



## Peninsula Gymnastics San Mateo COVID 19 Virus Action Plan for Resuming Operations

Health & Safety of our gymnasts and community is our  
#1 Priority!

Peninsula Gymnastics San Mateo would like to open in the following phases, with continued monitoring and updating from San Mateo County Health Department Orders:

### **Phase 1:**

Peninsula Gymnastics would like to bring in our staff to train all new safety protocols and procedures.

We would also want to open our facility to Peninsula Gymnastics Competitive Teams during this 1-3 weeks holding separate training times limited to 12 children per group in one area for up to 4 hours. Groups will stay stable to the same gymnasts for 3 weeks with the same coach for the entirety. Competitive athletes and staff members will use specified entries and exit points. No team athlete parents, or siblings will be allowed in either building.

### **Phase 2:**

During weeks 4-6, Peninsula Gymnastics would like to invite our preschool and recreational students to return to the gym. We will offer day camps and classes with smaller teacher-to-student ratios. To ensure the safest environment, we will introduce students to new safety procedures and protocols. Children enrolled in classes will stay in "stable" groups with stable coaches and separate areas.

### **Employee Guidelines**

- Staff will follow illness policy, which includes temperature checks and 24 hour wellness standards. Any symptoms go home.
- Staff will wash/sanitize hands when entering Peninsula Gymnastics Facility, prior to the start of each class, during class, and at the conclusion of each class.
- Staff will keep 6 foot social distancing with children (spotting is limited to necessity to avoid catastrophic injury).
- Staff will be diligently trained on procedures and prepared to enforce all social distancing protocols.
- All staff members will wear a mask at all times.
- Peninsula Gymnastics employees will follow San Mateo County Health Department Guidelines

### **Facility Guidelines**

- Peninsula Gymnastics Staff are required to sanitize all contact surfaces and reduce touch points. Sanitization will be based on the CDC guidelines of disinfecting.
- Peninsula Gymnastics staff a team on site to disinfect/sanitize equipment and commonly touched surfaces before, during, and after each class (disinfectant wipes and/or spray). Employees will be disinfecting/sanitizing all areas of their department immediately following the end of class to prepare for the next group. Peninsula Gymnastics will have mandated time between groups for cleaning and sanitizing.
- Peninsula Gymnastics will use products effective against Covid-19 throughout the building prior to opening and throughout each day.
- All other common surface areas will be disinfected/sanitized between class and training times daily. Including the bathrooms and water bottle filler stations.
- Hand Sanitizer dispensers or handwashing stations are located in front of the building as well as inside, and are easily accessible and monitored for refill.
- Drinking fountains will be covered. Students will use their own water bottles at the filler station.

Bathroom access will be limited and monitored by a staff member, allowing groups to only use their designated bathroom for their entire training/class time.

- Peninsula Gymnastics has sectioned the gym area and other areas to observe the 6ft. social distancing protocols at all times which includes markings on the floor for Social Distancing.
- Peninsula Gymnastics will adhere to the strict 12 gymnasts per area for the building
- Signage will be posted outside and inside the building.
- Peninsula Gymnastics will only sell packaged snacks from a vending machine.
- Lesson plans will be modified to omit partner activities and minimize use of props.
- The Foam pit will be covered to not allow gymnasts to have contact with foam blocks

### **Entering & Exiting Guidelines**

- Drop Off and Pick Up will use the social distancing lines to enter and leave. Entering & Exiting the facility will be by separate doors.
- Competitive athletes will use a drop off and pick up system from a separate door, bringing only necessary training items and a water bottle. All athletes will have their own chalk and chalk bag, all communal chalk buckets will be stored away.
- Upon entering, temperatures will be checked for all students, adults. Any person who appears ill or has a temperature above 100.0 will be sent home.
- All precautions will be taken to keep the children in a safe environment while waiting for their guardians.
- Students will be required to sanitize or wash hands upon entering/leaving the gym and will require a mask upon entering and exiting.
- Traffic Flow and Social Distancing will be carefully watched and maintained at all times (while in lines outside and inside the gyms).

### **Customer Guidelines**

- Gymnasts will be asked to follow illness policy, which includes temperature checks and 24 hour wellness standards.

- Temperature will be checked for all students and adults entering our buildings. Any person who appears ill, or has a temperature above 100.0, will be sent home.
- Peninsula Gymnastics Parents/Guardians will be mandated to sign waivers that include knowledge of safety precautions mandated by Peninsula Gymnastics to participate in activities in the facility. In addition, to adhere to the mandate to not have children participating in more than one group activity while participating in a 3 week stable gymnastics program.
- All precautions will be taken to keep children in a safe environment while waiting for their guardians to pick-up.
- Peninsula Gymnastics staff will supervise students and all customers to properly sanitize/wash hands before, during, and after class.
- All competitive athletes will keep all their items in a small bag and will carry their bag with them throughout the entire time of training.
- Parents/Guardians will adhere to online/phone in payments ONLY!

### **References:**

San Mateo Health Department:

<https://www.smchealth.org/post/health-officer-statements-and-orders>

CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

OSHA:

[www.osha.gov/SLTC/covid-19/](http://www.osha.gov/SLTC/covid-19/)

USA Gymnastics:

<https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/safereopening.pdf>