

**GYMNASTICS ACADEMY OF ATLANTA
SOCIAL DISTANCING/HYGIENE GUIDELINES**

The purpose of these guidelines is to help protect athletes and employees. These guidelines begin Monday, August 3, 2020 and will remain in effect until further notice.

It is impossible to eliminate all risk, but we hope by using the following plan we can manage the risk. Social distancing, personal hygiene and facility maintenance are the basis for these guidelines. As the situation changes we will make reasonable changes to facilitate a safe training environment.

Drop off	<p>Gymnasts are to be dropped off at the left side of the main lobby no more than 15 minutes before their practice starts. If they arrive earlier, you will need to keep your gymnast in the car. As they enter the facility every day, their temperature will be taken and they will be asked a couple basic questions.</p> <p>Have you had fever, cough, sore throat, chills, shortness of breath or other flu-like symptoms within the last 14 days? Have you been in contact with anyone that has been ill and/or tested positive for Covid-19 (including yourself) within the last 14 days?</p>
Observation	<p>During their gymnast’s class time, parents will enter through the front door one at a time. We are asking parents to just drop off and pick up to be able to keep the number of people low in our facility if possible. If you decide to stay, families are limited to one parent/caretaker per family and should they choose to stay and view the practice, are asked to use safe social distancing practices and wear a face mask.</p>
Hand Washing and Sanitizing	<p>Each student will be prompted to wash their hands prior to practice and to bring hand sanitizer for their personal use. Hand sanitizer will be available at the gym as well.</p>
Coaches Work Habits	<p>Coaches will be required to wash hands before and after every class. Masks are required for all coaches while in the training area. Spotting will be permitted.</p>
Equipment Standards	<p>GAA staff sanitize all contact surfaces frequently throughout the day. Cleaning stations will be available at training stations to ensure ample supplies are available, if needed, during class.</p>

Scheduling	The staff has worked very hard scheduling classes and team practices to accommodate the student to facility ratio within CDC recommendations. Team Practices are time-spaced appropriately to ensure gymnasts can enter and leave the facility while safely social distancing.
Facility Ratio	Based upon the facility square footage, we will have allow a maximum of 50 gymnasts and staff in the recreational half of the training area of the gym. There will be no more than 6 gymnasts per school age coaching group (8 for Rec League group) and 6 gymnasts per preschool coaching group.
Group Spacing	While attending class, gymnasts are required to maintain at least a 6 foot distance from one another at all times. Tape or Velcro floor markers will be provided for establishing proper distancing.
Gymnasts personal equipment	Gymnasts have the responsibility of bringing in and out of the gym EVERY day their personal equipment and a personal water bottle (all water fountains have been removed and converted to hand washing stations).
Facility Maintenance	Disinfection of the equipment using a fogger will occur at the end of each day after all equipment is cleaned. Coaches will have breaks to clean equipment during practice as they see fit. Bathroom monitors will disinfect bathrooms constantly as they are used. Our custom fresh air system has been cleaned and filters have been replaced. This system will run continuously while gymnasts are in the building in order to replace the air in the building with fresh air. Beware, this may make the gym air temperature warmer during the hot summer months. We have consulted with our cleaning supply company to find the proper disinfecting cleaners and sprays to kill COVID-19 germs, and we have been able to purchase an adequate supply of these items.
Exiting	After each class, the coaches will line gymnasts up in the gym on the floor using the floor markers for space-distancing. They will wash their hand on the way to the pickup area. The pick-up area will be the right side of the lobby for preschool classes and the left side for school age classes . We prefer parents wait outside under the portico but realize weather conditions will play a part in this procedure. This will take some time, and we are asking everyone to please be patient and work this process with us the best way we can.