

## **\*\*Updated\*\* COVID PROCEDURES Main Campus**

### **All Classes & Team**

- We will consider continuing to have our staff put new content on our YouTube channel monthly for all of our classes (gymnastics, dance & ninja).
- We will have special instructions for our Just You & Me classes which will be e-mailed.

### **Scheduling / Class Ratio**

- Team practices will be staggered to prevent gathering of large groups.
- Classes will be at their normal days/times.
- We will implement 6' social distancing in the lobby (upon arrival) and throughout the gym.

### **Arriving**

- All athletes will be dropped off at the front door.
- Please have them use the restroom at home before they arrive.
- Athletes should arrive 10 minutes prior to practice time but not earlier than 10 minutes. (They should remain in cars if they arrive earlier). We feel it will take about 10 minutes for kids to get their temperature taken and sanitize before entering into the gym safely.
- We will require children to stand on marked locations (6' apart) and wait their turn to enter.
- Athletes should not come to practice if they are not feeling well or have a sick family member.
- Children entering through the front doors (Toddlers, Pre-schoolers, Kinder and Dance) will wait on social distancing spots and then enter through our doors into the breezeway where their temperature will be taken by Aim High staff member. They will then proceed to a sanitizing station inside the door to the lobby. This will all be monitored by your Aim High staff. They will be given an opportunity to use the bathroom at this time.
- If you are late to arrive and there is no longer a staff member at the door, you must call 918-664-8683 and wait for a staff member for your child to enter the building. All athletes must have their temperature taken by a staff member before entering the gym.

### **Viewing**

- Both the lobby and the observation room are only open to one parent per family for children age 5 & under. It is closed for families of students age 6 & up. This is to prevent social gathering.
- Everyone entering the building must wear a mask.
- Masks must remain on all adults at all times they are in the facility.
- We have an app which will allow parents to view on their phones or tablets.

### **Personal Belongings**

- Shoes and belongings will be removed and placed into a laundry basket before they go to their class. They will be passed out by their teacher at the end of class. This is to prevent gathering of children at the cubbies.
- Water bottles will be left on designated spots.
- Masks may be removed once the children enter the gym.
- The water fountains will be off limits. Parents may send a water bottle with their child if they feel it is necessary. The bottle should be clearly marked with the child's name.
- No snacks should be brought to practice.

### **Restrooms / Locker Room**

- The locker room will be off limits for gathering and will only be used as a restroom.
- Athletes must wear shoes into the restrooms.
- All restrooms will be used one person at a time.
- Correct hand washing (20 sec) must be done before returning to the gym.

### **Sanitizing**

- Everyone will sanitize upon arriving and leaving the facility.
- Athletes will sanitize each time they rotate to a new apparatus in the gym.

### **Cleaning / Disinfecting**

- We have purchased a mister and an approved COVID-19 cleaner. We will disinfect the gyms, lobby and bathrooms daily.

### **Exiting**

- When practice is over, parents of gymnasts age 5 & under should pick up at the front doors. Children will be seated and monitored at our front desk. Parents must park and come to the breezeway. We will deliver your children to you.
- Parents of team along with gymnastics and ninja students age 6 & up should pick up at the west doors.
- Parents of dance students should pick them up at the front door.
- Under supervision, athletes will sanitize and will then exit the building through the side doors to eliminate congestion in the breezeway and lobby when new groups arrive.
- Athletes should be picked up from classes on-time to aid our flow of getting athletes in and out of the building safely.

**Staff**

- All coaches will wear masks.
- Spotting will only occur if interference is necessary to prevent an injury.
- Aim High staff members will also be screened for temperatures.
- Staff will sanitize each time the students are asked to sanitize.
- No high fives, fist bumps or hugs will be given to students by coaches.
- Staff will not report to the gym if they knowingly have come into contact with an infected person or have had possible exposure to COVID-19.

**Equipment**

- There will not be any chalk stations.
- Any extra equipment used by athletes (bands, weights, hula hoops, etc.) will be placed in a sanitizing bucket and cleaned by a staff member before being used again.
- To enforce social distancing, more stations will be set up in the gym for the athletes.

**Education / Guidelines**

- Informative Signs and posters will be placed throughout the facility reminding athletes about social distancing, hand washing, DAB your cough/sneeze, etc.
- Parents will be updated via e-mail. Please be sure all e-mail addresses on file are current.

**Student Expectations**

- Parents, please explain social distancing to your children and remind them each day in the car as they arrive.
- No high fives, fist bumps or hugs will be given to students by coaches.

**Birthday Parties**

Birthday Parties have resumed and can be booked on-line. The immediate family of the birthday child may attend if wearing a mask. Parents of attendees of the parties must drop off at the front door and pick up when the party is completed.