



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 18 students. Coaches will remain with their group of students and will not switch between groups.
- Bleachers have been installed outside of the large picture windows to give spectators the ability to social distance while watching classes.
- 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.
- Staff will monitor the lobby, handwashing stations and bathrooms to help the children keep a healthy distance between themselves and their classmates.
- 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 and game times) will now be conducted in smaller groups.
- 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.

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. All students are required to wear face coverings except when drinking or eating, or when wearing a mask increases the risk of performing a skill.
- 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.
- 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.
- 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 at Gold Star, 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

- Our facility continues to be professionally cleaned every night with a deeper cleaning once a week.
- During classes all equipment will be cleaned at least once every hour.
- Team athletes will wipe down an event before moving to the next event.
- 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.