

# SAFETY PROCEDURES

## PREMIER GYMNASTICS WEST IS COMMITTED TO SAFEGUARDING THE SAFETY OF OUR MEMBERS

If you have any questions about the items below, please do not hesitate to contact us.

### Steps that Premier West is taking to keep children and staff safe

- We now have a temperature check station in the lobby! **Everyone** who enters the lobby is required to have their temperature taken; staff, students & parents.
- The mats and equipment are sanitized multiple times each day.
- Doorknobs, light switches, and bathrooms are sanitized multiple times throughout the day.
- Developmental team groups have a maximum of 10 children, Tumbling and Parent & Tot groups a max of 8, recreational groups a max of 7, and Munchkins a max of 5. There is additionally 1 spot reserved for make ups in recreational classes. This is lower than our normal numbers.
- The number of gymnasts and classes in the gym area is greatly reduced so that we may maintain 6 feet social distancing.
- Class times are spaced out to avoid large numbers of people entering and leaving the lobby. Please be prompt in drop off and pick up. We do not want families showing up early or leaving late.
- We have removed all tables and chairs from the lobby. We are asking the majority of families to not wait in the lobby during their child's class. We are requesting **no more than one family member per gymnast in the lobby area and absolutely no siblings.** Please respect these guidelines. If the lobby is crowded please feel free to step outside.
- **Masks must be worn over both nose and mouth by everyone in the lobby at all times.** Masks are required for anyone entering the building for the protection of all our staff, gymnasts, and spectators.
- Gymnasts **are** wearing face masks throughout their time in the gym. At any time if they feel as though they need to step away and remove their masks they may. While doing any skills if they feel as though they should pull their mask down they can as long as they put their mask back on immediately following. Please be sure your children are wearing masks that fit well and are suitable for motion.
- The use of the drinking fountain is prohibited at this time. Please bring a water bottle labeled with your child's name.

- Coaches are spotting as little as possible and using drills and stations to allow for less spotting.
- Coaches and students are required to sanitize their hands **before and after** every event rotation.
- Upon arrival coaches are required to wash their hands, have their temperature taken, and health status checked by a staff manager at the beginning of their workday, and again midday if working more than 5 hours.
- Coaches and office staff are required to wear masks while on Premier West premises.
- We are constantly running 4 large exhaust fans circulating fresh air into the gym as well as a heated make-up air unit that we use during colder times. This unit brings in fresh heated air and allows our exhaust fans to push out the old air.

## Steps to prepare your child for their return to Premier West

- **It is important that no one can attend practice at the gym if any family member in your house hold has covid or any symptoms of covid.**
- All students should have their health status checked at home by a parent before going to the gym. If your child is not feeling well or even has a mild temperature, please keep them home. If in doubt, we prefer you err on the side of caution and keep them home.
- All students should wash their hands before arriving at Premier West.
- The use of cubbies to store personal items is not available. **Gymnasts must bring a bag or backpack large enough to hold all their belongings.** Team gymnasts need to keep their face mask, grips, water bottle, hand sanitizer, chalk, and their clothes in their bag. Recreational gymnasts need to keep face mask, water bottle and their clothes and shoes in their gym bag. All items should be labeled with your child's name. Please be sure that bags are a manageable size as the gymnasts will be carrying them to each event!
- Please arrive on time, not early. If you are more than a couple of minutes early kindly wait in your car until a few minutes before your child's lesson begins.

We know that there are a lot of changes and we will be updating these procedures as conditions change, but what will stay the same is our happy, healthy atmosphere and our incredible hard-working coaching staff!