

**Albuquerque Gymnastics School**  
**Summer youth program Guidelines**

*\*Please note that all guidelines are subject to change due to federal, state, and city regulations.*

*Revised May 19<sup>th</sup>, 2020*

**1. Social Distancing.**

- a. Students will stay with same staff member as much as possible.
- b. Student teacher ratio will be five to one at all times.
- c. Clearly marked waiting areas with proper social distancing between turns.
- d. Supervision provided to help students with practicing social distancing.

**2. Drop Off and Pick-Up**

- a. Staggered Classes: Appropriate time in between classes to enable social distancing.
- b. Drop off will be on the south side of the building in the alley way under the white tent. Please enter from the east / Morris side. Check in will be starting 10 minutes before class up to 10 minutes after class has started. When the side doors are closed and or the coaches are not present, entry into the building will not be allowed. Coaches will check athlete temperature and ask parents about the self-check. There will no longer be parking in the east gym parking lot. Due to reduced class size there will be plenty of parking in the west gym parking area. Pick up for the east facing building will be by the east front doors and for the west side facing building will be by the west front doors. We have decided to limit the number of parents who enter our gym. This is a difficult decision and will be a temporary action while the state is continuing to make recommendations. Your family and your athlete's health and safety are our main priority. Starting today, parents of athletes ages 6 and over, please drop your athletes off at the door and pick them up promptly following their practice time. You are welcome to remain in your car in the west parking lot during the class time, but we are not allowing parents in the gym for the duration of practice.
- c. Very Limited Seating: There will be limited seating available with clearly marked areas with social distancing rules in place. We always want to be able to maintain the social distancing, so the less amount of people in the building the easier that is maintained.
- d. Require masks in lobby/seating areas, only one person per athlete allowed.

### **3. Health and Personal Hygiene: Students and Employees**

- a. Temperature taken with non-contact thermometers before class. Temperatures of 100 will not be able to teach class and students will not be allowed to participate. Please remain in the car until temperature check and self-check is completed.
- b. Frequent Hand Washing: Supervised with appropriate social distancing in place.
- c. Prohibiting sick employees and students from attending class. Make ups will be provided as needed on Saturday for all classes. (Schedules for make-up classes will be provided upon re-opening and will be by appointment only)
- d. Increased cleaning, disinfecting and sanitizing.
- e. Check restrooms regularly and clean and sanitize them based on frequency of use.
- f. Coaches will be wearing face masks as much as possible.
- g. Coaches will be maintaining the 6-foot social distancing during classes.
- h. Touchless hand sanitizer and lights available.
- i. Avoid touching of eyes, nose and mouth. (face touching)
- j. No community chalk use.
- k. No pit entry: Entry into pits will be on to mats only.
- l. Athletes must communicate to use restroom or leave class for any reason.

### **4. Office**

Our office is now going electronic. We are available by phone, email, or appointment only. All paperwork will be handled by email and all payments will be by credit card and they will be charged by the 5<sup>th</sup> of each month.

### **5. Team Athletes**

Athletes need to bring a small gym bag which includes:

- Sanitizer
- Filled water bottle
- Chalk bag
- Come in flip flops or sliders that fit in the bag
- Athletes will be allowed 1 at a time in their locker to get grips and tiger paws.
- Please eat a healthy meal before you come in, we will remain from allowing snacks as much as possible.

6. **Self-screen** before going into the gym for any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills or repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- rash
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19

7. **Parents**

Maintain at least 6 feet separation from other individuals not within the same household. If such distancing is not feasible, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.

8. **10 steps to create a safe class environment**

1. Drop off by white tent in alley way South side of the building
2. Check temperature and self-check
3. Come in the side doors and sanitize hands
4. Find mark on floor for warmup
5. Find same number against the wall by each event and put your belongings there.
6. Athletes wait for instructions
7. Athletes stay on the stations till coach instructs otherwise
8. Athletes will wash for 20 seconds or sanitize between events
9. We will rotate clockwise through the gym maintaining social distancing
10. Exit through the west and east doors of the building.

**9. We will not allow athletes, employees or volunteers with new or worsening signs or symptoms return until:**

In the case of an athlete, employee or volunteer who was diagnosed with COVID-19, the individual may return when all three of the following criteria are met: at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed since symptoms first appeared; or - In the case of an athlete, employee or volunteer who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until the individual has completed the same three-step criteria listed above; or - If the athlete, employee or volunteer has symptoms that could be COVID-19 and wants to return before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.