



Gold Star Revised Safety Protocols

Masks

Everyone inside the building is required to wear face coverings. Plastic shields are not sufficient, but can be worn in tandem with a mask. No one, regardless of vaccination status, will be allowed in the gym without a mask. 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.

Spectators

Adults are allowed to watch classes inside the building. All spectators should sit on the indoor or outdoor bleachers. The entire gymnastics floor is visible from the indoor bleachers in tandem with the TV monitor mounted in the lobby. Students will wait for their classes to begin on the tile floor, so please avoid blocking the lobby area.

Entrances, Exits, and Handwashing

Students should enter through the front doors and exit through the doors near the outdoor bleachers. Handwashing stations will be available outside of the main entrance, although they may not be staffed continuously. Please have your children wash their hands at the outdoor sinks or in the bathrooms before class.

Backpacks, Water Bottles, and Cubbies

Students should bring a backpack for their shoes and individual water bottles. The drinking fountains will be for filling water bottles only. Students will carry their backpacks from event to event to avoid crowding near the cubbies in the lobby.

Cleaning

We will clean the equipment and common areas regularly throughout the day. Most gymnastics equipment will be sprayed with disinfectant once every hour.

Social Distancing, Spotting, and Stunting

The students are kept in small groups throughout class. Most classes will warm-up with several other groups and then separate for their event training. Coaches have resumed spotting for safety and instruction. Cheer teams will resume stunting. All student snack and lunch breaks take place outside under the tents.

Illness

We ask that you not bring your child to the gym if they are feeling unwell. We have an extensive make-up policy or are willing to credit for missed classes due to extensive illness.

Please keep your child at home and inform us immediately if your child has been exposed to COVID-19.

Our staff rigorously monitors their own health, and will not come to work when they are ill.