

# Flip Over Gymnastics Employees

## Return to work Guidelines

As Flip Over Gymnastics starts our return to work, we need your help to ensure a safe environment for staff, gymnasts, and constituents. We have implemented specific criteria that are in conjunction with CDC and Berkeley County Health Department guidelines. Prior to returning to Flip Over Gymnastics, please review all the criteria. Upon first staff meeting, you will be required to sign a contract saying you agree and understand all material below.

### **Prior to Arrival**

COVID-19 PREVENTION: CDC RECOMMENDATIONS

- Wash hands with soap and water for at least 20 seconds or sanitize if washing isn't available.
- Avoid touching your face with unwashed hands; cover sneeze/cough with elbow.
- Avoid close contact with those who are sick
- Bring your own facial covering to work.
- Do your own wellness check. If you or any person in your household has any of the symptoms, call your supervisor and DO NOT REPORT.

### **During your shift**

While on duty, staff will adhere to these guidelines.

- All personal objects will be put in assigned cubbies, you will be responsible for sanitizing your cubbie before and after use. All water bottles must be labeled with your name. Limit to one bag per person.
- Maintain a 6ft distance between all persons at all times.
- No high fives, hand shakes, or hugs.
- Masks are to be worn in common areas or within close contact with gymnasts, parents, and other staff members.
- Hands are to be sanitized between each class and/or between each athlete if spotting is absolutely necessary.
- Employees are to keep hands on spotting to an absolute minimum. Only spot when safety is a concern.
- Lesson plans are to be modified to make sure students stay 6ft apart, athletes are at stations longer, equipment use is limited, and spotting is not a common station. Circuits are not permitted.
- Cleaning stations and/or sanitizing wipes will be at each station, students will sanitize when they are done at a station. If the equipment can't be sanitized, then the students must sanitize their hands before the use of that station.

### **Sick Protocol**

- Sick employees must stay home after they are fever free (without medication) for 72hrs AND symptoms have subsided for 72 hrs.
- Employees who are symptomatic (fever over 100.4°F, cough, shortness of breath) will be sent home from work and be asked to seek medical care.
- Any surface that symptomatic employees touched will be marked and deep cleaned immediately.
- If any staff member has a positive COVID-19 test result, MBC Parks and Recreation will contact Berkeley County Health Department immediately and will follow all cleaning and notification guidelines required. That said employee must show a negative test result to return to work.

**TRAVEL:** If you travel for vacation, please see CDC travel guidelines posted in our communication board. You will not be permitted to return to work until you are symptom free for 14 days or you present medical documentation with negative COVID 19 test results.

### **When You Arrive**

Our Wellness Check Policy will be strictly enforced. Upon arrival for your shift you will need to:

- Enter designated sign in area 30 minutes before your shift to answer wellness questionnaire, sign in, and get your temperature taken.
- Any FOG Staff member exhibiting flu like symptoms, cough, shortness of breath, or a fever of over 100.4°F will be sent home immediately. FOG staff member will be contacted as to the steps they must take in order to return to work.
- If any FOG staff member has a positive COVID-19 test result, MBC Parks and Recreation will follow all Health Department and CDC guidelines for notifications and cleaning.

### **Program Changes**

- All common area amenities will NOT be available for use e.i. refrigerator, microwave, Keurig, etc.
- Toddler and warrior classes will not be offered.
- Only two classes will be permitted to take place at one time with a maximum of 6 kids per class. (Only one class in the Marshall Mason Wing)
- There will be a specific entrance and exit you must use.
- Ipad will be NOT be available for anyone to change. It will be locked.
- Schedules will be modified to allow more time for students to enter and exit.
- Staff is required to sanitize any equipment used before leaving their shift.
- If available, doors will be propped open to avoid touching of common areas.

# Flip Over Gymnastics Athletes Return to Training Guidelines

As Flip Over Gymnastics athletes start their return to training, we need your help to ensure a safe environment for staff, gymnasts, and constituents. We have implemented specific criteria that are in conjunction with CDC and local health department guidelines. Prior to returning to Flip Over Gymnastics, please review all the criteria required below.

## ***Before Arrival***

- Gymnasts must have a bag ready. All personal belongings will need to stay with gymnast at all times. Everything within the bag must be sanitized before returning to the gym each time.
- Competitive gymnasts must provide their own chalk and carry it in a 2gal. bag.
- Do your own wellness check on your household. If you, the athlete, or any member of your household has any of the symptoms, DO NOT REPORT to our facility.

## ***During Training***

- Athletes are to keep all belongings on them at all times. Cubbies will be closed off.
- Athletes are to bring water, water fountain will be closed down.
- Athletes will be required to wipe down stations that can be sanitized and sanitize their hands before using equipment that can't be wiped down.
- Athletes will be required to wear masks while in common areas and while switching stations. Masks can be taken off while executing skills at their station.
- Athletes must practice social distancing at all times.
- Lesson plans will be modified to eliminate partner activities.

## ***Program information***

- All registrations will need to be done online.
- Our store will be closed. If you wish to purchase leotards or attire, an appointment must be made.
- If you can't register online, you must use our main office.
- The schedules will be modified to fit the guidelines of the health department and could change on a month to month basis.
- Toddler and Warrior classes will not be offered at this time due to the amount of equipment and the structure of the classes.
- TEAMS\* All personal cubbies will be unlocked once to retrieve personal belongings, then they will remain locked until further notice.
- When available, doors will stay propped open to avoid touching of common areas.

## ***Upon Arrival***

### Wellness Checks

- All athletes must be dropped off in the gymnastics lobby to complete their wellness check which consists of a questionnaire and temperature check.
- Parents MUST come in with their kids to do their wellness check. If a parent is not present, the child will not be permitted in the facility.
- Any athlete exhibiting flu like symptoms, cough, shortness of breath, or a fever of over 100.4°F will not be permitted into our facility. Family members of that athlete will also not be permitted into the facility. We will contact you regarding steps to returning to class.
- Once wellness check is completed, athletes are to wait in the designated area for instructor to come get them.
- Athletes will be required to sanitize prior to entering the gym.
- If you are late to class, you will have to forfeit your class as there will only be staff to do wellness checks during a certain time frame.

### MAIN WING

- Athletes will get dropped off in the lobby entrance.
- Waiting area will be in the small studio
- Pick up will be in the parking lot of the dance studio and main office entrance (near the pool)

### MARSHALL MASON WING

- Drop off and wellness check done in the lobby.
- Waiting area will be right inside the gym.
- Pick up will be in the parking lot of the dance studio and main office entrance.

## **TRAVEL:**

If you travel with your family, we ask that you refrain from registering for the month. In order to return to our program, you must be symptom free for 14 days or present medical documentation that proves a negative test result of COVID 19.