



Trinity Academy of Gymnastics

Policies & Procedures for Returning to Class

Updated August 2021



The health and safety of our athletes will always come first. As we return to play after the disruption due to the Covid-19 public health crisis, every decision, policy, and procedure is made in the interest of our students' safety and health, both mental and physical. We cannot and will not make any decisions that favor financial needs at the cost of reasonable safety. This document was created in conjunction with the Illinois Department of Public Health.

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Overview

THIS DOCUMENT IS AS FLUID AS THE SITUATION

Everything about the disease, its spread, governmental guidelines, social responses, the needs of our families, and the financial environment have been in constant flux. Our plan and procedures for how we address all of these things must be adaptable, purposeful, based in science, according to the regulations put forth by state and federal governments, and effective. In order to be all of those things we cannot be afraid to constantly evaluate our policies and procedures, seek out new & sound information, and adjust our responses accordingly. TAG will alter any and all of this handbook as needed to fulfill these goals.

EVERYONE MUST BE THEIR OWN ADVOCATE

One thing we have learned in our communication with our families is that each of us is approaching this recovery differently. In navigating as best we can, each of us has had to find a unique plan for the unique circumstances of our family and environment. While we as a team will continue doing everything we can to meet and exceed state and federal guidelines, while also minimizing interruption of 'normal life' as much as possible, we understand that certain solutions or policies will not be the most appropriate for each family. While we will try our best to create the best environment for everyone, we respect families who have to make the difficult decision to delay their return for now until the global situation, or a certain TAG policy, is changed.

MANDATORY ADHERENCE TO THIS HANDBOOK

Given all the above, and in the interest of protecting the health and safety of the children entrusted to our care, TAG will be enforcing all policies and procedures listed within this document during our return to play. If a family, athlete, or employee is unwilling to abide by these policies and procedures, they will not be allowed to attend TAG until either the TAG Response Phase or their cooperation has changed.



Our Collective Responsibility

We Are All Responsible for the Health and Safety of Each Other

Due to the nature of how viruses spread, in order for all of us to be as healthy as possible, all of us must do our part to support a healthy and safe TAG, and in turn healthy and safe homes for our family and friends.



STAFF

Responsible for ensuring our facility policies are being executed, they are also responsible for the guidelines outside of work, their own health, and their travel and leisure activities.

ATHLETES

Responsible for following the guidelines, helping support their teammates through this time, and following all directions given by staff on site to ensure a low-risk environment for everyone.



PARENTS

Responsible for making sure your family is following good hygiene as a habit, following all preclusion policies, and helping our staff with your patience, support, and dutifulness as we return.

Regardless of what phase we are in, maintaining a healthy and safe environment for all of our students and families is going to take work and cooperation from our staff, athletes, and parents. We need every family to do their part to practice good hygiene, follow our policies and procedures, and be patient and supportive of our athletes and coaches during this time.

Our Reopening Plan

TAG RESPONSE: PHASES OF PROGRAMMING

TAG has worked along with industry leaders in gymnastics, the Child-Instructional Services Industry, USA Gymnastics, and various sports fields to create a customized and comprehensive set of policies and procedures that align with the Restore Illinois Plan. Each phase has differing amounts of precaution and risk management.

The policies and procedures for each phase will be outlined in detail on the subsequent pages.

How we limit the spread

PROACTIVE PREVENTION OF EXPOSURE

The first step to limit spread is in preventing those with confirmed (or a high probability of having been in contact with) Covid-19 from entering the facility. We do this through our screening procedures, including the self-screening we ask staff and families to do regarding symptoms, travel, and in the active screening we do as staff enter the facility and in who we allow to enter.

ACTIVE PREVENTION OF CONTACT SPREAD

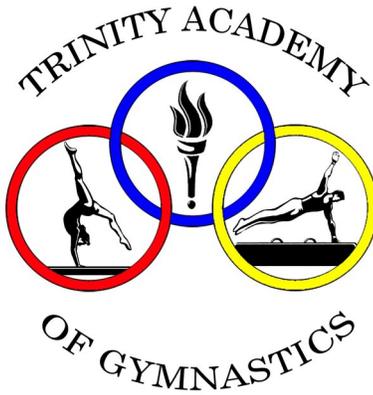
In order to limit the spread of germs through surface and skin contact, we have upgraded and enhanced the complete surface disinfection policies we had in place prior to our closure. As we reopen, our Response Phases will include not only the limitation of the areas and surfaces that our members are exposed to, but the frequent disinfection of those surfaces they do touch, and the washing/sanitizing of hands as they move throughout the gym. You will also notice the closure of certain community resources or areas such as the water fountains and toy play area. We also are requiring all athletes to arrive fully dressed for their program, so they do not have to use the restrooms to change.

