

# JACKSONS GYMNASTICS SAFETY PROTOCOL

## Arrival

- Athletes will remain in their car until 5 minutes before practice is ready to begin.
- Gymnasts and parent will enter the gym and go line up in designated arrival areas. Athletes will be brought out to the warm up floor and will be directed where to stand for warm up.

## Parent Viewing

- In order to limit the number of people inside the gym at one time families are limited to ONE parent per child and ALL sibling MUST stay with their parent at ALL times.
- 1 seat must separate all parents while in the viewing area.

## Mandatory Hand Sanitizing

- EVERY PERSON that enters the gym is required to IMMEDIATELY wash their hands.
- All athletes will be required to wash hands before leaving the gym.

## Staff Work Habit

- Staff will be required to wash hands before and after each practice.
- The coaches will be running practices with "hands off" lesson plans. The athletes will be given assignments that are safe and level appropriate and will receive their instructions and corrections verbally.

## Equipment Standards

- Coaches are required to sanitize all contact surfaces before and after classes and practices.

## Scheduling

- Gym Managers will be responsible for scheduling team practices, classes and camps to accommodate the student to facility ratio.

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## Facility Ratio

- Club owners are to uphold the student to square-footage ratios at all times.
- 4 students per 1,000 feet.
- Jackson's gym area is 12,500 square feet, which allows for 50 athletes inside the gym at a time.

## Group Spacing

- While attending practices, coaches will set up stations prior to practices starting and will place those stations 6 feet apart.
- Warm-ups will be conducted as a group but athletes will be placed 6 feet apart, using tape or chalk lines to establish distance.
- Student to coach ratio will not exceed 10 athletes per group.

## Lobby Maintenance

- Office personnel will sanitize all entry surfaces prior to and after each class or practice.

## Exiting

- Athletes will be given 5 minutes to collect belongings and wash hands before being released from classes.
- If a parents does not stay for their child's class, parents **MUST BE ON TIME** for pick up to avoid the athletes congregating in lobby area.
- If your child has a phone, please call them to let them know that their transportation has arrived.

## Health Requirments

- Athletes will **NOT** be allowed to practice if they have had a cough, fever, or fatigue in the last 14 days.
- Staff members have agreed to a 24-hour wellness standard and will be required to call out if they feel fatigued or obtain a fever within 24 hours of shift.