



PRIDE GYMNASTICS ACADEMY PHASE 1 PROTOCOL

Starting May 1st:

ALL VULNERABLE INDIVIDUALS** - Should continue to shelter in place. Members of households with vulnerable residents should be aware that by returning to work or other environments where distancing is not practical, they could carry the virus back home. Precautions should be taken to isolate from vulnerable residents.

All individuals, WHEN IN PUBLIC - (e.g. - parks, outdoor recreation areas, shopping areas) Should maximize social distancing from others. Social settings of more than 10 people, where appropriate distancing may not be practical, should be avoided unless precautionary measures are observed.

Avoid SOCIALIZING in groups of more than 10 people in circumstances that do not readily allow for appropriate physical distancing. (e.g. - receptions, trade shows)

MINIMIZE NON ESSENTIAL TRAVEL - and adhere to CDC guidelines regarding isolation following travel.

Re Opening Guidelines

- Limited classes offered.
 - Shorter classes offered to allow time for cleaning in between classes
 - No spectators during class to keep people from migrating in groups, during these times of social distancing.
 - Class size will be limited to 6-8 gymnasts.
 - There will not be more than 3 training groups at any given time.
 - Groups will train at different sides of the gym.
 - Everyone will need to fill out and sign a new waiver form, which has some questions about your condition and whereabouts (**COVID-19 WAIVER**). You can fill it out, sign and email back or bring physical copy). if any of your answers change, you should report those changes to the gym immediately.
 - We will have 10 min in between classes for mat/facility sterilization (we will disinfect the mats, bathrooms, door handles, etc..)
 - No visitors from other gyms or from other cities.
 - Water fountain will be wrapped and not in-service due to sanitary reasons.
 - Everyone will be required to wash their hands before leaving the gym also.
1. STAY HOME IF YOU ARE SICK OR ARE EXPERIENCING A FEVER - TEMPS WILL BE CHECKED AT DOOR. If you do experience symptoms such as fever, cough, shortness of breath, you should not return to gym until you meet fever criteria (7 days from onset of symptoms and no fever for > 72 hours without use of medications).
 2. EVERYONE WILL BE REQUIRED TO WASH THEIR HANDS BEFORE ENTERING.
 3. ANY PERSON CATEGORIZED AS HIGH RISK SHOULD STAY HOME

4. PLEASE EXIT SWIFTLY AFTER CLASS AND DO NOT SHOW UP EARLY.

5. PARENTS PLEASE DROP KIDS OFF FOR CLASSES. THERE WILL BE NO SPECTATORS ALLOWED IN CLASS DURING PHASE 1 TO ALLOW FOR SOCIAL DISTANCING.

6. TEAM MEMBERS WILL BE REQUIRED TO BRING A CONTAINER LABELED WITH A LID LABELED WITH THEIR NAME FOR THEIR OWN PERSONAL CHALK BUCKET. THIS CHALK BUCKET SHOULD ONLY BE USED BY THAT 1 GYMNAST.

7. WE CANNOT WAIT TO SEE EVERY ONE!