

## PDGA Opening Procures

PDGA's top priority is the health and safety of its staff, clients, and students. In order to prevent the spread of COVID-19 once the gym reopens, PDGA will be implementing the following guidelines:

### Staff

All PDGA employees must wash their hands

- When they arrive at the gym and before they leave
- Before and after coaching a class
- Before and after handling food
- Before and after using the restroom
- Before and after helping a child tend to a cut, sore, and/or other injury
- After handling trashcans or garbage

All PDGA employees should

- Have temperature checked when they arrive at the gym
- Use hand sanitizer when washing hands is not possible
- Have a face mask with them and use it when they come within 6 feet of a gymnast
- Avoid touching their mouth, nose, and eyes
- Know coughing and sneezing etiquette
- Limit close contact with others as much as possible and maintain at least six feet social distancing
- Help keep the gym sanitized and clean
- Not come to work if they have a frequent cough, sneezing, fever, difficulty breathing, chills, muscle pain, headache, sore throat, or recent loss of taste or smell, or if they or someone they live with has been diagnosed with COVID-19

### Entering and Exiting the Gym

To limit the amount of people in the gym and to avoid crowding in the lobby area, PDGA will

- Have **one** entrance and **one** exit
- Place floor markers outside the gym entrance to space students and families six feet apart prior to entering the building
- Have staff administer temperature monitoring with a no-contact temperature gun before being allowed to enter the gym
- Only allow **one** parent to enter with their child(ren). Parent **must** be wearing face mask. No face mask, no gym entrance. Only children attending class will be allowed to enter gym.
- Direct children to their coach/class
- No longer sell food or drink for the time being

Inside the lobby area, there is a clearly marked red line on the floor. Once a parent/family passes this line, they may not cross it again. To exit the building they must go through the gym to the exit on the other side of the building. Once parents exit the gym, they can no longer enter. This is to ensure there is no heavy foot traffic in the lobby area.

To exit the gym area after class:

- Direct kids to the 6' marked area on the floor.
- Those students whose parents are in the gym can be released to their parents.
- The remaining students can be escorted out for pick-up at the front of the building. Adults must be with students at all times

## **Class Sizes**

PDGA will temporarily be reducing its rec class sizes, so students can maintain a safe social distance

- 6 max in jammin' gymnastics classes
- 4 max in awesome acrobats

Class start times will be staggered (30 minutes between classes) to avoid overcrowding in the gym and to allow for cleaning and sanitizing between classes. Only two classes at each level will be allowed at a time.

## **Parent Viewing**

Viewing has been limited to one parent.

While parents are always encouraged to watch their child(ren) practice, PDGA will need to limit in-person viewing because our parent viewing area will seat 75% fewer spectators if we are to conform to the 6-ft social distancing standards. The viewing area allows for a maximum of 8 people. If a parent gets a seat, they will be allowed a maximum of 20 minutes in the viewing area, to give other parents the chance to watch their children.

To compensate we are in the process of looking for ways to provide online viewing of your child's group in the gym through programs like Spot TV or our current security system. More details to follow.

Parents will be able to watch their child while sitting in their car in the gym parking lot, at home, or anywhere else. With Spot TV parents register with jackrabbit through the Parent Portal. Each class would have a predetermined day, time, location of camera, and level and the camera feed will display on the Spot TV app when a parent logs on. Recording is not enabled on the app. If we are able to share through our current system, you would download the app and log in with a password to view the gym.

## **Bathroom Guidelines**

Parents are encouraged to have their children go to the bathroom and wash their hands **before** arriving at the gym.

- PDGA staff will need to monitor restrooms to keep everyone 6-ft apart while waiting to enter and to limit numbers in the restroom.
- PDGA may temporarily block the boy's restroom to accommodate the girls

- Students who need to use the restroom during class will have to be escorted by a parent/staff member

PDGA cannot encourage using the restrooms just for handwashing. Students will no longer be allowed to change in gym. Hand sanitize before class and after class

## **Rec Gymnasts**

All students enrolled in our recreational classes, must come to the gym dressed and ready for class. We are no longer allowing students to change in the restrooms.

