

## YMCA Gymnastics Center Class Program Guidelines for Returning to the Gym

In preparation for reopening classes, here are some things you can expect and do to get ready to return to the gym. The seating and entry spaces may not look the same, but the gymnastics and tumbling will feel the same!

**These procedures and guidelines are mandated by the Governor of Ohio and the Ohio Department of Health for our facility to reopen and stay open.**

1. All gymnasts will need their own bag that they will carry with them to class. The bag needs to be just large enough for their street clothes and shoes (a separate plastic bag for shoes is a great idea). They should also have a filled drinking water bottle, small bottle of hand sanitizer, and any other things they need for practice such as tape, braces, etc. Please put their name on everything. There are no longer cubbies available at this time. Bags can remain with a parent or carried in by the gymnast to be put in a designated spot in the gym. If bags remain with a parent, gymnasts can just carry their water bottle with them during class.
2. Gymnasts should come dressed and ready for class.
3. Water fountains will be unavailable for use at this time. Please fill their water bottle before coming to the gym, they will keep it with them as they move around their events.
4. Everyone who enters the YMCA must CHECK-IN and CHECK-OUT at the desk so that we can ensure we know who is present in our facility at any given time.
5. Flooring will be marked in 6' increments for social distancing with circles. Please observe these as you enter and move around the building. You may be waiting outside if there is a line to check-in at the front desk.
6. The Spring Floor and other areas in our gym are marked for social distancing.
7. Arrival and PICK-UP guidelines are below...
8. During class, all gymnasts will sanitize or wash hands before and after each equipment rotation. We are cleaning and sanitizing our facilities/equipment between classes and at the end/beginning of the day.
9. Non-contact: we are a non-contact sport, but spotting is a part of gymnastics training. Our staff will be focusing on lots of drills and getting the gymnasts back in shape after a long time away, but will always spot for safety! Coaches will hand-sanitize as needed.
10. Face Coverings and Masks:
  - a. Gymnastics program staff are required to wear face coverings in common areas.
  - b. For everyone entering the YMCA facility, please follow current Governor's orders regarding mask guidelines.
11. Please observe social distancing while you are in the YMCA.
12. At this time, per the orders from the Ohio Dept. of Health, **only 1 adult per gymnast will be allowed in the gymnastics center seating areas as social distance spacing permits. No non-participating siblings will be allowed in at this time.** (Exception: Hand-held infants)
13. **ARRIVAL & PICK-UP: This is where we will experience the biggest change – please be patient, respectful of others, and understanding as we work out any potential issues.**
  - a. We ask that you do not send your gymnast into the building more than 10 minutes before their class time begins.
  - b. Only one adult/parent per class child. You will have one seat. Chairs are marked by class.
  - c. **Tiny 4 & Mini 5:** Parents, please keep your gymnast with you at one of the "Tiny 4 or Mini 5" GYMNASTICS CENTER CHAIRS, DOWNSTAIRS until they are called by name for class. Your child will be returned to you in the same manner. You may keep their shoes and street clothes with you.
  - d. **Gymnastics 1-4 & Tumbling 1-4:** Parent SEATING FOR THIS AGE WILL BE IN THE BALCONY, marked as "Gymnastics 1-4 or Tumbling". Overflow seating will be next to lockers downstairs. Please send your child into the gymnastics center to sit on a DOT on the grey rug in the gymnastics center and wait for their name to be called. Your child will be returned in the same manner.
14. If your gymnast or anyone in your home has a fever or any other Covid-19 symptoms, please DO NOT come to the YMCA. Please follow CDC criteria for returning to activities.

These are the guidelines we MUST follow in order to reopen and to stay open. Of course, everything is subject to change as dictated by the CDC, the Governor, and the virus. If you are not comfortable or don't agree with any of these policies, then it may not be the right time for you to return to the gym. We get it. We will happily welcome you back when you are ready and/or the situation changes.