



We are so excited to be able to reopen and have missed all of our gymnasts and families. With our reopening we have implemented new procedures and protocols to ensure the safety of our gymnasts, families, and staff. Although no facility can guarantee that they are 100% virus and bacteria free, BK Gymnastics is doing all we can to help lower the risk of exposure to harmful contaminants.

General Guidelines

- We ask that you begin curbside drop-off and pick up. If needed, only one parent or guardian will be allowed to enter the building.
- Everyone must wear a mask or facial covering when entering the gym. This also applies to parents or guardians dropping-off or picking up.
- Students will be required to wear face coverings while entering and moving throughout the gym. Masks are not required when class begins as they can be dangerous to participants should they cover the child's eyes mid-skill.
- Everyone (parent/guardians, students, and staff) entering the building will have their temperature taken with a touchless thermometer. Individuals with temperatures above 100.4 degrees will not be permitted into the building. Please cooperate with this mandate and makeups for a different time/day will be offered.
- All mats, equipment, and lobby areas have been thoroughly cleaned/sanitized. In between practice sessions our staff will take the time to sanitize equipment.
- Hand-sanitizer will be available throughout the gym and lobby areas. Participants will be reminded to use them frequently.
- Gymnasts will need to use hand sanitizer after each rotation (except bars - after bars, athletes will wash their hands).
- Lobby areas will be cleaned and sanitized throughout each session.
- Specific apparatus areas will be cleaned and sanitized after each group.
- Water fountains and vending machines will be disabled. Please have gymnasts bring a pre-filled bottle of water. All Water bottles should have tightly fitting tops to prevent spilling. Only Water will be allowed in the gym.
- Instructors will wear masks or facial coverings and wash their hands prior to/at the conclusion of, and between classes. They will also sanitize their hands after each rotation.

Practice-Specific Guidelines

- Classes have been adjusted in order to maintain proper physical distancing and occupancy requirements.
- Our staff has been working on creating lesson plans that limit the need for staff contact. While this is not what we all know as "normal", it will provide increased opportunity for independent learning.

- **Please have everything prepared in a “Backpack Cubby.”** We ask that all participants bring a backpack large enough to fit their water bottle, mask, hand sanitizer, and shoes. These “Backpack Cubbies” will be left in a cubby during class and they will bring their water bottles into class with them.
- Gymnasts who are unable to follow social distancing guidelines will be removed from practice. Safety is our top priority.

BEFORE YOU LEAVE YOUR HOME

- If you haven’t already, please print, fill out, and bring a signed waiver.
- Only one parent or non-participating adult will be permitted to enter the facility with their child(ren) if needed.
- All adults and children must wear masks or facial coverings when entering the gym.
- Water fountains in the gym will be disabled.
- Make sure each athlete has their own personal water bottle, filled and labeled with their name. Bottles should have tight closures to avoid spilling. Only water will be allowed in the gym.
- We encourage everyone to use the restroom at home prior to entering the gym.
- Children must thoroughly wash their hands prior to arriving.
- Students must stay home if they or a household member has had onset of illness with symptoms typical of COVID-19 or have been in contact with someone who has been diagnosed with COVID-19.

o Symptoms include: Fever (>100.4), cough, shortness of breath or difficulty breathing, chills, muscle pain, headache, sore throat, and new loss of taste or smell.

- Please arrive no more than 10 minutes prior to your scheduled class/workout time.

WHEN YOU ARRIVE AT THE GYM

- Be prepared to wait outside or in the lobby until a staff member can screen you and your child(ren).
- Prior to entering the building, everyone will have their temperature checked by a touchless thermometer. Individuals with temperatures above 100.4 degrees will not be permitted into the building.
- Upon entering the building, everyone will be provided hand sanitizer or an opportunity to wash their hands.

DURING CLASS/COMPETITIVE WORKOUT

- Coaches and class instructors will promote at least six feet of physical distancing between coaches and athletes.

- Initially, instructors will use drills that do not require spotting. Spotting is an essential part of keeping gymnasts safe and preventing injury, coaches will step in to spot when necessary.
- We will strive for gymnasts to maintain their own training spaces and do our best to minimize waiting in lines. If a line is necessary, gymnasts will be spaced apart.
- Students and coaches will periodically use hand sanitizer during their time slot.
- While drop-off is encouraged, we understand that some individuals may prefer to watch the class. Viewing will only be allowed when students have left the lobby and entered the gym. When viewing, practice physical distancing, wear a mask or facial covering and avoid congregating.

FOLLOWING CLASS/TEAM WORKOUT

- Athletes will wash their hands or be given hand sanitizer. Physical distancing will be maintained.
- It is imperative that athletes are picked up on time. We are allowing for “cleaning breaks” in between each group so we can prepare for the next group. If you are running late please call to notify us.
- Children are advised to wash hands and feet thoroughly upon arriving back home.
- **Backpack cubbies** should be cleaned, along with the contents after each class/workout.
- When picking up please wait outside by the door and an instructor will bring your child to you.

PROTOCOLS, PROCEDURES & PRECAUTIONS

In these unprecedented times, we understand the difficulties and uncertainty surrounding normal activities that most of us have previously taken for granted.

At the BK Gymnastics we take great pride in the safety and well-being of everyone who enters our facility. We have done our best to meet or exceed guidelines set by a number of organizations; organizations including the CDC, NY State Health Department, WHO, USAG, SafeSport and gymnastics industry standards.

While we are thrilled about the ability to reopen, we know that we need to do our part to keep everyone safe. Below is a list of some preparations we have made over the last few months to keep our families safe.

Although no one can guarantee 100% virus and bacteria free, BK Gymnastics is doing all we can to lower the risk of exposure to any such contaminants.

We have:

- Incorporated a comprehensive plan for drop off and pick up of athletes
- Integrated a temperature check and “certification” process to enter the facility (Athletes, Parents & Staff)
- Installed additional sanitizing dispensers throughout the gym.
- Installed touchless soap dispensers in bathrooms.
- Incorporated hospital grade sanitizing solutions to clean and disinfect the facility.
- Incorporated “Cleaning Time” to help thoroughly sanitize areas and equipment
- Marked facility to help maintain social distancing
- Disabled water fountains and vending machines
- Cubbies will no longer be used (Athletes will be required to bring in and carry a bag with their belongings)
- Recommended parents abstain from staying in lobby during class time
- All staff will wear a face covering while in the gym
- Trained staff to effectively follow new protocols
- Supplied staff with personal “necessity packs” which they will carry so athletes can limit the times they leave their area. They include commonly needed supplies (i.e. sanitizer, band aids, medical tape, gloves, etc)
- Lesson plans have been modified to omit partner activities, shared “props” and non-essential spotting