



COMPREHENSIVE COVID-19 EXPOSURE CONTROL

The purpose of this document is to provide specific procedures at Gymnastics East. These procedures are subject to the guidance provided by state health departments, the Centers for Disease Control (CDC), as well as our personal experts leading us. As the situation with COVID-19 continues to change and the guidance from those agencies can shift with little to no notice, Gymnastics East reserves the right to adjust these procedures, with or without amending these written procedures.

Effective Immediately, Kim Thomson will act as the COVID-19 Supervisor of Gymnastics East and will be responsible for all education, monitoring the health of employees, and enforcing the COVID-19 facility safety plan.

Employees who choose not to return to work or to remove themselves from the facility because they do not believe it is safe to work due to the risk of COVID-19 exposure, may have access to certain leave or unemployment benefits.

Gymnastics East will post signage visible to all customers on gym policies and health policies to help educate occupants on COVID-19. Gymnastics East will and is doing everything possible to educate the staff, students, and families to help stop the spread of COVID-19 and all airborne illnesses.

EMPLOYEE PROTECTION

- Any job that can be done from home, will be done from home.
- All employees MUST stay home if feeling ill, report any symptoms of illness to COVID-19 Supervisor, and require notification of COVID-19 cases in employee household.
- Employees who are particularly vulnerable to COVID-19 according to the CDC will not return to work until consulting with medical personnel and receiving clearance from Gymnastics East ownership.
 - Employees over the age of 65.
 - Employees with serious underlying medical conditions such as chronic lung disease.
 - Employees with moderate to severe asthma.
 - Employees who are immunocompromised.
- All employees will be screened daily for COVID-19 symptoms. A yes answer to any of the following questions will result in the employee being sent home:
 - Have you been in close contact with a confirmed case of COVID-19?
 - Are you experiencing a cough, shortness of breath or sore throat?
 - Did you take your temperature prior to coming to work? Was it more than 100.4°F?
 - Have you had a fever in the last 48 hours?
 - Have you had loss of taste or smell?
 - Have you had vomiting or diarrhea in the last 24 hours?
- Temperature Screening
 - All employees will be asked to be temperature screened prior to arriving at work.
 - A touchless thermometer will be available at the facility in case needed.
 - Temperature should not exceed 100.4 degrees Fahrenheit.

- Any employee who exhibits COVID-19 symptoms, answers yes to any of the screening questions, or who is running a fever will be asked to leave the premises immediately and seek medical care and/or COVID-19 testing, per the Washington State Health Department and CDC guidelines.
 - Gymnastics East will maintain confidentiality of employee health information.
- Employees will wear face masks entering and exiting the facility and in any common areas, including going to the restroom.
- Employees will wear face mask or face shield while coaching.
- Hand Sanitizer will be placed throughout the gym for frequent sanitizing.
- Employees are to increase hygiene practices – wash hands more frequently, avoid touching face, practice good respiratory etiquette when coughing or sneezing.
- Social distancing will be in effect. All employees should remain 6 feet from other individuals when permissible.
- Staff must maintain social distancing of at least 6 feet.
- Gymnastics East has written plans for potential COVID-19 cases and will be prepared to work with local health department officials as needed.

Regular safety briefings will be conducted to re-emphasize the protective measures for everyone to include maintaining social distancing, sanitation protocols, and pre-session screening.

All issues regarding worker safety and health are subject to enforcement action under L&I's Division of Occupational Safety and Health (DOSH).

- Employee Workplace safety and health complaints may be submitted to L&I DOSH Safety Call Center at 1-800-423-7233 or via email to adag235@lni.wa.gov

CUSTOMER PROTECTION

- Covid-19 Symptoms Signage will be placed at all building entry's, customers may not enter the gym if they have any of the symptoms.
- Customers may be questioned for illness upon entry to the facility.
 - Persons with any possible exposure to COVID-19, signs of illness and/or temperatures above 100.4 degrees Fahrenheit will not be permitted on the premise.
- All customers will be required to sanitize their hands upon entering the facility.
- Any person that is vulnerable or at-risk for COVID-19 as identified by the CDC will not be permitted to enter the facility at this time.
 - People over the age of 65.
 - People with serious underlying medical conditions such as chronic lung disease.
 - People with moderate to severe asthma.
 - People who are immunocompromised.
- Gymnastics East encourages all families to pick up and drop off and not enter the building.
 - Employees will help with children entering and exiting.
- If an adult must observe class, only one parent/guardian is allowed in the facility at a time. No siblings will be permitted in the facility unless registered for a class at that same time.
- All athletes/students will sanitize/wash hands after each event.

TRAFFIC FLOW

- Athletes will enter the gym per the following:
 - Bellevue -Team will enter and exit through the side door. Rec will enter and exit through the front door
 - Issy Team – Enter through the front door, exit through the side door.
 - Issy Rec – Enter through left side front door and exit through the right-side front.
- Observation areas will be adjusted to facilitate social distancing. We strongly encourage drop off and pick up only.

BUSINESS ADAPTIONS

- Social distancing will be in mandated. The maximum number of people in the building will be determined by the WA State Safe Start Re-Opening Plan and may need to be adjusted during the session.
- Group sizes will follow current State of Washington Covid-19 Guidelines and may need to be adjusted during the session.
- Gymnastics East staff will conduct regular disinfecting of high-touch surfaces, equipment and common areas of the facility using disinfectant cleaning supplies according to CDC guidelines.
 - Employees will be provided personal protective equipment such as gloves and face mask to use while assisting with the disinfecting of the gym.
- All families will be required to sign a new waiver which includes COVID-19 measures.
- Lockers and cubby's will not be immediately available. All gymnasts will be required to bring a personal backpack with all personal equipment.
 - Masks to enter and exit the building and for common areas including going to the restroom.
 - Athletes must have their own hand sanitizer and wipes.
 - Chalk and individual containers.
 - Filled water bottle.
 - Athletes that use water (spray bottle) on bars, must bring their own spray bottle.
 - Nothing will be shared, including hairbrushes, tape, bag balm, etc.
 - Backpack should be large enough to fit shoes
 - Team gymnasts may have additional items, their coach will provide a list.
- Gymnastics East requires all customer to wear face masks per Washington State Law.
- Some equipment will be restricted to maintain at least 6 feet of distance between gymnasts.
- Water fountains will be closed. All gymnasts will be required to bring their own water bottle.
- Water fountains are being replaced with handwashing stations.
- Spotting will be limited to safety purposes only.
- There will be no partner activities during classes and/or workouts.
- We are not using props at this time.
- There is no lost and found, anything left if the gym will be discarded during the nightly cleaning.
- Athletes and coaches will avoid physical contact with another: e.g., hugs, high fives, etc.
- Athletes, coaches and families will not be allowed to enter the facility if they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19..
- Gymnastics East has a written plan and will work with local health authorities if a member has developed a positive COVID-19 diagnosis.
 - Gymnastics East will maintain confidentiality of the COVID-19 infected person.