Biggest Changes you should expect?**

- Coaches may be sitting more often, we do not know how our bodies will react to wearing a mask on 80/90 degree days while coaching
- Coaches will be doing less spotting
- Athletes will have far more accountability in terms of learning, listening keeping themselves 6 feet from others
- Your athlete will probably learn some skills more slowly
- Your athlete will probably need to re-learn skills he/she used to be able to do with ease
- All registration will now be online
- All coach communication will have to be via phone or email

### **Other Important things to note:**

- There are conflicting recommendations from all of the important governing agencies we are supposed to be following!!
  - o OSHA, FEMA, CDC, WHO, USAG, WA Governor Inslee, King County Ordinances, Bellevue & Issaquah Mayor
  - o Example: The CDC and Governor ask that we not allow viewing for practice, USAG and SAFESPORT mandate that we provide viewing, and that we cannot close our gym viewing area.
- The guidance's and recommendations have actually been known to change daily- we are doing our best to keep up with the evolution, and we hope everyone is understanding of our need to make additional changes to practice times, and practice behaviors as necessary

### **What goes in the backpack?**

- Extra practice attire (leotard, shirt and shorts)
- Water bottle for drinking that will last them the length of their class. Water fountains are closed.
- Extra hair ties
- Personal hand sanitizer
- If your child uses chalk, check out getting some liquid chalk offline or in a sporting goods store. We are no longer keeping chalk out as it is a communal area.

\*\*As we move forward, we may add additional items

### **Helpful Links:**

Regarding face coverings:

[https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/Secretary\\_of\\_Health\\_Order\\_20-03\\_Statewide\\_Face\\_Coverings.pdf](https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/Secretary_of_Health_Order_20-03_Statewide_Face_Coverings.pdf)

Gym East Policies & Procedures:

- o <http://www.gymeast.com/wp-content/uploads/2017/11/Gym-Policies-Procedures-06082020.pdf>
- o <http://www.gymeast.com/wp-content/uploads/2017/11/Gymeast-COVID-Policies-1.pdf>
- o <http://www.gymeast.com/wp-content/uploads/2017/11/Gymeast-COVID-Emergency-Procedures-1.pdf>