

Safety Protocols



We at Gold Star Gymnastics have put in place the following protocols to ensure the health and well-being of all of our students and staff.

Social Distancing

- Children will be put in stable groups of no more than 12 students. Coaches will remain with their group of students and will not switch between groups.
- Campers will enroll in a minimum of 3-week camp sessions. Class students and team athletes will remain in stable groups throughout the summer session.
- Bleachers have been installed outside of the large picture windows to give spectators the ability to social distance while watching classes.
- Staff will monitor the lobby, handwashing stations and bathrooms to help the children keep a healthy distance between themselves and their classmates.
- Students will enter and exit through separate doors to avoid overcrowding in the lobby. Most students will enter through the front doors and exit through the 725 doors (originally the Aaron Brothers entrance). Most of our team athletes will enter and exit through the side doors.
- Campers will be greeted outside and moved directly to separate warm-up areas.
- Class students will be socially distanced in the lobby before classes begin, and then directed to warm-up areas.
- We will no longer use our cubbies for storing personal items. All students will be given string backpacks with a space for their names to carry their shoes, water bottles, and personal belongings to their separate gym area.
- An area will be designated at each event to store the bags.
- We will discontinue the use of the team lockers. Team athletes will also be given a string backpack to carry their belongings from event to event.
- Equipment has been rearranged and events mapped to accommodate at least a 6x6 foot square per person. (A *Floor Plan* and an *Occupancy Table by Event* is posted by our front door.)
- Activities normally taught as large gatherings (such as warm-ups, game times, snacks, and art) will now be conducted in smaller groups.
- Coaches will organize their lessons so that each student works on a single piece of equipment and then moves to the next station when instructed. The entire class will rotate together to minimize students waiting in lines.
- Spotting will still be provided when necessary to ensure the health of the children. To reduce the need for hands-on spotting, skills will be taught through progressions (starting with the most basic version of each skill and slowly adding more difficulty to its execution) and skill deconstruction (separating skills into their fundamental components – mastering each component and then combining these parts to work towards executing the whole skill).
- Coaches will replace high fives, handshakes, and fist bumps with non-contact greetings (such as jazz hands).
- We will eliminate the use of chalk for camps and recreational classes.
- Team athletes will be limited to one gymnast at a time at the chalk bowl.
- We have cancelled all birthday parties and camp shows until further notice.
- Campers will not walk to the park on Fridays. All camp activities will occur in the gym.
- Staff lunch breaks will be staggered. We have added outdoor seating to provide multiple areas for employees to take their breaks and assist with social distancing.

Safe Environment

- We have increased ventilation by converting several unused air conditioning units into fans, and have activated several unused retractors fans located on the roof.
- We have replaced all of the filters in the air conditioning units during this closure. We continue to use HEPA filters and replace them regularly.
- All adults must wear face coverings. Students ages 6-11 are strongly encouraged, while students 12 & older are required, to wear face coverings except when drinking or eating, or when wearing a mask increases the risk of performing a skill. Children 5 and under do not need to wear face coverings.
- If there is a medical, health, or religious reason why you or your child cannot wear a face covering, please discuss that with our Program Director, CC (at ccordero@goldstargym.com), at your earliest opportunity.
- The front desk staff will strive to have completely touch-free interactions – frequently wiping down common surfaces (including pens, plexi-glass dividers, and door push-bars).
- Bathrooms are for students and staff only.
- Handwashing stations are located outside near the front doors to ensure that every student can wash their hands before and after class.
- Campers and team athletes will wash their hands often throughout the day.
- The drinking fountains will be for filling water bottles only. Every student is required to bring their own individual water bottle.
- No small manipulative equipment (such as balls, hoops, and bean bags) will be shared. Small equipment will be wiped down after use.
- Campers will be given individually packaged snacks. We will not be serving any food that needs to be prepared by our staff (such as fresh fruit).
- Lunches for campers will be brought from home or can be purchased through our “lunch option”. Purchased lunches will be provided in individually packaged children’s meals from *the Habit* or *Boudin*. (Ask our camp directors how to purchase the lunch option on any given day.)
- Staff’s health will be monitored rigorously. They will self-check daily for the following symptoms (fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea).
- Anyone suffering from these symptoms or any illness will be asked to stay home or will be sent home if the employee begins to feel unwell at work.
- Students’ health will be assessed on arrival with a verbal check-in. No-touch thermometers may be used if child is suspected to have a fever.
- If a student is suspected of becoming ill while in camp or in class, the child will be removed from the group and their parents will be called to help assess the illness.
- Children who are sick will be sent home.
- Parents of children who become sick at home after being in the gym, must promptly notify our Program Director, CC (ccordero@goldstargym.com).
- If anyone who has been in the building tests positive for COVID-19 we will inform the health department and abide by their instructions. With our updated cameras throughout the building we will be able to identify that individual's interactions to assist with contact tracing.

Cleaning and Sanitation

- We have conducted a thorough cleaning of our facility over the past several months – including vacuuming under all of the matting and trampolines, dusting the pipes in the ceiling, washing the walls and wiping down all of the equipment.
- The facility will continue to be professionally cleaned every night with a deeper cleaning once a week.
- Camp students will remain in one area of the gym for longer rotations. When groups switch areas all of the equipment will be wiped down and cleaned before the next group arrives.
- Team athletes will wipe down an event before moving to the next event.
- During classes all equipment will be cleaned every hour.
- Staff assigned to monitoring the bathrooms will also be tasked with continually wiping down the common surfaces in the lobby and bathrooms.
- Coaches and cheer students will either clean the bottom of their shoes before entering the gymnastics floor or wear shoes exclusively dedicated to use in the gym.