

General Restructuring

- Practice times will be scattered. There will be 15-minute intervals between practice times to allow coaches to sanitize all equipment that was touched or worked on during practice, while one group of athletes exits, and another enters.
- 25 is the maximum number of people inside the building at one time.
- Doors and garage doors will be kept open to allow for better air circulation.
- Door handles will be wiped and cleaned after uses.
- We will now be taking payments via PayPal. CC and Check are still welcome.
- All athletes will be required to enter the gym through our "Entrance Only" door, wearing a mask, and sanitize at the "Sanitation Station"
- All athletes will be required to leave the gym through our "Exit Only" door, wearing a mask, and sanitize at the "Sanitation Station"
- Athletes are to enter and exit wearing a mask but are not required to wear a mask while practicing.
- We will keep a daily contact tracer log as well as a cleaning log.
- NYS mandates an 8-person limit per grouping
- One person at a time will be allowed in bathrooms which will be cleaned regularly.
- Each athlete will have their own assigned water spot/cubbies throughout the gym. They will be scattered. They will only use their water spot/cubby for personal belongings and water.
- Temperatures will be checked upon arrival

Purple Floor Restructuring

- There will be limited hands on spotting. Safety is a priority, but we will attempt to be as much hands-off as possible.
- Athletes will be spread out and we will attempt to keep a 6-foot distance between each athlete.
- There will be no partner activities
- Stations will be modified to allow for more distance.
- Athletes are to bring their own, water bottle (water fountain will be SHUT OFF), wrist supports, grips, chalk, pre-wrap and tape.
- Coaches will wear masks at all times. If spotting is required a coach will put on gloves and change gloves between athletes.
- All staff will have their temperatures checked daily.
- All coaches will be responsible to clean and sanitize all equipment between classes, as well as themselves in preparation for the next group.
- All athletes are to wash and/or sanitize before rotating to the next event.
- Foam pits will be covered.
- We will be using the back-parking lot for outside stations when necessary.
- Athletes should come dressed for practice and have their own backpack or drawstring bag to carry all gear including shoes and leave in their water spot/cubby during practice time.

- Athletes feet will be wiped down before entering the gym floor.
- Suggestion: If you'd like to purchase gymnastics shoes, so they're not barefoot in the gym, you are welcome to, but it is not necessary. Sticky socks are also welcome.
- Lesson plans will be modified to limit use of props. Any props will be sanitized after each individual use.
- Athletes will be assigned to particular apparatus/equipment which will be wiped down after each rotation: we've been given specific guidelines from our multiple equipment manufacturers and will follow their best practice recommendations to disinfect between practice sessions and wash down at the end of the day's use. We also will be using UV lights overnight for an extra level of sanitizing. Gymnasts will not be sharing equipment within their practice group for the time being. We will keep a copy of the guidelines in the gym, should you have any specific questions regarding cleaning products/processes.
- There will be no early entry or delayed departure

Parents Responsibilities

- All parents will be required to check their child's temperature, and NOT send them to the gym if they are not feeling well.
- We will ask all parents to drop off and pick up ONLY and wait in the parking lot during practice times. If you feel the need to stay in the lobby to watch your child, we cannot stop you. but you must adhere to social distancing protocols and always wear a mask.
- We will not be able to provide each child with a mask, but we would encourage parents to send their child with a mask
- We are working on a closed-circuit watching platform that will allow parents to watch from the parking lot/home.
- We encourage parents NOT to car-pool.
- We will be using the back-parking lot for a possible outside viewing area for parents.