



Ricochets Gymnastics Health Handbook 2020

Includes Covid-19 Policies & Guidelines set forth for recreational classes, team program, and camps and events hosted at Ricochets Gymnastics.

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Sources

Montgomery County Guidance for Face Coverings during Indoor and Outdoor Exercising
https://www.montcopa.org/DocumentCenter/View/28377/Face-covering-requirement-while-exercising_July2020

Covid-19 Guidance for Businesses
<https://www.governor.pa.gov/covid-19/business-guidance/#RedYellowGreenPhases>

Guidance for All Sports Permitted to Operate During the Covid-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public
<https://www.governor.pa.gov/covid-19/sports-guidance/>

Plan for Pennsylvania
<https://www.governor.pa.gov/plan-for-pennsylvania/#Phase2Reopening>

Ricochets Gymnastics is deemed a recreation and fitness center in Montgomery County, Pa.

Overview

The Purpose of This Document

The safety and health of our clients and staff is our top priority. As our county reopens, we are facilitating a safe and fun environment by running our program with restrictions. This document outlines Ricochets health policies and procedures that have been implemented in response to Covid-19.

This is a Living Document

This is a living document that will be adjusted as needed based on the implementation of new programs, guidance from the CDC, or mandates from federal, state and local government agencies. Just as the situation is constantly changing, so will our policies and procedures. This handbook is adaptable and will be evaluated regularly. When changes are implemented, clients will be notified.

Your Approach

We understand that every family has different circumstances, levels of comfort and goals for recovery. Our goal is to create the best environment for all. However, we respect individual families' approaches to recovery.

Evaluate Your Own Risk

Ricochets cannot guarantee that you will not be exposed to Covid-19 during your visit. You should evaluate your own risks in determining whether to participate. By participating in our program, you acknowledge and agree that you assume the inherent risks associated with attendance.

Mandatory Adherence to This Handbook

We must all do our part to support a healthy and safe environment. In the interest of protecting our clients, staff and business, Ricochets will be enforcing all policies and procedures within this document until further notice. If a family, student or employee is unwilling to abide by these policies and procedures, they will not be allowed to attend Ricochets until all restrictions and mandates have been lifted or their cooperation has changed.

Students who do not abide by these policies and procedures while under the supervision or instruction of our staff, will be given 1 warning and we will reach out to their parents. If changes are not made, they will not be allowed to attend Ricochets until all restrictions and mandates have been lifted or their cooperation has changed.

Ricochets reserves the right to determine that a participant does not meet the safety criteria for participation and can deny admittance or remove immediately from the facility. We are confident in the policies and procedures we have put in place that meet all government recommendations and guidelines.

Our Reopening Plan

Following the regulations and guidelines presented for recreation and fitness centers in Montgomery County, Pennsylvania, we present our reopening plan.

Ricochets Phases of Reopening

As Montgomery County works in phases, Ricochets Gymnastics will work in phases. Should the government mandate return to the yellow or red phase, we will adjust accordingly. Each level of reopening has different precautions and risk management.

Montgomery County Phases		Ricochets Status
Red Phase	➔	Closed
Yellow Phase	➔	Open with restrictions
Green Phase	➔	“New normal”

Policies and procedures for the yellow and green phases are outlined on subsequent pages.

Program	Red Phase	Yellow Phase	Green Phase
	<i>March 13 - June 7, 2020</i>	<i>June 8 - June 28, 2020</i>	<i>June 29, 2020 - present</i>
Competitive Team Program	Virtual strength and conditioning with coaches	In-gym practices	In-gym practices
Summer Camp	None	In-gym program	In-gym program
Recreational Classes	None	None	In-gym*
Events (i.e. clinics, day camps, Kids’ Night Out)	None	None	In-gym*
Open Gym	None	None	In-gym*
Homeschool Club	None	None	In-gym*

*Depends on government-mandated capacity limits and schedule for team, camp, and class programs.

General Updates to Our Facility

Upon reopening during yellow phase in June, we had implemented the following changes to our business:

- A hanging partition at the front desk
- Water fountains are shut off
- Hand sanitizer is available at the front desk and at the building’s double glass doors
- A “Covid-19 Parent/Guardian Agreement” has been added to our portal policies
- Social distance markers have been added to our lobby floor and in each gym
- Lobby seating has been arranged to allow for social distancing

Travel Restriction

If you travel to an area with high amounts of COVID-19 cases (listed on the CDC website), we ask you to refrain from entering our facility for 14 days upon your return to Pennsylvania, or until you receive a negative test result.

Policies & Procedures

Yellow and Green phase key components:

- Wear a mask
- Maintain a physical distance of 6 feet
- Decreased capacity
- Frequent hand-washing
- Additional cleaning

It is our expectation that you will be screening your child for a temperature and any other symptoms associated with Covid-19 prior to entering our facility.

Please do not send your child to Ricochets if they are not feeling well, experiencing symptoms, or if anyone in your house is exhibiting symptoms.

