



SGA Re-Opening Safety Plan

Stage 1, 2, 3 & Stage 4 Protocols

(based on Phase 2 State Guidelines set forth by the SafeStart WA)

How Was This Plan Developed?

Governor Inslee implemented Safe Start WA with a four phased approach to safely reopen the state of Washington. SGA has developed a safety plan to reopen in 6 stages in accordance with the plan. The procedures and protocols set forth in this document are subject to the guidance provided by the state health departments and the Center for Disease Control (CDC).

Our plans and procedures must be adaptable, purposeful, and based in science. We will update our procedures and protocols accordingly as new information, recommendations or guidelines come out.

SGA's Tentative 6 Stage Re-Opening Strategy:

| Stage 1: | Stage 2: | Stage 3: | Stage 4: | Stage 5: | Stage 6: |
|--|--|---|--|--|--|
| WA Phase 1.5 | WA Phase 1.5 | WA Phase 2 | WA Phase 2 | WA Phase 2/3 | WA Phase 3/4 |
| June 22 nd | June 29 th | *July 6 th * | *July 13 th * | TBD | TBD |
| Girls JO Optional Xcel Platinum/Diamonds Boys JO Optional Group *Virtual classes still running in full force for all recreational programs. | Girls JO Compulsory Xcel Gold/Silver Boys JO Compulsory T&T Team Optionals *Virtual classes still running in full force for all recreational programs. | Star League AA/AAA Rec Level 3+ Rec T&T - Level 3+ (Boys/Girls/T&T) Level 1&2 8Y+ Teens classes School-Age camps *Some virtual classes still running. | Star League A Level 1 & 2 6-7 Y- (Boys/Girls/T&T) *Some virtual classes still running. | Preschool Camps Preschool Classes LS 5Y 5Y camps PNO * Need for virtual classes will be assessed. | Indoor Playground Birthday Parties *Need for virtual classes will be assessed. **More robust schedule |

Safety Strategy Overview:

- All staff, gymnasts and adults entering the gym will be screened for symptoms and have temperature checked. Protocols outlined below.
- Anyone entering the gym will sanitize or wash hands when entering and exiting the gym.
 - At some sites, additional sinks have been installed to increase opportunities for handwashing.
- Coaches will wash hands or sanitize between stations, rotations, touching face or cleaning products, and any time necessary.
- Gymnasts will wash hands/sanitize between stations and rotation or when the coach deems necessary.
- Sanitation stations have been clearly marked and set up throughout the gyms.

- If a coach needs to spot or help a gymnast, they will wash their hands prior to doing so and after and/or use gloves.
- All staff and adults will wear masks at all times in the gym.
- Gymnasts will wear masks in common areas (bathrooms, lobby), and when traveling between rotations.
- Total capacity (gymnasts, staff, parents) at 30% of regular capacity (varies by location)
 - Limited support staff on-site - all work that can be done remotely will be
 - 5:1 ratio (5 gymnasts to every coach)
 - Staggered start times to allow for easy entrance and exit and time for cleaning before classes.
 - Maximum of one adult per gymnast in facility (no siblings or non-participating gymnasts) as space allows. We highly encourage parents waiting in car or dropping off after screening process to limit the number of people in the building.
- Social distancing mandated for everyone in the gym.
 - Defined entry and exit waiting spots marked 6ft apart as well as clearly defined pathways throughout the gym. Video for each gym will be posted on Youtube and link provided to families.
 - Each rotation has a minimum of 5 stations clearly marked to allow for a minimum of 6ft between gymnasts and ensures no one is waiting.
 - Coaches will adapt coaching to provide verbal coaching, drills and station work as much as possible.
 - Partner games and conditioning will not take place during this time.
- Changing rooms and cubbies are temporarily closed.
 - Gymnasts to come prepared for the day with a backpack to store their items. A specific list of items by group/coach will be provided. In general, each gymnast needs the following:
 - Pre-filled water bottle
 - Grips, wrist bands, tape, braces (anything they need for gymnastics must be in the bag and go home each day)
 - Self-contained snack - no need for heating up and easy to eat.
 - Ziplock bag for chalk (if use grips).
 - Hand sanitizer
 - Ponytails/hair care
 - Cloth face covering and paper bag for safe keeping
 - Towel/yoga mat (will be used as a visual for personal space & social distancing aid)
- Enhanced cleaning throughout the day and at night.
 - In gym spot cleaning during rotations
 - Each rotation station cleaned between groups
 - High touch surfaces cleaned regularly between uses (bathroom, devices, bathrooms)
- All drinking fountains are temporarily closed/disabled. Gymnasts are required to bring their own pre-filled water bottles. Water bottle fillers will be available.
- Garage doors and windows will be open as much as possible to increase outside airflow.
- Fans on and operating throughout gyms.

