

Port City Gymnastics

Policies & Procedures for Return to Play After Covid-19

Mission Statement:

"It is our mission to help build the self-esteem and self-worth of every child through the opportunity of sports. We believe that every child has the innate ability to learn and succeed. Our goal, as individuals and as a team, is to lead children toward a happy, healthy, and responsible lifestyle."

Maintaining a healthy and safe environment for all of our students and families is going to take work and cooperation from our staff, athletes, and parents. We need everyone to do their part to practice good hygiene, follow our policies and procedures, and be patient and supportive of our athletes and coaches during this time.

ATHLETES will be responsible for following the guidelines, and following all directions given by staff to ensure a low-risk environment for everyone.

PARENTS will be responsible for making sure your family is washing hands well and frequently, keeping everyone at home if a family member is not well, following all safety policies/guidelines, and helping our staff with your patience and support as we return.

STAFF will be responsible for ensuring our facility policies are being executed, they are also responsible for the guidelines outside of work, their own health, and their travel and leisure activities.

Guide to Return to Play:

- Smaller class sizes
- No more than 4 groups in the recreational gym at a time.
- Each group will be on a separate event. Each specific class will also follow the 6 ft. distancing guidelines.
- Staff will be available to clean equipment after each rotation of each group.
- Staff will also clean the lobby, viewing areas and bathrooms before, during and after each class.
- We have a sliding glass window to separate customers & office personnel.
- We are recommending only 1 parent/guardian enter the facility during class times. No seats or chairs will be available, standing only. They will also follow the 6 ft. distancing guidelines while on PCG property.
- Sanitation stations are set up throughout the entire facility.
- There will be 15 minute time slots between each class start time to limit the amount of traffic coming in/out of the facility. Students entering a new class to remain outside the facility until 5 min before the class begins.
- Coaches will follow strict cleaning and sanitizing guidelines before, during and after each class. Spotting students will also be limited.
- Each student must bring their own water bottle, as water fountains will not be available.
- Masks are recommended for all entering the building. Coaches will wear them while working with students.

While we cannot both be open to the public and also prevent 100% of all germs from spreading, we are proud and confident in the policies and procedures we have put in place that meet or exceed all government recommendations and guidelines. For these precautions to be as effective as possible, it will require the support and participation of the entire PCG community. We are in this together, and we are better for it.

Stay Happy, Stay Healthy, Stay Safe!