



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POST PANDEMIC REOPENING PROTOCOL

In an effort to continue to serve our community, the YMCA of Sumter will follow this protocol to safely reopen our gymnastics facility. This plan was designed by following the guidelines suggested by Federal, State, and local guidance and regulations. Efforts will be evaluated daily and adjusted as needed.

The following guidelines will be implemented by YMCA of Sumter Gymnastics for reopening after June 5, 2020:

General Guidelines:

As described in the *Opening Up America Again* release, the YMCA will strongly encourage all employees and participants to continue to practice good hygiene and require that those who feel sick should stay at home. Our YMCA will develop and implement appropriate practices, in accordance with the Federal, State, and local regulations and guidance and informed by industry best practices, regarding:

- Social/physical distance of 6'
- Proper use of Personal Protective Equipment (PPE) when in close contact
- Temperature checks/reporting
- Testing, isolating, and contact tracing
- Sanitation, cleaning, and disinfection
- Travel outside the region
- Attendance waivers during pandemic

YMCA will monitor workforce for indicative symptoms and will not allow symptomatic people to return, in-person, to work until after 14 days of self-isolation and completely symptom free. Monitoring will include mandatory temperature checks and questionnaire daily upon facility entry and a signed pledge of proper distancing, face covering, etc. In addition, the YMCA will develop and implement procedures for workforce contact tracing following an employee COVID+ test.

Cleaning Guidelines

- All Gymnastics Staff will be responsible for sanitizing and cleaning gymnastics equipment.
- Staff will sanitize after each gymnast if possible. If not possible, sanitizing will be done between each class/rotation.
- Staff will clean at the end of each practice/class.
- Head Coach and Coordinator will be in charge of cleaning bathrooms, doors, and other frequently touched surfaces.
- Staff will use CDC grade spray to disinfect all equipment, mats, and frequently touched surfaces.
- Classes will be scheduled to allow 25-30 minutes of cleaning between classes.
- Cleaning list will be required for all STAFF to fill out after each class/practice.
- Staff will be provided gloves and CDC approved disinfectant during cleaning

Participant Guidelines

Gymnasts

- Gymnasts will come prepared for class upon arrival.
 - Leotards on, hair pulled back, and essentials only in gym bag
- Gymnasts will be encouraged to bring their own water bottle.
 - Water fountain will not be available
- Team and Pre-Team will be given personal chalk in a labeled bag.
 - Chalk bucket will not be used at this time.
- Team and Pre-Team will have labeled weights and jump ropes that will not be used by other gymnasts during practice. Weights and jump ropes will be cleaned daily.
- Team Room will not be used to store bags or personal belongings to prevent gymnasts from gathering in a small area.
 - Gymnasts will be encouraged to bring minimal personal belongings or asked to leave belongings with parent/guardian.
- Gymnasts will be required to have temperature taken and hands sanitized when entering the gymnastics building.

Parents and Guardians

- One parent will be required to stay with gymnasts that are 1-4 years old during gymnastics class.
 - Parents are strongly encouraged to wear masks.
- Viewing area will be available to parents.
 - Only one parent per gymnast.
 - Parents will have temperatures checked at door and strongly encouraged to wear masks while viewing their gymnast.
- Parents are encouraged to register online for RECREATIONAL CLASSES to reduce traffic flow in the Gymnastics Office. Registration will be available in-house only for TEAM, PRE-TEAM, ADVANCED GYMNASTICS, & CAMP.
 - Team, Pre-Team, & Advanced Gymnastics require approval from the Head Coach, Mike Domagalski.
 - Camp registration requires shot records.
- Gymnasts CANNOT be dropped off to wait by themselves. Parents/guardians will check their child in and out one at a time at the start and end of class. Please keep your gymnast in the car until the coach opens the door for class.

Staff Guidelines

- Staff will have temperatures checked and recorded when entering the building.
 - Staff will need to arrive 10 minutes early to have temperatures checked.
- Staff will be required to sanitize/wash hands upon arrival.
- Facial masks will be highly encouraged for non-coaching staff and coaching staff to wear at all times while in the gymnastics facility.
- Strict stay at home policy for employees exhibiting symptoms and reporting process for confirmed and/or potential COVID-19 infection implemented.
- Staff will be required to clean/sanitize all equipment used during class.
- Coaches will spot as little as possible. Spotting will only be encouraged to spot gymnasts to prevent injury.
- Coaches will be encouraged to focus on conditioning and drills during practice to decrease contact of gymnast to gymnast and coach spotting.
- Staff training regarding new protocol and guidelines will be held prior to opening up.

Social Distancing

- Maximum of 20 people in the gymnastics building at one time.
- To minimize traffic entering and exiting the building, classes will be spaced out accordingly.
- Minimizing class sizes to 6 per Recreational class, 10 per Team/Pre-Team, and 10 per Advanced Gymnastics.
- To prevent gathering in gymnastics office, only one person will be allowed in at a time for any administrative needs.
 - Coaches will not be allowed to gather in office.
- Merchandise (i.e. Leotards, t-shirts) will not be sold at this time.
- Parents will be encouraged to register and pay online for RECREATIONAL CLASSES.
 - Encouraging paying with card for in-house payments.
- Parents will check in and out gymnasts' one at a time.
 - Parents will wait in their car until it is time for class/practice to start.
- Spring floor will have taped squares that are 6 ft. apart for gymnast to use during class.
- 1 gymnast per gymnast equipment.
 - 1 gymnast per set of bars
 - 2 sets of bars – 2 gymnasts at bar station
 - 1 gymnast per beam
 - 2 beams – 2 gymnasts at beam station
 - Gymnasts will not be allowed to dismount in the center of beam.
 - Gymnasts must mount and dismount at opposite ends of each other.
 - 1 gymnast on vault
 - 1 gymnast on tumble track
 - Gymnasts that are waiting to use the tumble track will wait in a taped off square 6ft. away from tumble track.
- During practice coaches will focus on condition and drills.
- Coaches will not spot unless necessary to prevent injury.
- Ball Pit will not be used at any time during the re-opening phases.
- Viewing area will have taped squares for chairs to be placed 6ft. apart.

At all times, the health and safety of our members and community are the top priority of our YMCA. Every effort will be made to promote health and mitigate risks in our facilities. The increased focus on sanitation, physical distancing and personal hygiene will allow us to better serve our members, guests and communities in the future.