

What TCT is doing to keep athletes, families & staff safe:

- Staff members with symptoms (i.e. fever, cough, shortness of breath, body aches, chills, loss of taste/smell, etc.) will be instructed to stay home as well as notify supervisor of symptoms and follow CDC-recommended guidelines regarding what to do if you are sick. Sick employees will be required to consult with healthcare providers and state/local health departments to determine when they can return to work.
- All staff will have temperature screenings daily upon arrival at TCT and data (name, date & temp) will be kept on file in an employee log. Staff with temps at or above 100.0 will not be permitted to remain in the building.
- Employees will monitor and immediately report any symptoms that develop while at work to their supervisor. Employees who report symptoms will be immediately separated from other employees, customers, and visitors.
- Employees with sick family members (in house or close contact) will not be permitted to report to work.
- Employees will wash hands often with soap and water for at least 20 seconds and/or use hand sanitizer every hour and will avoid touching their eyes, nose, and mouth.
- All staff will be provided cloth face masks/PPE and will be trained to properly put on, use, and take off mask/PPE and when to wash/properly dispose. Coaching staff will wear masks when spotting at an “active” coaching station (standing under bar set for safety, etc.)
- TCT staff will frequently monitor public health communications re: Covid-19 recommendations for the workplace.
- The following will be provided at TCT for staff/families/athletes:
 - o Tissues
 - o Hand soap & hand sanitizer in multiple locations
 - o Disinfectant to be used for cleaning surfaces
- Frequently touched/commonly used surfaces (front desk, doorknobs, door handles, etc.) will be routinely wiped down by employees
- Common areas (entryways, bathrooms) and hard surface will be cleaned/disinfected by coaching staff in between all scheduled practices (this will be several times a day)
- Equipment (beams, bars, vaults, floor, large matting areas) will be cleaned/disinfected in between all scheduled practices (this will be several times a day)

TCT Athlete Responsibilities & Expectations:

- Athletes with symptoms (i.e. fever, cough, shortness of breath, body aches, chills, loss of taste/smell, etc.) will be instructed to stay home as well as notify their lead coach of symptoms if they develop symptoms with 72 hours of their last visit to TCT.

Sick Athletes will be required to consult with healthcare providers and state/local health departments to determine when they can return to TCT.

- Athletes with sick/symptomatic/self-isolating due to close contact family members (in house or close contact) should not attend practice.
- All athletes will have their temperature taken. Athletes with temps at or above 100.0 will not be permitted to remain in the building and parents will be notified immediately.
- Athletes will train in the same, pre-determined groups for every training session to limit exposure.
- Athletes may wear masks/PPE during training, but will not be required so. Please be aware that wearing masks during gymnastics may put your child at risk if the mask was to come loose, it could interfere with their vision or cause additional distraction.
- Athletes will arrive no more than 10 minutes prior to their scheduled training time and will leave TCT within 5 minutes of the completion of their practice.
- Athletes must wash hands or use hand sanitizer upon arrival at TCT and between event rotations (minimum once every 45-60 minutes) and/or after coughing/sneezing/etc. or coming into contact with another athlete.
- Athletes will arrive at TCT with their leotard/training apparel already on to limit use of the restrooms for changing prior to practice.
- Athletes will bring their team backpacks with all necessary personal equipment/training aids.
- Shoes/clothing will be put into backpacks upon arrival. Athletes will not be permitted to access locker space/use lockers for storage.
- Athletes must bring their own water bottle to practice, already FULL of ice/water, to limit use of water bottle filling station. Athletes WILL NOT be permitted to share water bottles.
- Athletes that need to be taped by a coach, will be done so, with both the athlete and coach wearing a mask. Both individuals will wash/sanitize when taping is complete.
- Athletes are allowed to bring their own gallon zip lock bag or plastic storage container for their own individual block of chalk, but will need to purchase their own chalk for these containers. If desired, blocks of chalk can be purchased for \$2 at our front desk. This container must be kept in their backpack.
- There will be no scheduled snack breaks until further notice. Athletes should avoid bringing/eating snacks during scheduled practice times while at TCT.
- Athletes must wash/sanitize hands prior to exiting TCT.
- Athletes should follow "front line responders" protocol when they return home following practice:
 - Travel directly home from the gym (no stops on the way)
 - Practice apparel goes immediately into the wash
 - Athlete goes directly into the shower/bath prior to eating, interacting with family members, etc.

TCT Family Expectations:

- TCT is encouraging parents/guardians to “drop off & pick up” rather than enter the building with their athlete in order to limit the number of individuals in the facility – however, TCT will permit one adult family member per athlete to enter the building and watch practice. Extra children will not be permitted in the building. Space will be limited.....
- TCT is STRONGLY encouraging all family members to adhere to proper social distancing when outside the gym to help keep your child’s teammates and coaches safe.
- Parent/Guardians who do enter the building must adhere to 6 foot social/physical distancing guidelines. Chairs will be removed from the lobby for the time being
- Please be sure athletes wash hands before attending practice and follow above listed protocols after returning to your home.
- As always, any individual (family member or athlete) who is not feeling well should remain home.

I am aware that while gymnastics is an individual sport, there will be times when incidental contact will occur. Twin City Twisters Gymnastics is operating in a social and physical distancing environment but even with the best efforts and intentions, there will be times when the children will breach the prescribed distancing recommendations (6 feet). In addition, our teaching and coaching staff will spot (physically assist) when the circumstances require it. Spotting our students and athletes is often necessary in order to teach skills safely at Twin City Twisters and I agree to permit my child’s teacher and/or coach to physically assist my child when needed. Direct assistance will also be provided in the event of injury. I also understand that accidental contact between children is always a possibility.

I have read, and understand, the above listed policy & procedures and I acknowledge that I am sending my athlete(s) to practice voluntarily and understand that even with the extra precautions put in place athletes in attendance still risk exposure to Covid-19 and/or other illnesses.

Printed Name of Athlete (1)

Printed Name of Athlete (2)

Printed Name of Athlete (3)

Printed Name of Athlete (4)

Printed Name of Parent/Guardian

Signature of Parent/Guardian

Date