

CT Reopening Phase 2.1 Protocol

Silk City Gymnastics and Dance

Gymnastics Classes

Last updated 11/06/2020

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

General:

- During Phase 2.1 (CT Reopening) we will have 12 ft. physical distancing between students during class and 6 ft. physical distancing in the lobby
- Students are required to wear a face mask at all times
- Only one parent/guardian per student will be allowed in the building during class. It's important to have less people in the lobby and everyone will be required to use a face mask.
- Upon arrival everyone's (gymnasts', employees', parents') temperature will be checked with an infrared thermometer. Please don't come more than 5 min. before class.
- All gymnasts, parents and employees must sanitize hands upon walking into the building
- There will be enough time between classes to assure that there are not too many people at the gym at the same time
- All gymnasts are expected to come with appropriate clothes ready to start class. The changing room will not be used.
- It's recommended that a guardian under the age of 60 to transport the gymnast
- Touchless faucets, hand dryers, light switches and soap dispensers have been installed. Cleaning protocols are in place for bathrooms and gym equipment.
- We need to emphasize education and build new habits to "avoid touching one's nose, mouth, and eyes".

Before class:

- Entering through the main entrance
- All gymnasts will enter the class with their bag. Entering the gym area, gymnast will put their shoes in the bag

During class:

- Each class will have a maximum of 18 gymnasts (3 groups of 6) - 37% of the gym's capacity. Only one parent/guardian per gymnast will be allowed to stay in the building during class. Viewing the class through the windows from the parking lot is also an option.
- Each event will have preassigned stations
- Only one gymnast 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 will sanitize hands and with mask on will be dismissed individually upon parent/guardian arrival. Please be on time.
- Please consider coming to the gym's back door for a faster dismissal.