



# A GUIDE TO CONTINUING INSTRUCTION AT IEGA

## Health and Safety Practices and Protocols for Students and Families

### Updated for Spring 2021

*As Inland Empire Gymnastics Academy (IEGA) moves slowly toward a return to full programming, we continue to need your help and partnership. Please review the revised procedures and protocols listed below, remembering that these necessary steps allow us to keep our doors open. We also encourage all our IEGA families to continue to be thoughtful about themselves, as well as others, as they move into 2021, enjoying activities with your immediate family and faithfully practicing all of the prescribed COVID-19 health and safety protocols, like wearing masks, frequent hand washing and social distancing. Finally, please remember that procedures and protocols will change and evolve over time, following any new or revised guidelines from the County of San Bernardino, and we continue to be grateful for your understanding, flexibility and patience as we move forward.*

### **Drop Off and Pick Up**

- All students will be dropped off and picked up from outside of the gym, through separate entry and exit doors.
- A 15-minute arrival window is provided for each class to allow for wellness checks and social distancing. Please do not arrive any earlier than your designated arrival time.
- A 15-minute pick up window follows each class to enable social distancing at the gym's exit door. *Beginning March 1, 2021, class coaches will meet parents outside the east exit door following class. Students will be turned over directly to parents by their coach and parents will no longer need to sign out their students. Coaches may ask students to identify their parent to ensure proper hand-off. Parents must continue to wear a mask when they approach the pick up area and we ask that everyone please continue to be conscious of social distancing, maintaining a minimum of 6 feet distance from others while waiting.*

### **Wellness Checks**

- All students and employees, as well parents of enrolled preschool/kinder students who will be entering the building, must have a wellness assessment prior to entry. This wellness assessment will take place in the car at the IEGA Wellness Tent. The assessment will include a temperature check with a touchless thermometer and confirmation of no COVID-19 or flu-like symptoms by themselves or anyone in their household, and no travel outside of the US in the past 14 days.
- Any person exhibiting COVID-19 or flu-like symptoms, or who has a fever of 100.4 or higher, will be sent home. Students and employees must be fever free, without medication, for 48 hours prior to return.

### **COVID-19 (Positive Test, Exposure, Symptoms and/or Diagnosis)**

- Any student or employee who has been directly exposed to someone with COVID-19 must quarantine at home for 14 days, and be symptom free, before being allowed to return to class/work. A negative COVID-19 test may be requested. For anyone with a potential indirect exposure to COVID-19, we request that you quarantine at home for at least 10 days to monitor for symptoms.

- Any student or employee who contracts, or is diagnosed with, COVID-19 and has symptoms must isolate at home for 10 days, with the 10 day count beginning after the first appearance of the first symptoms. Return to class/work may occur after 10 days and is dependent on the following:
  - *At least 48 hours with no fever, without fever-reducing medication, and*
  - *Other symptoms of COVID-19 are improving\*\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.*
- Any student or employee who tests positive for COVID-19 but has no symptoms must isolate at home for at least 10 days. If no symptoms present themselves within the 10 days, return to class/work may occur after 10 days from the positive test.

### Face Covering Protocols

- All employees are required to wear a facemask at all times while at work. Masks must be appropriately sized and worn properly, covering mouth and nose to prevent aerosolized droplets from escaping.
- All students over the age of 2 are required to wear facemask while in the gym. We strongly suggest that students under the age of 2 wear them as well, though they are not required. Masks must be appropriately sized and worn properly, covering mouth and nose to prevent aerosolized droplets from escaping.
- All parents of enrolled preschool/kinder students, who will be entering the building, must wear a facemask at all times, whether entering, viewing or exiting. Masks must be appropriately sized and worn properly, covering mouth and nose to prevent aerosolized droplets from escaping.

### Physical Distancing Protocols

- Class sizes have been reduced for all levels at IEGA. *Parent Participation Classes – 6 students per class. Tumble Tyke/Tumble Kid Classes – 5 students per class. Recreational Girls and Boys Classes – 6 students per class. Tumbling Classes – 6 students per class. Competitive Classes – 8 students per class*
- We have reduced our building capacity to under 25%, limiting in-gym parent viewing to one parent for children enrolled in preschool/kinder classes only. This includes using the restroom during your student's class time.
- Video streaming with Spot TV® is available to enable parents to watch their student(s) remotely.
- Class start times are staggered as much as possible in order to reduce the number of students entering and exiting the building. *Please note that students cannot be dropped off, or enter the building prior to their designated entrance window, as we do not have additional waiting space inside.*
- There are 8 designated instructional areas at IEGA and only one group or pod of students will be working in any of the eight areas at one time. Activities and stations have been modified, as much as possible, to allow for safe, physical distancing.
- All administrative and billing needs must be done by phone or via email with the front desk. The IEGA Parent Portal can be accessed from your phone, tablet or computer for enrollments and payments as well. Afternoon appointments can be made with the front office if in-person transactions are needed.