ZONE TRAINING

In the initial stages of our plan, we have instituted zone training where we will continue to limit the contact with other classes by limiting, as much as possible, our movement within the facility as well as the touch points by individuals. What zone training involves is splitting our gym into five distinct zones to limit the contact with other individuals within our facility with regard to equipment as well as restrooms. Each family will receive an email notifying them of what zone they are to enter for their child's class. Coaches will greet and invite the student in to prepare for class by administering hand sanitizer and taking students' temperatures. Bathrooms are also designated for each individual zone to further limit contact between classes. A map of the individual zones will be at the end of the handbook in the appendices. Zone training will be modified according to the specific phases of our plan.

Trinity Academy of Gymnastics COVID-19 Response

Quick Reference Guide



Staff Policies

- Staff will not be allowed to coach if they exhibit any symptoms.
- Staff will have their temperature checked at the start of each shift.
- All staff will wear masks while inside the facility.
- Staff will regularly sanitize their hands.

Family Policies

- One spectator per child and no children spectators over the age of two.
- Drop-off is strongly recommended.
- Must wear masks while inside the facility.
- No consumption of food.
- Social distancing will be enforced in the lobby.
- Strongly encouraged to limit movement throughout lobby.

Student Policies

- Students must provide their own water bottle.
- Masks must be worn before, during and after class per IDPH mandatory mask mandate of 11/20/20 for all children 3 and older.
- Students must wash and/or sanitize their hands upon arrival before class start time. Students' temperatures will be taken.
- Should arrive ready for class and as close to their class start time as possible.

Facility Policies

- Each zone will be disinfected in-between each class and facility will be disinfected each night using a recommended EPA-registered disinfectant that also carries the EPA's emerging pathogen claim.
- Bathrooms and high contact areas will be regularly cleaned and sanitized throughout the day.

TAG Operational Phases - Policies & Procedures

	Phase 3	Phase 4	Phase 5
Staff Policies	<ul style="list-style-type: none"> • Must stay home if they or anyone in their household exhibits any flu-like symptoms. • Temperature checks at the beginning of each shift. • Must sanitize hands upon entering and exiting the building. • Must sanitize hands upon entering and exiting the gym, and when changing apparatus within the gym. • Must sanitize hands between each class. • Must wear face covering while inside the building. 	<ul style="list-style-type: none"> • Must stay home if they or anyone in their household exhibits any flu-like symptoms. • Temperature checks at the beginning of each shift. • Must sanitize hands upon entering and exiting the building. • Must sanitize hands between each class. • Must wear face covering while present in the lobby. • Must wear face covering while inside the building. 	<ul style="list-style-type: none"> • Must stay home if temperature over 100.4. • Must sanitize hands regularly at work, including but not limited to when entering and exiting the gym. • Good hygiene habits encouraged at home and at the gym. • As of August 2021 we are temporarily requiring masks of all staff regardless of vaccination status.
Family Policies	<ul style="list-style-type: none"> • Everyone must sanitize hands upon entering and exiting the building. • Rec Families: One spectator allowed per family. No children spectators over the age of 2 years old. Team Families: Drop-off strongly encouraged. If you are choosing to stay, only one spectator allowed per family. • Siblings allowed if enrolled in a class on the same day. • No food may be consumed in the facility. • Spectators over age 60 and other high-risk individuals are discouraged. • Social distancing enforced during spectating. • As a spectator please limit your movement in designated observation areas in the lobby. • No students or adults with symptoms allowed. If anyone in a student's household is showing symptoms, the student cannot attend. • Wearing of masks is required while inside the building. Social distancing should be practiced.. 	<ul style="list-style-type: none"> • Everyone must sanitize hands upon entering and exiting the building. • Rec Families: One spectator requested per family. No children spectators over the age of 2 years old. Team Families: Drop-off strongly encouraged. If you are choosing to stay, only one spectator allowed per family. • Siblings allowed if enrolled in a class on the same day. • No food may be consumed in the facility. • Spectators over age 60 & other high-risk individuals are discouraged. • Social distancing encouraged during spectating. • No students or adults with symptoms allowed . If anyone in a student's household is showing symptoms, the student cannot attend. • Wearing of masks is required while inside the building. Social distancing should be practiced. 	<ul style="list-style-type: none"> • Multiple spectators and siblings are welcome in our lobby area. • Good hygiene habits encouraged at home and at the gym. • No children or adults exhibiting symptoms of illness allowed in class or observation area . • Mask usage at your discretion. This may be modified at any time depending on CDC/ IDPH recommendations or governor mandates. • Although in Phase 5, as of August 2021 we are temporarily requiring masks be worn in the gym and parent area for all parents, staff and students regardless of vaccination status.
Student Policies	<ul style="list-style-type: none"> • All students must sanitize hands upon entering and exiting the gym, and when changing apparatus within the gym. • All students must bring their own water bottle. • Water fountain will be unavailable. • No food may be consumed in the facility. • Students aged 3 and over must wear a mask at all times while in the facility per IDPH mandatory mask mandate of 11/20/20. • Socialization with students outside your class/ training group should be limited within facility. 	<ul style="list-style-type: none"> • All students must sanitize hands upon entering and exiting the gym, and when changing apparatus within the gym. • All students must bring their own water bottle. • Water fountain will be unavailable. • No food may be consumed in the facility. • Students aged 3 and over must wear a mask at all times while in the facility per IDPH mandatory mask mandate of 11/20/20. • Socialization with students outside your class/ training group should be limited within facility. 	<ul style="list-style-type: none"> • Water fountain returned to use. • Students must sanitize hands before and after class. • Good hygiene reinforced and taught. • Stamps will resume. • Students' mask usage at parents' discretion. • As of August 2021, we are temporarily requiring masks be worn by all students 3 & up.

