

CT Reopening Phase 2 Protocol

Silk City Gymnastics and Dance Trampoline and Tumbling Classes

Last updated 8/29/2020

***Each student is required to have a bag with the following mandatory items:
a water bottle, hands sanitizer and face mask.***

General:

- 12 ft. physical distancing during class and 6ft physical distancing in the lobby
- There will be enough time between classes to assure there are not too many people at the gym at the same time
- Everyone will be required to use face mask in the lobby
- Touchless faucets and hand dryers have been installed in 2 of the restrooms. Cleaning protocols are in place for bathrooms and gym equipment.
- All students are expected to come ready for class. The changing room will not be used.
- We need to emphasize on education and building new habits based on the expectations of the “New Normal”
- All students and employees must sanitize hands before class and will be instructed to avoid touching their nose, mouth, eyes.
- It's recommended that a guardian under the age of 60 transports the gymnast

Before class:

- The small gym's emergency door will be used for entering
- Upon arrival everyone's (students', employees', parents') temperature will be checked with touchless thermometer
- All students and parents will sanitize hands before walking into the building.

During class:

- Max. of 12 students (2 groups of 6) in the small gym at the same time
- Only one parent/guardian per student will be allowed to stay in the building during class.
- During exercises students will have a choice to use mask or not
- Each event will have preassigned stations

- Only one student at a time will be allowed to go to the bathroom (with shoes and mask on)
- Spotting by a coach will be allowed only if it's absolutely necessary for safety reasons.

After class:

- Students with face mask on will be dismissed individually upon parent/guardian arrival
- The small gym's emergency door will be used for exiting
- All equipment that is used will be disinfected after each class.

Students are expected to have their own bag including their own hand sanitizer, water bottle, face mask. students should put their shoes or flip flaps in the bag entering the gym after passing the lobby.