

Desert Lights Gymnastics

COVID-19 Protocols

Based on national, state, and local guidelines concerning COVID-19, Desert Lights gymnastics believes it is now possible, with proper modifications, for smaller groups of gymnasts to return to gymnastics safely. Our goal is to gain the physical and mental benefits of gymnastics while maintaining a safe workout environment for our staff and your gymnast. With the size of our facility and adherence to our new protocols, we feel this is an attainable goal. Your gymnast and her wellbeing are of utmost importance to Desert Lights Gymnastics.

The following are steps we plan to employ to protect our gymnasts, their families as well as our staff and their families.

Illness

No one who is ill may come inside Desert Lights. Gymnasts and their families must be symptom-free. Your gymnast must not have a runny nose, sore throat, cough, fever, nausea, vomiting, or diarrhea to attend class. While at Desert Lights Gymnastics, if a gymnast develops any of the above symptoms, she must cover her nose and mouth with a mask, scarf or bandana and wait on the patio area until a parent/guardian is called and arrives to pick up the gymnast.

Contact your doctor concerning flu-like symptoms to determine if your child should test for COVID-19. Symptoms for coronavirus are vast from “flu-like” to “gastrointestinal issues.” **DO NOT SEND YOUR GYMNAST TO PRACTICE IF SHE/HE OR ANYONE IN YOUR FAMILY HAS FLU OR COVID-19 SYMPTOMS!**

If your gymnast has any illness (confirmed by her doctor) other than COVID-19, she/he must be symptom-free and fever-free for 24 hours. Fever free means no fever for 24 hours while not using a fever reducer such as acetaminophen or ibuprofen.

If your gymnast has allergies or asthma, you will need to let us know on an event, by event basis. If you have not informed us, we will assume she/he is ill and seclude her/him until we can contact you.

If anyone in your family tests positive for the COVID-19, your gymnast must wait at least 14 days and conform to the latest health department guidelines to start or resume practice. If your gymnast or any of your family has exposure to

COVID-19, your gymnast must wait 14 days to return to class. The same rules apply to coaches and staff.

Entering and Exiting Desert Lights Gymnastics

All scheduling, credit card payments, and communication will be made via phone, email, or Jackrabbit parent portal. If paying with cash, please come to the front desk and maintain personal distancing. Check payments may be sent in with your child or dropped in the payment slot by the front door. Please check your parent portal to confirm your payment was received.

Gymnasts will be admitted no earlier than 5 min before class; please remain in your car until the doors open.

If possible please drop and go, or wait in your car. Spectators are limited to one parent or guardian. Space is limited to conform to safety guidelines. **Pre-school parents will have first priority.**

Everyone entering any part of the building must have their temperature taken. A temperature of 99.4 will not be admitted into the gym.

Weather permitting we will keep the garage door open for your viewing and to allow for air circulation. Our Coolers at Desert Lights Gymnastics provide very excellent airflow. Please maintain personal distancing from other parents if watching from outside.

Entering the facility protocol

1. Gymnasts will enter the building through the front door, and then their temperature will be taken.
2. Gymnasts will take off shoes and follow the arrows to the designated shoe area.
3. They will then sit on a personal distancing marker with their water bottles and wait for their hands to be sanitized.

Exiting the facility protocol

1. Gymnast will wait on a personal distancing marker, to be dismissed, get their shoes and exit the building.
2. Gymnasts will exit the building through the back (East) door.
3. They will be lead to the designated parent pick up, under the tree next to the accessible parking.
4. Please be on time to pick up your child.

Gymnasts will be required to remove shoes before walking on the carpet. All staff members will be given a mask.

The water fountain will be off-limits due to the possibility of a congregation in those areas. Please bring a personal water bottle with your name on it.

Please send your gymnasts into practice with as little as possible, preferably just shoes and water bottle.

Protocol for Safe Physical Distancing on the Facility floor

Desert Lights Gymnastics is perfectly designed to maintain social distancing. Since we teach with stations, this will allow the team and students to have their own area and remain apart.

The bathroom is only for using the facilities. No changing, doing hair, washing off chalk will be permitted at this time. Only two people at a time will be allowed in the bathroom. Please encourage your son or daughter to use the bathroom before she/he comes to gymnastics.

Personal Hygiene

Please have your gymnasts wash their hands at home for 20 seconds before leaving for the class. Upon arrival, the gymnast will have his/her hands sanitized. Gymnasts and coaches will use hand sanitizer between rotations. To avoid overcrowding in the viewing area and bathrooms, we will be sanitizing your

gymnast's hands upon leaving practice. All coaches will wash/sanitize their hands each rotation.

We recommend that girls wear their hair slicked back with a product to avoid unnecessary touching of their faces.

Masks

Desert Lights Gymnastics will adhere to the Governors requirements for wearing a mask.

Gymnast to Coach Ratios:

Parent Toddler: 5:1

Preschool: 6:1

Recreational Gymnastics: 8:1

Team 9:1

Disinfecting of the Facility between sessions

We will disinfect the facility mats and viewing area after each session. After classes leave the facility, we clean and sanitize all the glass, wipe down with disinfectant all door handles, light switches, water fountain, sinks, and any hard surfaces.

Disinfecting of the Facility

We will deep clean daily when the facility is closed, repeating the above steps but adding mopping floors and mats as well as vacuuming carpet and mopping the floors.

We will continue to monitor the status of the COVID-19 and follow the mandates for national, state, and local guidelines. If mandates change, then we will re-evaluate our protocols as needed.

Thank you for your support,