- Signs posted throughout building to educate customers on gym policies and health policies for COVID-19.
- Regular education for staff, gymnasts, and families on how to help stop the spread of COVID-19.
- SGA has a written plan for dealing with a potential COVID-19 case and is prepared to work with local health department officials as needed. To ensure confidentiality we will only disclose needed information to the proper officials.
- A COVID-Supervisor will be on site at all times when operating classes to ensure all guidelines are being followed.

Employee Protocols/Protection:

- All duties that can be performed at home, will be done at home.
- Employees **MUST** stay home and notify HR if:
 - They are experiencing any symptoms or are feeling ill;
 - Have tested positive for COVID-19 and it has not been a minimum of 10 days since symptom onset, have not had lessening of symptoms and have not been fever free for at least three days without fever reducing medicine;
 - Anyone in their household has been diagnosed with COVID-19;
 - If they have been asked to self-quarantine due to potential COVID-19 exposure and the 14 days has not expired.
- Employees will not be allowed to return to work until they have been cleared by a medical professional and/or 14 days have passed since onset of symptoms.
- Employees who are high risk, as defined by the CDC, will not return to on-site work unless they have consulted with a medical professional and have been cleared by HR. This includes employees who are:
 - 65 or older
 - Have serious underlying medical conditions such as diabetes or chronic lung disease
 - Moderate to severe asthma
 - Otherwise immunocompromised
- Employees will have their temperature checked with a touchless thermometer before entering the building. Temperature should not exceed 100.4 degrees.
- Employees will be screened daily for COVID-19 before entering the building with the following questions:
 - Have you been in close contact (within in 6ft of some for 15 minutes or more) with someone who has a confirmed case of COVID-19 in the last 14 days?
 - In the last 24 hours have you had a cough, shortness of breath or difficulty breathing?
 - In the last 48 hours have you had a temperature of 100.4 or higher?
 - In the last 24 hours have you had any two of the following symptoms:
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat

- New loss of taste or smell
 - Vomiting or diarrhea
- If an employee answers yes to any of the questions or has a temperature above 100.4 degrees, they will be sent home and provided instructions on next steps.
- **Coach Expectations:**
 - Maintain 6 ft distance with each other, gymnasts and parents.
 - If a safety spot is needed, they can and will get closer.
 - Responsible for ensuring gymnasts are following the safety protocols.
 - Masks worn inside building when not in a single office or the only person in the gym.
 - Daily briefing with gymnasts on safe practices:
 - Social distancing, hygiene, safety during practice

Customer Protocols/Protection:

- Customers/gymnasts **MUST** stay home if:
 - They are experiencing any symptoms or are feeling ill;
 - Have tested positive for COVID-19 and it has not been a minimum of 10 days since symptom onset, have not had lessening of symptoms and have not been fever free for at least three days without fever reducing medicine;
 - Anyone in their household has been diagnosed with COVID-19;
 - If they have been asked to self-quarantine due to potential COVID-19 exposure and the 14 days has not expired.
- Any person who is considered high risk, as defined by the CDC, will not be permitted to enter the gym at this time. This includes people who are:
 - 65 or older
 - Have serious underlying medical conditions such as diabetes or chronic lung disease
 - Moderate to severe asthma
 - Otherwise immunocompromised
 - will have their temperature checked with a touchless thermometer before entering the building. Temperature should not exceed 100.4 degrees.
- Any person entering the building (parent/gymnast) will be screened daily for COVID-19 symptoms prior to entry:
 - Have you been in close contact (within in 6ft of some for 15 minutes or more) with someone who has a confirmed case of COVID-19 in the last 14 days?
 - In the last 24 hours have you had a cough, shortness of breath or difficulty breathing?
 - In the last 48 hours have you had a temperature of 100.4 or higher?
 - In the last 24 hours have you had any two of the following symptoms:
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell

- Vomiting or diarrhea

Parent Expectations:

- Accept and adhere to return to gym policy and sign COVID-19 addendum to waiver
 - Educate/reinforce gymnast on expectations of social distancing and hygiene
 - Keep gymnast home if sick, exposed to anyone with COVID-19, or if anyone in their immediate family is exhibiting any COVID-19 symptoms

Gymnast Expectations:

- Follow proper hygiene protocol: frequent hand washing, cough/sneeze etiquette, sanitize if can't wash.
- Maintain social distancing in the gym when interacting with coach and teammates – stay 6ft apart.
- Be focused and prepared to work.
- Be responsible for their backpack and all personal equipment at all times.