	Phase 3	Phase 4	Phase 5
Class Policies	<ul style="list-style-type: none"> • Rec Classes: Class size will be limited to a maximum of 8 children. • Team Groups: Team groups will be limited to a maximum of 10 children. • No class will share equipment with another class that is being conducted at the same time. • Classes will be altered to promote social distancing. • Classes will be altered to limit sharing equipment between athletes where possible. • Hands on spotting as necessary. • No unnecessary physical contact. • Students should come prepared for class to promote as little time in gym as necessary (come dressed, go to bathroom at home, etc.). • Arrive as close to the start time of your class as possible. 	<ul style="list-style-type: none"> • Rec Classes: Class size will be limited to under 16 children. • Team Groups: Team groups will be limited to under 20 children. • Limited (or no) sharing of equipment with classes being conducted at the same time. • Classes will be altered to promote social distancing. • Classes will be altered to limit sharing equipment between athletes where possible. • Hands on spotting as necessary. • Limited physical contact for encouragement. • Students should come prepared for class to promote as little time in gym as necessary (come dressed, go to bathroom at home, etc.). • Arrive as close to the start time of your class as possible. 	<ul style="list-style-type: none"> • Normal spotting procedures reinstated. • Normal physical contact allowed.
Facility Policies	<ul style="list-style-type: none"> • Play area removed from the lobby to reduce frequent contact from multiple people. • Hooks will not be available for use. • Rec gymnasts should leave their personal belongings with their guardian or bring a bag to store them. • The main gym pit and preschool pit will not be in use. • Vending machine will be closed. • Parent Area may be closed or designated observation areas established in the lobby to facilitate social distancing of spectators. • Each zone will be disinfected each night and between classes using a recommended EPA-registered disinfectant that also carries the EPA's emerging pathogen claim. • High contact areas in the lobby will be cleaned hourly. • Areas unable to be disinfected by chemical means will be exposed to sanitizing UV lighting overnight. • Multiple entrances/exits used to decrease contact with others. 	<ul style="list-style-type: none"> • Play area removed from the lobby to reduce frequent contact from multiple people. • Hooks will not be available for use. • Rec gymnasts should leave their personal belongings with their guardian or bring a bag to store them. • Vending machine will be closed. • Spectators requested to practice social distancing in Parent Area. • Each zone will be disinfected each night and between classes using a recommended EPA-registered disinfectant that also carries the EPA's emerging pathogen claim. • High contact areas in the lobby will be cleaned frequently. • Areas unable to be disinfected by chemical means will be exposed to sanitizing UV lighting overnight. • Multiple entrance/exits used to decrease contact with others. 	<ul style="list-style-type: none"> • Tables, and the play area may be re-opened for public use. • Individual cubbies will be installed for student use. • Vending machines may reopen. • The facility will be disinfected nightly using a recommended EPA-registered disinfectant that also carries the EPA's emerging pathogen claim. • UV sanitizing lights activated overnight. • All bathrooms spot cleaned/sanitized regularly during operating hours.

Sources

<https://www.illinois.gov/news/press-release.23668.html>

Restore Illinois Youth Sports Guidelines <https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines3/youthsports.pdf>

CDC Considerations for Youth Sports <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Illinois Department of Public Health Restore Illinois: A Public Health Approach to Safely Reopen Our State <https://dph.illinois.gov/restore>

CDC: Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Reopening_America_Guidance.pdf

EPA: List N: Disinfectants for Use Against SARS-CoV-2 <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

