

Dynamix Gymnastics Guidelines

THE SAFETY OF OUR GYMNASTS AND STAFF IS OUR TOP PRIORITY

The guidelines below are for the green phase and we will be updating as we receive guidance from the CDC and Government Officials.

YOU MAY NOT ENTER THE GYM IF...

This will be at the discretion of our coaching/management team

- You are sick. If you have a cough, fever, shortness of breath, or a sore throat.
- You have a temperature reading of 100.4 or above.
- You have been exposed to someone who has tested positive for COVID-19.
- You have new loss of taste or smell.
- You are exhibiting any cold like symptoms (i.e. runny nose)

MASK POLICY UPDATE

- All adults and children over two years old **MUST** have a mask on in the lobby. Mask must cover the nose and mouth and may only be removed to go into the gym.
- Children will not need to wear a mask during class.
- A mask will need to be worn when entering and exiting the building. (This includes team)

DROPOFF AND PICKUP

(We will re-evaluate this policy as winter approaches)

- **DROPOFF:**
 - **Option 1 (preferred):** Drop off at front door and wait outside of building. Please park your car and walk your child to the door, a Dynamix staff member will be waiting at the door helping kids into the building for the first month of classes. Coaches will be available in lobby to direct kids to cubbies, help with shoes if needed, and send kids into gym to their class. Please drop off **NO MORE THAN 5 MINUTES PRIOR TO CLASS!**
 - **Option 2:** Bring your child into the building- Only one parent may walk their child into the building. Any parent that enters the building **MUST** have a mask on.
 - **Team:** Drop off at bottom of stairs from car.

*Please have your gymnast use the bathroom at home before they come to class

- **PICKUP:**
 - **Option 1 (preferred):** Pick up from outside (preferred)- Please park your car and wait at the bottom of stairs. Your child's coach will walk them out of building and be sure they are picked up by parent/guardian.
 - **Option 2:** If you are waiting in lobby during class, children will be dismissed after class as usual.
 - **Team:** Please continue to pick up your child at the bottom of the stairs. Coaches will walk them out. You **MUST** get out of your car. The girls will not be allowed to walk across the parking lot alone.

Only ONE parent per family will be permitted in the lobby. We ask that any siblings not enrolled in class do not come into the building. Once your child is settled in class, we ask that you wait in your car.

LOBBY/RESTROOMS

- Upon entry, gymnasts will remove mask, shoes, and extra clothing and place into cubby. They will sanitize hands at the sanitizing station near the door leading into the gym, and then proceed to the main floor for warmups.
- Lobby will be cleaned and sanitized every couple of hours when it will not affect gymnasts entering the building. Chairs will be wiped down periodically
- Bathroom touch points will be wiped down throughout the day/evening.
- Faucets and toilets in restrooms changed to motion activated.
- The water fountain will be closed until further notice. Gymnasts need to bring their own water bottle.
- No lobby toys until further notice
- Cubbies: we ask that gymnasts come in with minimal extra clothing to reduce the need for cubby space. Cubbies space will also be limited to every other cubby.
- Snacks and drinks will not be sold until further notice.
- Foot grips have been installed on front door to reduce touching. The door leading into the gym will stay open as much as possible.
- We will impose maximum Occupancy restrictions.
- Every evening the lobby and bathrooms will be cleaned thoroughly.
- Please have your gymnast use the bathroom at home before they come to class.

ADMINISTRATIVE

- Class/Event enrollments and waivers will be paperless via the parent portal/online registration.

MAIN GYM/PRE GYM AREA

- Every evening the entire gym will be deep cleaned & fogged. (A fogging device is used to disinfect all surfaces and air with a misted disinfectant solution)
- Ratios have been lowered to allow for proper distancing.
- Mats/equipment will be disinfected on an ongoing basis throughout the day/night.
- Class times will be adjusted to allow time to clean in between groups.
- Classes and Team schedules will be staggered as much as possible to prevent crowding
- Sanitizer for hands will be provided upon arrival and for movement between events.
- No entry will be permitted for gymnasts or family members who have symptoms of illness. This will be at the discretion of Dynamix Management Team.
- Visual reminders have been placed around the lobby and gym to help maintain social distancing.
- The chalk tray is not currently available.
- No stamps will be given at the end of class

GENERAL COACHING GUIDELINES

- Coaches will wear face masks/shields until restrictions are lifted. Upon arrival all staff will have temperature checked and wash hands.
- Coaches will observe guidance on space limitations with their group
- Stations and drills will be set up to maintain social distancing.

- During warmups, coaches will review social distancing rules, as well as coughing/sneezing into elbow, not hands.
- Spotting will be limited as much as possible. However, spotting is sometimes necessary in gymnastics, and safety will come first. We will spend the first few weeks reviewing basics and shaping.
- Hands are to be disinfected after each rotation. Coaches will be dispensing sanitizer to gymnasts between events.
- No standing in lines – coaches will maintain sufficient drill stations and rotate gymnasts as a group until restrictions are lifted.
- Coaches will sanitize hands on an ongoing basis throughout class.