



Iowa Gym-Nest is committed to maintaining the health and wellness of everyone who walks through our doors. That includes staff, gymnasts, parents and visitors. With this, IGN has outlined a wellness policy that we ask to be followed by everyone.

What our **STAFF** is doing:

- Upon entering the building temperatures will be taken as well as asked about general symptoms (fever, cough, shortness of breath, body aches, chills, sore throat). If it is above 100.0, they will be sent home and referred to consult their doctor.
 - Staff temperatures will be logged and kept on file.
- Upon entering the building hands must be sanitized
- Staff will monitor and immediately report any symptoms they may develop while at work. If symptoms appear, staff will be separated from other staff, gymnasts, and/or visitors. Staff will then be referred to consult with a doctor and follow health guidelines for returning back to work.
- Staff will wash hands with soap and water for at least 20 seconds and/or use hand sanitizer between events, after going to the bathroom, coughing, sneezing, and/or spotting any gymnasts when necessary.
- Staff may wear cloth face masks/PPE and are encouraged to do so if they need to breach the 6' physical distancing space.
- If a staff member has come in contact with or lives with someone infected with Covid-19, they will not be permitted to come to work and will follow the CDC health guidelines for returning back to work.
- Staff will NOT be able to high-5 or hug athletes.
- If needed for safety, staff will provide hands-on spotting to athletes.

What are we doing for the **FACILITY**?

- Frequently touched/commonly used surfaces (door handles, light switches, etc.) will be routinely wiped down by staff
- Common areas (lobby, bathrooms, etc.) will be cleaned/disinfected by staff in the gaps between classes/team groups
- Small equipment in the gym (panel mats, trapezoids, wedges, etc.) will be cleaned/disinfected after each rotation
- Larger equipment in the gym (beams, vaults, etc.) will be disinfected at least once each day
- IGN will provide hand washing stations (in the restrooms) as well as hand sanitizer stations located throughout the facilities
- Drinking fountains will NOT be in use

- There will not be seating in the viewing areas as long as the social distancing guidelines are in effect.

What can **ATHLETES** do to help?

- Upon entering the building temperature will be taken as well as asked about general symptoms (fever, cough, shortness of breath, body aches, chills, sore throat). If it is above 100.0, or they are displaying COVID-19 symptoms; they will be sent home and referred to consult their doctor
- Upon entering the building, hands must be sanitized and team athletes will immediately proceed to the gym to SIT and wait for practice to start. This will help alleviate congestion in the lobby.
- Gymnasts will monitor and immediately report any symptoms that may develop while at practice. If symptoms appear, gymnasts will be separated from other gymnasts, and parents will be notified. Staff will then refer the parents/gymnasts to consult with their doctor and follow health guidelines for returning back to practice.
- Gymnasts will wash hands with soap and water for at least 20 seconds and/or use hand sanitizer between events, after going to the bathroom, coughing or sneezing.
- Athletes may wear masks/PPE during training.
- If a gymnast has come in contact with or lives with someone infected with Covid-19, they will not be permitted to come to practice and will follow the CDC health guidelines for returning back to practice.
- Gymnasts will arrive no more than 10 minutes prior to their scheduled training time and will leave IGN within 10 min. of the completion of practice.
- Gymnasts will only be allowed in the building during their scheduled training time to limit number of athletes at any given time.
- Gymnasts will arrive for practice already dressed for practice to limit the use of the bathrooms.
- Gymnasts will bring their own backpack with all necessary personal equipment (LABELED with their name on it) including:
 - Water Bottle(s) already filled with ice and water
 - Athletes will NOT be allowed to share water bottles
 - Grips/Tiger Paws
 - Spray Bottle for water (if needed for grips)
 - Container or Zip lock bag labeled with Child's name on it for a block of chalk
 - All athletes needing chalk, will be given their own block of chalk (chalk block is approximately 4"X4"X2") once a month. If extra blocks are needed, they can be purchased at IGN.
 - Folders/Lesson Plans/Pens/Pencils
 - Personal Theraband, labeled with their name
 - Personal gloves and straps for strap bar
- Upon entering the main gym, clothes will need to come off and put into their backpack; shoes should also be placed into backpacks (if possible) or placed in the designated spot.
- During practice, we ask athletes do not high-five or hug fellow teammates and/or coaches.
- Upon finishing practice, all personal belongings MUST go home in the backpack. We will no longer allow gymnasts to keep backpacks/personal items in the gym.
- Upon finishing practice, athletes will help sanitize/clean equipment that was used.

- Upon exiting the building, gymnasts will wash/sanitize hands.
- Once an athlete returns home, we recommend washing clothes and shower/bathing prior to interacting or eating with family members; backpacks and personal training items should be sanitized, if possible.

What can **PARENTS** do to help?

- We ask that parents/guardians ‘drop off and pick up’ rather than entering the building with their athlete in order to limit the number of individuals in the facility.
- If needed, one adult per athlete can enter the building, only children enrolled in class will be allowed to enter the lobby/viewing areas.
- Any adult entering the building must sanitize their hands.
- Any adult entering the building must wear a face mask or PPE.
- Any adult entering the building consents to having his/her temperature taken. Persons with temperatures over 100.0 will not be allowed to enter the building.
- Any adult entering the building must adhere to the 6-foot social distancing and following the traffic flow pattern marked out.
- There will not be seating in the viewing areas as long as the social distancing guidelines are in effect.
- Please have your gymnast ready for practice prior to coming into the gym and remind them to wash/sanitize their hands and cover coughs and sneezes.
- If you or any family member does not feel well, please stay home.

I am aware that while gymnastics is an individual sport, there will be times when incidental contact will occur. Iowa Gym-Nest is operating in a social and physical distancing environment but even with the best efforts and intentions, there will be times when the children will breach the prescribed (currently 6’) distancing recommendations. In addition, our teaching and coaching staff will spot (physically assist) when the circumstances require it. Spotting our students and athletes is often necessary in order to teach skills safely, to help athletes perform skills correctly and to prevent injury. I understand and agree that spotting will be part of the learning process at Iowa Gym-Nest and I agree to permit my child’s teacher and/or coach to physically assist my child when needed. Direct assistance will also be provided in the event of injury. I also understand that accidental contact between children is always a possibility.

I have read, and understand, the above listed policy & procedures and I acknowledge that I am sending my athlete(s) to practice voluntarily and understand that even with the extra precautions put in place athletes in attendance still risk exposure to Covid-19 and/or other illnesses.

Gymnast(s) Name

Signature of Parent/Guardian/Staff Date