- IEGA will provide backpacks to all students, and students must bring their IEGA backpack to class each week to hold personal items (shoes, water bottle, cell phone). If a student forgets to bring their backpack, a temporary bag will be provided for the day.
- Lesson plans will be revised to eliminate partner activities and to reduce or limit spotting requirements. HOWEVER spotting will still occur. Both the nature of the sport, and the safety of the athletes, requires some hands-on contact between athlete and coach. ALL STAFF ENGAGING IN SPOTTING OR HANDS ON ASSISTANCE WILL SANITIZE THEIR HANDS BETWEEN STUDENTS.
- Hugs, high fives and handshakes between coaches and students, or students and students, will be reduced and/or eliminated. We will encourage elbow bumps and other forms of verbal encouragement and praise. Hand sanitizer will be readily available, and used, when hand-to-hand contact does occur.
- Open chalk bins have been removed from the floor, however students may ask their coach for chalks, which will be dispensed to them by their coach, through a chalk shaker.

### **Hand Washing and Hand Sanitizing Protocols**

- All students and employees must wash their hands with soap and water immediately upon entering.
- All students and coaches will use hand sanitizer between activities/stations, and coaches will use hand sanitizer between students when spotting.
- Coaches will wash hands between classes.
- Students will be asked to use hand sanitizer during class if they touch their face or mouth.
- If students or employees come off the floor to use the restroom or for health needs (rips or band-aids), before returning, they must wash their hands with soap and water.
- IEGA will employ an additional staff member who will circulate throughout the entrance, waiting area and restrooms, assisting students with hand washing and sanitizing procedures.

### **Ventilation Protocols**

- All bay doors will remain open during all hours of operation. To promote airflow and cross ventilation, the overhead MacroAir fans will be on and all smaller standing fans will be turned on as well, drawing in the outside air and circulating it throughout the building continuously.

### **Shoe Protocols**

- **Street shoes will not be allowed on the gym floor. Beginning March 1, 2021, students will walk directly into the viewing room and, after sitting down on a designated seating square, remove their shoes and place them in their backpacks. IEGA STRONGLY recommends students wear slides to gym for convenience and speed in getting ready for class or for when the restroom must be used.**
- IEGA coaches will keep coaching shoes or socks at the gym for use on the gym floor. For coaches who coach barefoot, feet must be sanitized prior to entering the gym floor.

### **Eating and Food Protocol**

- There is to be no food brought into IEGA and no snack bar will be available to purchase food. **Please ensure that your student eats BEFORE they come to gym.** Please do not send them hungry.
- Water must be brought to the gym by students in either a reusable or disposable water bottle with the student's name clearly marked on it. If the student does not bring water with them, they will be given one upon entry and the card on file with the student's account will be charged.
- For students attending camps, either full day or half day, individual lunch bags must be brought and placed in their group's snack box, which will be distributed to students during the outside portion of their camp. There is to be NO sharing of food by students.

### **Equipment Protocols**

- All soft, porous and/or fabric props will either be eliminated from usage during this period or will be washed after each use. This includes: carpet squares, non-vinyl beanbags, stuffed animals, rugs, puppets, etc.
- The foam pits will be closed to all recreational and tumbling students.

### **Cleaning and Disinfecting Protocols**

- Cleaning/disinfecting of all high touch point areas in the entrance, lobby/hallways, viewing room, restrooms, and exit will be done a minimum of throughout gym operational hours.
- While we will not be following every student around the gym and wiping down every mat or piece of equipment moments after it has been touched, coaches will be extremely conscious of how students are interacting with the gymnastics equipment and are prepared to clean/sanitizer any equipment where student behavior or actions may have compromised cleanliness, particularly as it relates to body fluids and aerosolized droplets. Each of the eight designated instructional zones has a cleaning bucket with the necessary supplies for staff to use.
- A 15-minute break period between each class is provided so that necessary post class cleaning and disinfecting can take place.
- End of the day cleaning and disinfecting will include, but is not limited to, the following:
  - All skill mats used during the workday
  - All landing mats in all areas of the gym
  - All vinyl props and targets used during the workday
- All carpets will be vacuumed at the end of the day, and once a month, unless otherwise needed, cleaned/sanitized, with our FiberCap Carpet Cleaner.
- EMist Electrostatic Disinfectant Sprayers will be used on all surfaces that cannot be wiped down such as: floor carpets, uneven and parallel bar rails, beams, rings, handles on pommel horses, rack bars, etc.
- Full cleaning of the restrooms, Front of the House and Exit Area will be done at the end of the day.