

## **Bismarck Gymnastics Academy's (BGA) North Dakota Smart Restart Guidelines**

**We remain committed to the safety and health of our gymnasts and staff.**

### **Employee Guidelines:**

- Staff will perform a wellness check prior to entering BGA and will stay at home if sick.
- Staff will sanitize hands prior to entrance and before and after each class.
- Staff will have no direct contact with gymnasts until further notice (unless in case of emergency).
- Staff will be thoroughly trained on procedures and will be prepared to enforce any physical distancing protocols.
- Staff will adhere to any PPE requirements suggested by the ND dept of health.

### **Building Preparation:**

- Facility team to disinfect and sanitize entire facility.
- Use products approved to be effective against COVID- 19 throughout the facility.
- All surfaces to be disinfected/sanitized multiple times daily.
- Hand sanitizer will be provided throughout the facility and will be accessible to gymnasts/staff and will be monitored for refill.
- Drinking fountains will be covered and athletes will be encouraged to bring their own water bottles (they will be allowed to utilize the no touch refill station).
- Physical distancing markers throughout facility will assist staff with adherence to protocols.
- Always uphold student to square footage rotation.
- Pro shop, food, and drinks will not be sold or available at this time.
- Limited seating will be available and marked throughout the facility.
- BGA will no longer provide lost and found services (all items left at the facility will be disposed of daily).
- **Locker rooms will not be available at this time (bathroom use will be monitored and sanitized multiple times daily).**

### **Prior to arrival at BGA:**

- Please perform wellness and temp checks prior to arrival at BGA. Do not attend if you or your child are exhibiting symptoms of COVID-19 or have been exposed to such symptoms.
- Athlete's hair must always be pulled back and appropriate gym clothing to worn.
- Everyone will be required to sanitize hand upon entrance into the facility (please use restroom at home to decrease volume in the restrooms).
- **Please bring a personal bag/ backpack containing your own water bottle, grips, room for shoes and any outside clothing.**
- **Please come to the gym dressed for class (your outside clothes and shoes will go into your backpack). There will be no place available to change at BGA.**
- If appropriate, please educate your child on what physical distancing looks like (how to stand six feet apart, sneeze/ cough into their elbow).

- Please arrive approximately 5min. prior to practice and be prompt on pick up to avoid unnecessary crowding in common spaces.
- For the time being, only one parent will be allowed in the facility with their child at a time.

#### **On arrival to BGA:**

- Students and 1 parent will be required to sanitize hands on entrance to BGA.
- They will place backpacks in designated physical distancing intervals (remove shoes and outer clothes and place in backpack).
- Athletes will line up on markers and wait for instructors to lead them into practice.
- Please practice physical distancing in our lobby and bleachers. Areas are marked at 6 ft. apart for your convenience.
- All gymnasts and family members will enter at the back door (next to the garage door), follow pathway and arrow signs while in the building, and exit out the front door.
- Athletes and parents may have their temperature checked upon arrival.
- Gymnasts and parents may elect to wear a mask if desired. Staff will have masks made available to them if desired.

#### **During Practice:**

- 1 Instructor to student ratio will be adjusted to provide for physical distancing.
- **Students will likely be touching common surfaces throughout practice (bars, beams, matting).**
- Lesson plans will be modified to omit partner/ spotting activities and limited use of props until phase 4 of our reopen plan
- Stations and events will be adjusted to allow for physical distancing.
- No spotting will be administered. All instruction will be given with verbal feedback until phase 4 of our reopen plan.
- Porous surfaces (the pit) will not be utilized until phase 3 of our reopen plan.
- Chalk bucket will be removed. BGA will provide individual options for chalk use to avoid crowding in small areas and possible cross contamination.
- No make-up classes will be offered for the time being.

#### **After Practice:**

- Gymnasts will wait outside (weather permitting) at physical distancing markers for parent pick up **(please arrive promptly at the end of practice)**
- Sanitizer will be provided for exiting the facility
- Students and parents will be encouraged to wait on physical distance markings and exit BGA in an organized and considerate manner.
- Employees will disinfect all common areas and utilized surfaces between each practice to get ready for the next group.
- Please exit the facility promptly after practice to allow for proper cleaning/ sanitizing to ensure safety for the next practice.