



Stateline Family YMCA Gymnastics

Keeping our gymnastics families safe and healthy

Here are guidelines we will follow in phasing back into our gymnastics programming dedicated to keeping our gymnasts, families and employees safe.

STAGE 1

**COMPETITIVE
PRETEAM
FAST TRACK**

STAGE 2

**YOUTH
CLASSES
(ages 6+)**

STAGE 3

**PRESCHOOL
CLASSES
(ages 2-5)**

STAGE 4

**BIRTHDAY
PARTIES
OPEN GYMS**

*Our gymnastics staff will notify any current participants via email, phone call and social media when we are ready for the next stage of programming. If you have any questions, please reach out to Ashley Hoverson at ahoverson@statelineymca.org or Dalton Struebin at dstruebin@statelineymca.org.

Employee Guidelines	<ul style="list-style-type: none"> • Staff will follow illness policy including temperature checks. • Staff will wash/sanitize hands prior to/at the conclusion of and between classes. No shoes on the gym floor. • Staff will have limited direct physical contact with children when able. If coaches need to spot the gymnast, they will wear a mask and sanitize in between students. • Staff will be diligently trained on cleaning procedures and social distancing for instruction. • Staff will be disinfecting equipment/lobby/restrooms in between classes and rotations.
Building Preparation	<ul style="list-style-type: none"> • The gymnastics staff have disinfected the entire facility prior to opening. • Cintas has provided an anti-COVID solution as our new cleaning agent to prevent disease/infections. • Hand sanitizer stations have been placed at the entrance and throughout the gymnastics room. • Cleaning stations have been set in place for coaches and staff to have quick access to clean in between rotations and classes.
Entering the Building	<ul style="list-style-type: none"> • Drop off and pick up is encouraged for all competitive gymnasts and all progressive gymnasts (ages 7+). Spectator seating is separated by 6 feet is currently limited to 8 seats. • Classes will be staggered start/end times so there is only 1 class entering/leaving at one time. It is very important for the gymnast to be dropped off no earlier than 5 minutes prior to class and picked up on time. • Gymnasts 6 & younger are allowed to have 1 guardian with them throughout the class to help ensure that their child can and will properly wash hands prior to class, during restroom breaks and after class. • Staff will lead gymnasts to the exit and ensure they are picked up safely. Parents MUST be on time. More than 10 mins late, the gymnast will be moved back into the gym and will be charged a \$10 late fee.
Traffic Flow on the Gym Floor	<ul style="list-style-type: none"> • Gymnasts will be spaced 6 feet or more from other students and coach. • Gymnasts will remain with their instructor and group for the duration of their class. • Gymnasts will enter through the main door, and exit through the side door. Team gymnasts will exit through the emergency exit by the vault.
Student Guidelines	<ul style="list-style-type: none"> • Gymnasts will stay home if they do not feel well or have a fever over 100 or any other COVID symptoms. • Gymnasts must wash and/or sanitize their hands prior to entering gym floor. • After class, gymnasts are highly encouraged to immediately shower after. • Gymnasts will be closely monitored that they are not putting their hands in mouth and touching their face. • Gymnasts must bring a filled water bottle with. The drinking fountain will be closed.