

Peninsula Gymnastics San Carlos

Social Distancing & Facility Sanitizing Protocol

(Based on the San Mateo County Health Policy & Planning)

Childcare establishments, summer camps, and other educational or recreational institutions or programs providing care or supervision for children of all ages must comply with the following conditions:

1. They must be carried out in stable groups of 12 or fewer children (“stable” means that the same 12 or fewer children are in the same group each day and for at least four consecutive weeks).
 - a. Each session will have 2 groups of no more than 12 children.
 - b. Each session will be 4 weeks long and campers will stay in the same group for the entire session.
2. Children shall not change from one group to another or attend more than one childcare establishment, summer camp, other educational or recreational instruction or program simultaneously.
 - a. Parents will have to sign a waiver that their child will not attend another childcare/camp/recreational program simultaneously during their 4 weeks at our camp
3. If more than one group of children is at one facility, each group shall be in separate rooms or spaces that cannot be accessed by children or adults outside the stable group. Groups shall not mix with each other.
 - a. The gymnastics stations will be split into two zones. Each group of 12 will only have access to one zone of stations on any single day. Camper groups may switch zones only at the start of a new day.
 - b. Each group will have an assigned bathroom and an assigned handwashing station for use by members of the group only, during the session.
4. Providers, educators and other staff cannot serve more than one group of children and shall remain solely with that group of children during the duration of the childcare establishment, summer camp, other educational or recreational institution or program.

- a. Each coach will commit to only one group of campers per 4 week session.
 - b. All coaches are committed to only working with Peninsula Gymnastics San Carlos during their time at camp.
5. Limiting the number of people who can enter into the facility at any one time to ensure that people in the facility can easily maintain a minimum six-foot distance from one another at all times, except as required to complete Essential Business activity;
 - a. Parents are not allowed to enter the facility. Pick up and Drop Off will be done outside of the facility with the help of dedicated staff.
 - b. Camp Registration & Payment will no longer be available in the facility and must be done online.
 - c. Before entering the facility each day, coaches are required to wash their hands with soap and water, at the handwashing station located at the staff entrance, and get their temperature checked.
 - d. Everyday at drop off, parents are required to stay until their child is finished with the check in process - which includes:
 - i. Campers get their temperature checked using a no-touch thermometer.
 - ii. Campers wash their hands at the outdoor washing stations.
6. Requiring face coverings to be worn by all persons entering the facility, other than those exempted from face covering requirements (e.g. young children);
 - a. All staff will wear a face covering at all times.
 - b. Campers under the age of 12 are not required to wear face coverings.
7. Where lines may form at a facility, marking six-foot increments at a minimum, establishing where individuals should stand to maintain adequate social distancing;
 - a. There will be markings on the ground, six-feet apart outside the facility.
 - b. Campers will have hoola hoops separated by 6 foot sticks that will help keep necessary social distance all times while they're inside the gym. While campers are at a gymnastics station, the hula hoops act as the marking of their spots.
 - c. Lunch / Craft tables will be divided with plastic dividers between each camper. Campers will have a designated 'cubicle' for lunch, crafts, and games for the entire session.

8. Providing hand sanitizer, soap and water, or effective disinfectant at or near the entrance of the facility and in other appropriate areas for use by the public and personnel, and in locations where there is high-frequency employee interaction with members of the public (e.g. cashiers);
 - a. Washing stations are provided outside of the facility.
 - b. There is a bathroom designated for the coaches and students of each group.
 - c. 1 extra bathroom will be designated just for front desk/office staff.
9. Providing for contactless payment systems or, if not feasible to do so, providing for disinfecting all payment portals, pens, and styluses after each use;
 - a. Payments are not accepted on site at the gym. All payments should be made via online payment methods.
10. Common high-touch items:
 - a. Drinking Fountains will be covered. Students will bring and use their own water bottles.
 - b. A plastic bag with art and craft supplies will be provided to each student for use in their assigned 'cubicle'.. No onsite storage is available, the art/craft supply bag must be taken home with the child and returned with the child each day.
 - c. Team athletes will each be provided with their own block of chalk.
 - d. The Foam Pit will be covered to prevent gymnasts from having contact with foam blocks.
 - e. Lesson plans will be modified to omit partner activities and minimize the use of props.
11. Regularly disinfecting other high-touch surfaces;
 - a. The entire facility will be disinfected with liquid sanitizer between sessions & after camp hours. Four UV lights with ozonators were ordered but the shipment is delayed until further notice.
 - b. Touchless soap dispensers & faucets will be available in bathrooms.
 - c. Touchless hand sanitizer stations located near gymnastics equipment.
 - d. Equipment will be sprayed with sanitizer routinely throughout the day.
 - e. Each group of campers will be accompanied by a coach to wash their hands before and after each activity and after use of restroom.
12. Posting a sign at the entrance of the facility informing all personnel and customers that they should: avoid entering the facility if they have any COVID-19

symptoms; maintain a minimum six-foot distance from one another; sneeze and cough into one's elbow; not shake hands or engage in any unnecessary physical contact;

- a. A sign will be posted at both the front and back entrances of the facility informing all personnel and customers that they should avoid entering the facility if they have any COVID-19 symptoms; wear a face covering, maintain a minimum six-foot distance from one another; cover all sneezes and coughs; and not shake hands or engage in any unnecessary physical contact.
13. Comply with any additional social distancing measures being implemented (see the Centers for Disease Control and Prevention's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>).

[Additional Release and Waiver of Liability COVID-19](#)