

Policies

Rock Springs Gymnastic is now opening as of May 19, 2020! We will start out holding one class at a time to ensure the safety of all the gymnasts, ninjas, and staff. If everything goes accordingly then we will look at opening more than one class at a time. During this time we have strict rules of who and how many people can come into the building. We have met our counties/CDC guidelines as far as regulations and cleaning goes.

Traffic Patterns:

- 1) We will use the same door as before
- 2) Parents- Drop / off and pick up ONLY!
 - a) NO PARENTS/FAMILY/FRIENDS in the building, NO SPECTATORS
- 3) When gymnasts and ninjas come through the door, there will be a coach to help along the way.
- 4) Upon arrival kids will wait in the vehicle until instructed by coaches.

Handwashing & Health:

- 1) If a child has shown any signs of illness or has been around anybody that has been sick, they will not be allowed in the gym.
- 2) As students enter the building, they will pick a cubby and keep their shoes/jacket in the cubby the entire practice. - the cubbies are now in the main walkway.
- 3) They will be required to wash their hands before, during, and after practices.
- 4) We will also be providing hand sanitizer for the kids to use.
- 5) They will be required to use hand sanitizer before and after each bar they touch.
- 6) Coaches will be going around and cleaning all equipment that is touched by gymnasts, ninjas, and other coaches.
- 7) All ninjas and gymnasts will be required to bring their own water bottle. - we are prohibiting children to drink out of the water fountain / sink.
- 8) All gymnasts and ninjas will be required to bring their own hair tie- RSG will no longer be handing out / borrowing hair ties.
- 9) All pieces of equipment will be thoroughly cleaned before, during, and after each class.

Physical Distancing:

- 1) At every point while the kids are in the gym they will stay 6 feet away from other students.
- 2) All of our equipment is color coordinated in order to remain organized and 6 feet apart
- 3) As soon as the students walk in the gym they will be assigned a color and they will stay on that color the entire time
- 4) We will have no more than 6 kids in one class at one time.
- 5) Bars are 6 feet apart
- 6) We have moved beams to ensure they are 6 feet apart
- 7) Floor has been sectioned/taped off 6 feet apart

- 8) The vault runway has been sectioned/labeled 6 feet apart
- 9) All other apparatus will stay 6 feet apart
- 10) Students will be released one at a time to remain 6 feet apart at all times
- 11) All kids must stay in designated space directed by coach throughout each class- IF a child has difficulty following these directions, parents will be called immediately to pick up their child
- 12) Coaches will wash / sanitize their hands before and during after each class.

Cleaning and Sanitizing:

- 1) Lysol-type wipes when available
- 2) Hand sanitizer when available
- 3) What is cleaned & how often:
- 4) Bars will be cleaned with lysol after each class, but gymnasts and ninjas are required to sanitize before they touch the bar
- 5) All mats and blocks will be wiped down with bleach water after being touched by each athlete, or after each class (depending)
- 6) All bands, weights and other small equipment will be disinfected after each use.
- 7) All door handles, sinks & faucets will be cleaned after each class.
- 8) Bathrooms, cubby, and doors will be cleaned after each class
- 9) The floors will be mopped before each class.
- 10) Beams, Vault, and Bars will be lysoled down each night

Removed from service:

- 1) There will be no more use of the rope in the gym.
- 2) All the rooms are closed off to the gymnast- no toy room.
- 3) Chalk will not be allowed to any athletes.
- 4) Usage of the water fountain / sink will not be allowed.

Thank you for the understanding
RSG Board & Staff