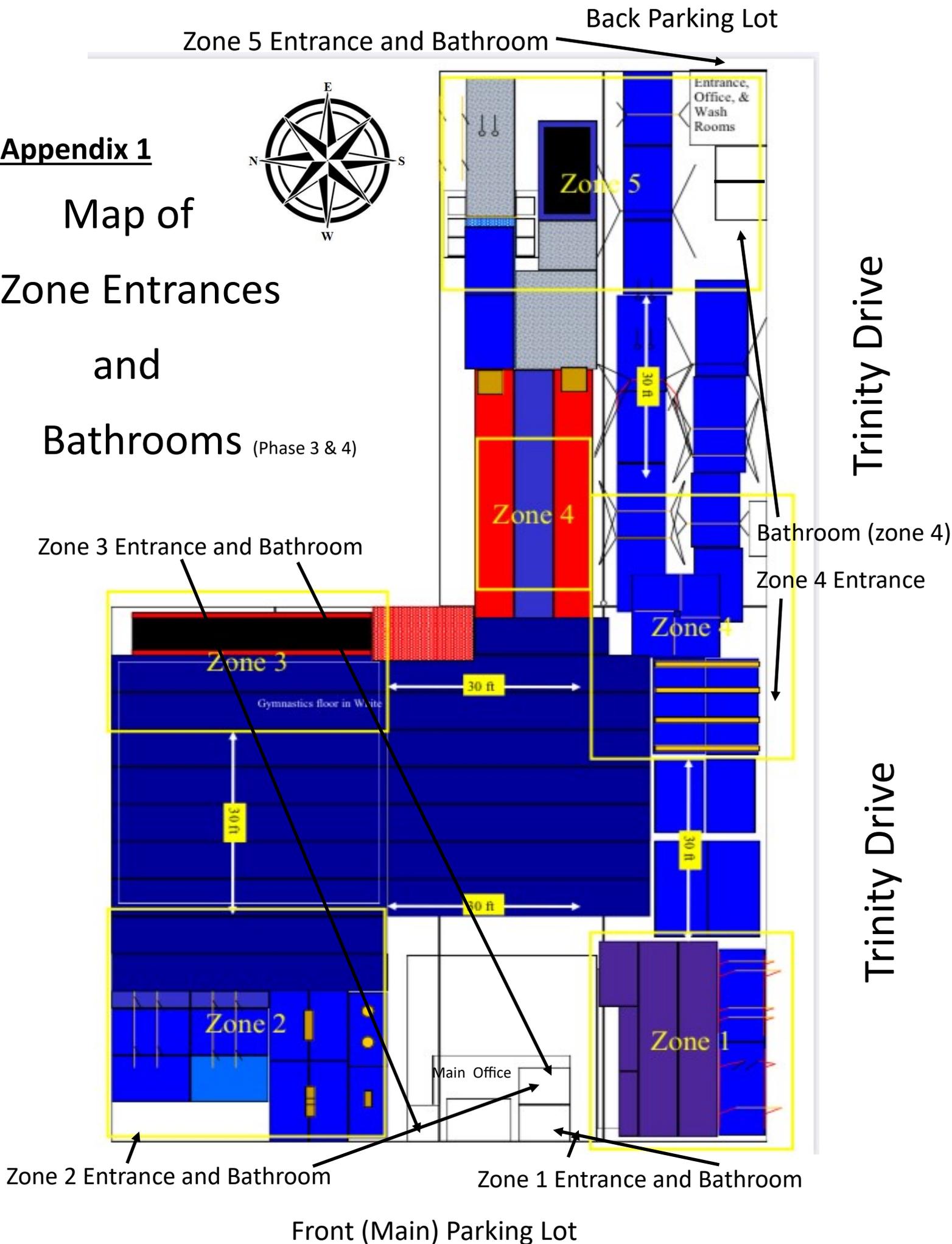
CDC: Supplemental Guidance for Child Care Programs that Remain Open <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html>

USA Gymnastics Member Club Considerations for a Safe Re-Opening <https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/safereopening.pdf>

US Chamber of Commerce Standardized Employee Questionnaire https://www.uschamber.com/sites/default/files/coronavirus_employeequestionnaire_final.pdf

Appendix 1

**Map of
Zone Entrances
and
Bathrooms (Phase 3 & 4)**



WE'RE ASKING FOR YOUR HELP

With the global spread of COVID-19 we are trying our best to keep our community safe and we are asking you to read the following questions.

IF YOU ANSWER “YES” TO ANY OF THESE QUESTIONS FOR YOURSELF OR YOU CHILD, WE WOULD ASK THAT YOU DO NOT ENTER THE BUILDING AND RETURN WHEN YOU CAN ANSWER ALL THESE QUESTIONS WITH “NO”

- Have you been ill with fever, chills, cough, or body aches in the last 14 days?
- Has anyone in your household had these symptoms in the last 14 days?
- Have you or anyone in your household traveled to a location in US where an increased incidence of COVID-19 has been reported in the past 14 days?
- Have you been told by a healthcare provider that you should self-quarantine due to potential COVID-19 exposure or you are suspected of having COVID-19?



We appreciate you taking the time to answer these questions. Our team is answering these same questions every day as they come into work.