Rec gymnasts may bring hand sanitizer, a water bottle, and a mask to class. All items must have child's name clearly written on them.

For health and safety reasons, PDGA will no longer have a lost a found. All forgotten items will be disposed of at the end of the day.

## **Team**

All team levels will have staggered starting times to avoid overcrowding at gym entrance and inside gym area. Team gymnasts **must** come dressed for practice. Bathrooms will no longer be allowed for changing clothes.

Team will work on a rotation-based schedule, so gymnastics will get a rounded practice, but no one area will be overcrowded.

It is vital that team gymnasts understand the importance of social distancing and **DO NOT** share any of their gear, food, or space.

Team gymnasts must bring a bag big enough to contain all of the following:

- Water bottle(s) with their name clearly written (water will not be sold in the gym and drinking fountains will not be used for safety reasons)
- Hand sanitizer and face mask
- Grips, wrist guards, jump-rope, athletic tape, storage container for chalk, and their own theraband.
- Any personal items like cell phone, clothes, shoes, etc.

This is like camp - put your child's name on everything including the brightly-colored and uniquely-distinctive bag or your PDGA backpack decorated with bright ribbons etc. that she will bring and be able to find. We urge parents to make sure that the bags get wiped down and disinfected when it arrives back home and before it enters the gym.

## **Team Breaks**

During break, coaches will escort their gymnasts to restrooms to thoroughly wash their hands for 20 seconds. Coaches will then escort gymnasts to the designated snack area.

**Families, please see the attached Parent Agreement Form. Before your child attends their first class, make sure to either bring in a printed and signed copy of the agreement, or email your signed copy to [info@pdgausa.com](mailto:info@pdgausa.com).**

## COVID-19 Parent Agreement

I am aware that my actions as a parent or legal guardian will impact the safety of others in the PDGA gymnastics and diving facility. Pacific Diving Academy and Straight A's Gymnastics are counting on me and all the other parents and kids to help keep us all safe by meeting the physical-distancing and personal hygiene standards recommended by the CDC and the State of California.

While parents are always able to watch, PDGA will need to limit in-person viewing because our viewing area will hold 75% fewer spectators if we are to conform to the 6-ft social distancing standards. To compensate we are working provide online viewing of your child's group in the gym through Spot TV or our current camera system. More details to follow.

As a consequence of the restrictions placed on PDGA by the California Department of Health and our commitment to safety, parents must agree to follow to the following policies:

1. Students must use the restroom and wash their hands thoroughly **before** leaving for the gym. Students should always wash both hands and feet after returning home. Hand sanitizer will be provided throughout the gym and waiting areas. Students should use hand sanitizer before and after class.
2. Only **one** parent may enter the gym with their child. Only children attending class may enter. Parents are welcome to drop off and pickup in front of the gym. PDGA Staff will look after the students outside in good weather.
3. All adults entering PDGA **must** wear a facemask. Parents not wearing a face mask will not be allowed to enter the facility. Children are welcome to wear masks too, even in class.
4. PDGA will have only one entrance and one exit. Once you step past the red lines in the lobby area, you **will not** be allowed to go back. You must exit the gym through the designated exit. Once you exit the gym, you will not be allowed to re-enter.
5. The lobby and entry area will not include seating and will have clearly marked physical-distancing position indicators. If this space starts to fill up kindly move to the viewing area or wait outside and we will walk your child out to meet you.
6. Please do not send your sick child or yourself into the gym if you are not feeling well. We offer unlimited make-ups.
7. If all viewing space is taken, no further seating will be possible and waiting parents will need to wait outside.

I will do my part to help make the PDGA safe by being respectful of the gym's social-distancing policies, insisting that my child wash their hands before entering the gym and when arriving at home, and by supporting the amazing coaches and staff as they work hard to provide a safe place to develop Happy, Healthy and Confident Kids.

I/ We \_\_\_\_\_ have read and understand the COVID-19 Parent Agreement.

I/We \_\_\_\_\_ will follow the policies in writing and understand all parts of this agreement.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date