

## **CENTERSTAGE PROTOCOLS**

Based on national, state, and local guidelines concerning COVID-19, Centerstage gymnastics believes it is possible, with proper modifications, for smaller groups of gymnasts to return to gymnastics safely. Our goal is to gain the physical and mental benefits of gymnastics while maintaining a safe workout environment for our staff and your gymnast. With the size of our facility and adherence to our new protocols, we feel this is an attainable goal.

**The following are steps we plan to employ to protect our gymnasts, their families as well as our staff and their families.**

### **Illness**

We will have zero tolerance for any illness. Gymnasts must be symptom-free. Your gymnast must not have a fever (will be temperature checked before entering) A temperature of 100 degrees will not be admitted into the gym, runny nose, sore throat, cough, fever, nausea, vomiting, or diarrhea to attend class. While at Centerstage, if a gymnast develops any of the above symptoms a parent/guardian will be called and they must be picked up immediately.

If anyone in your family living in your house tests positive for the COVID-19, your gymnast must wait at least 10 days and conform to the latest health department guidelines to start or resume class. If your gymnast or any of your family has exposure to COVID-19, your gymnast must wait 10 days to return to class, or show proof of a negative test result and then they can return without waiting the 10 days. The same rules apply to coaches and staff.

### **Entering and Exiting Centerstage**

All payments and registrations will be made in the front office of Leisure Square. Gymnasts will not be admitted early to class; parents please remain in your car and wait until your child is temperature checked before driving away.

Due to COVID-19 limitations no one is permitted in our parent viewing room, parents must wait in their car during classes; only the gymnast may enter the gym. Children ages 3 and older must wear a mask at all times during class.

Gymnasts will enter the building after being temperature checked, then proceed to a sanitization station to sanitize hands and remove their shoes - all while maintaining social distancing.

***Gymnasts and coaches will be required to wear a mask during class.***

The water fountain will be off-limits due to sanitization and the possibility of a congregation in that area. **Please send your child with a water bottle.**

Please send your gymnasts into class with as little as possible.

### **Protocol for Safe Physical Distancing on the gym floor**

Centerstage Gymnastics is perfectly designed to maintain social distancing. Since we teach with stations, this will allow the children to have their own area on each event. Cleaning of equipment will be done before, during and after class. While participating in the programs offered by the City of Vero Beach Recreation Department Gymnastics, there will be times when physical contact, spotting of skills with your child will occur.

Only one person at a time will be allowed in the bathroom. Please encourage your daughter/son to use the bathroom before she/he comes to gymnastics.

### **Personal Hygiene**

Please have your gymnasts wash their hands at home for 20 seconds before leaving for the class. Upon arrival, the gymnast will have his/her hands sanitized. Gymnasts and coaches will use hand sanitizer between events. All coaches will sanitize their hands before the next class.

We recommend that girls wear their hair slicked back with a product to avoid unnecessary touching of their faces.

### **Masks**

***Coaches and gymnasts are required to wear masks.***

Any child 3 years and older entering the gym will wear a mask.

Gymnasts will wear a mask for the duration of their class.

## **Disinfecting of the Gym between classes**

We will disinfect the gym after each class using a disinfecting products for all surfaces After each classes, we will clean all the sanitizing stations and thermometers, wipe down with disinfectant all door handles, light switches, and any hard services.

## **Disinfecting of the Gym**

We will deep clean daily when the gym is closed, repeating the above steps but adding floors and mats.

We will continue to monitor the status of the COVID-19 and follow the mandates for national, state, and local officials. If mandates ease, then we will re-evaluate our protocols as needed.

Thank you for your support,