

## **RGA's COVID-19 Guidelines:**

We are so excited to welcome our students back. Below are our COVID-19 guidelines for returning. These rules are for the safety of your students as well as our staff; please read over them carefully.

As much as we can do to protect your students, we need you as parents to talk to your children about germs, keeping their hands to themselves and social distance to the best of their ability. Hopefully with your help, everything will run smoothly and the quicker we can get back to some sort of normalcy!

### **Students protections –**

- Screening students for illnesses upon entering the gym –
  - Temperature check for every student. Persons with temperature above 99.0 degrees Fahrenheit will NOT be permitted on the premises.
  - STUDENTS WILL NOT BE ABLE TO ENTER THE GYM IF OUR COVID-19 QUESTIONNAIRE IS NOT FILLED OUT. IT MUST BE SUBMITTED EACH TIME GYMNAST ATTENDS PRACTICE.
    - Has your student or any member of your household been in close contact with a confirmed case of COVID-19?
    - Is your student or any member of your household experiencing a cough, shortness of breath or sore throat?
    - Has your student or any member of your household had a fever in the last 48 hours?
  
- Students entering the building procedure –
  - Please do not send your student(s) into the gym until staff opens the front door of the building. Do not arrive prior to 10 minutes before class time.
  - Limited number of PARENTS allowed inside the building
  - We prefer that you do not enter the building.
  - We will hand sanitize each student upon arrival.
  - Please follow signs posted in the building regarding social distancing and hand sanitizing
  
- Students during class time –
  - Coaches will sanitize the equipment after each rotation.
  - Coaches & staff will be wearing face coverings.
  - Practice social distancing to the greatest extent possible.

- Students will need to bring their own water bottle with their name on it. We will NOT be using the water fountain.
- After students have left the building (see below for that procedure) staff will sanitize the lobby area.
- Students exiting the building procedure –
  - For pick up there will be NO exiting out the front door, we will be exiting through the side door. Student will be putting slippers as they exit.
  - Please park and pick up your child there; they will be waiting with their coach.
  - Children will NOT be allowed to walk through the parking lot without an adult.
  - Students will leave on time to allow proper sanitizing between groups and for exiting traffic flow.

### **Coaches & staff protection –**

- Screening all employees reporting to work for COVID-19 symptoms –
  - Have you been in close contact with a confirmed case of COVID?
  - Are you experiencing a cough, shortness of breath or sore throat?
  - Have you had a fever in the last 48 hours?
- Temperature screening employees –
  - Normal temperature cannot exceed 99.9 degrees Fahrenheit. Temperature will be taken onsite each day upon arrival before work.
- Washing Hands upon arrival and hand sanitizing before each class and after each event.
- Practice social distancing to the greatest extent possible.
- All employees should stay home if ill, report any symptoms of illness to supervisor and require notification of COVID-19 positive case in employee's household. Employees who are particularly vulnerable to COVID-19 according to the CDC (i.e. do to age or underlining conditions) are encouraged to stay home.
- Direct any employees who exhibit COVID-19 symptoms (i.e. answer yes to any of the screening questions, who is running a fever) to leave the premises immediately and seek medical care and/or COVID-19 testing.
- Coaches & staff will be wearing face coverings.