	Yellow Phase
Staff Policies	<ul style="list-style-type: none"> - Must wear mask or face shield at all times - Only key employees will return - Temperature checks upon arrival, must not be over 100.4 degrees - Must sanitize hands upon entering and between each station, class, and student when spotting
Team Policies	<ul style="list-style-type: none"> - Must bring own water bottle - Masks are required when entering and leaving facility, and during warm-up - Weights, stretch bands, and rollers are sanitized often - Wash hands between each event and before and after lunch/snack/break - 2 gymnast in the locker room at a time
Class Policies	<ul style="list-style-type: none"> - Must bring own water bottle - Must wear a mask in the lobby, but may remove mask once class has been called in - Must wash hands upon arrival before class - Frequent hand-washing throughout class - Stamps will no longer be given at the end of class - Class size has been reduced to 4 in a Super Kids class and 6 in a Main Gym class
Camp Policies	<ul style="list-style-type: none"> - Must bring own water bottle - Masks are required when entering and leaving facility, and during any non-physical activities, such as craft and quiet time - Each camper is issued a supply kit with scissors, glue and coloring utensils that will be used only by them and sanitized at the end of camp - Hand-washing is required before and after each meal and activity - Physical games will be altered for social distancing - Contact with communal items. such as board games, will be limited - Outside time will be prioritized - No spectators for the Friday dance performance - Movie time in the lobby has been cancelled - Campers must be ages 7+ - Enrollment will not exceed 22 campers

Lobby Policies	<ul style="list-style-type: none"> - Only one guest per student - Anyone ages 2 and up must wear a mask or face shield - Limit your time spent in the lobby - please use the areas outside for socializing - Guests waiting in the lobby must wash their hands upon entering our facility - Front door will remain propped open during business hours - Temperature checks are required for everyone entering the facility - Parent/Guardian must fill out a "Covid-19 Agreement" before participation - Only 25 people are permitted in the lobby, should be used by parents who need to stay with their child
Gym Policies	<ul style="list-style-type: none"> - Spotting only when absolutely necessary for safety - Skills that require spotting will be limited based on necessity for training - Altered curriculum to facilitate safe, hands-off learning - Must maintain a physical distance of 6 feet - Groups in the gym will be staggered - Limited crossover between different groups in the gym - On bars, chalking will be limited to one person at a time - During stretch, students will be spread out across the floor - During each event, students will be spread out - Limited exposure to commonly touched areas - Students will be sent to wash their hands if they cough, sneeze, or touch their face - All foam pits are closed - No water fountain access - Loading dock will be open (weather permitting) and fans on

	Green Phase
Staff Policies	<ul style="list-style-type: none"> - Must wear mask or face shield at all times - Temperature checks upon arrival, must not be over 100.4 degrees - Must sanitize hands upon entering and between each station, class, and student when spotting
Team Policies	<ul style="list-style-type: none"> - Must bring own water bottle - Masks are required when entering and leaving facility, and during warm-up - Weights, stretch bands, and rollers are sanitized often - Wash hands between each event and before and after lunch/snack/break - 2 gymnasts in the locker room at a time
Class Policies	<ul style="list-style-type: none"> - Must bring own water bottle - Must wear a mask in the lobby, but may remove mask once class has been called in - Must wash hands upon arrival before class - Hand-washing throughout class as needed - Stamps will no longer be given at the end of class
Camp Policies	<ul style="list-style-type: none"> - Must bring own water bottle - Masks are required when entering and leaving facility, and during any non-physical activities, such as craft and quiet time - Each camper is issued a supply kit with scissors, glue and coloring utensils that will be used only by them and sanitized at the end of camp - Hand-washing is required before and after each meal and activity - Physical games will be altered for optimal social distancing - Contact with communal items. such as board games, will be limited - Outside time will be prioritized - No spectators for the Friday dance performance - Movie time in the lobby has been cancelled

Lobby Policies	<ul style="list-style-type: none"> - Please limit the number of individuals that you bring into the facility with you - Anyone ages 2 and up must wear a mask or face shield - Limit your time spent in the lobby - please use the areas outside for socializing - Guests waiting in the lobby must wash or sanitize their hands upon entering our facility - Front door propped open during business hours - Only 25 people are permitted in the lobby, should be used by parents who need to stay with their child
Gym Policies	<ul style="list-style-type: none"> - Spotting will be limited and used when necessary for safety and progression - Altered curriculum to facilitate safe, hands-off learning - Must maintain a physical distance of 6 feet - Groups in the gym will be staggered - Limited crossover between different groups in the gym - On bars, chalking will be limited to one person at a time - During stretch, students will be spread out across the floor - During each event, students will be spread out - Limited exposure to commonly touched areas - Students will be sent to wash their hands if they cough, sneeze, or touch their face - Foam pits are open with limited access when absolutely necessary - No water fountain access - Loading dock will be open (weather permitting) and fans on

Cleaning

In addition to our regular daily cleaning procedures at the end of each day, we have implemented additional sanitation throughout the day.

We will maintain our normal closing cleaning:

- Clean the lobby, office, and bathrooms with disinfectant which includes wipe down doors, door handles, windowsills, water fountain, snack tables and cubbies, desk, couches, windowsills, sinks, stalls, and toilets
- Vacuum lobby and bathrooms
- Clean windows, glass, and mirrors
- Remove trash from facility

Our additional cleaning in response to Covid-19:

- Mop/disinfect all used gym mats between groups and at the end of the day
- Vacuum lobby throughout the day
- Clean windows, glass, and mirrors through out the day
- Wipe down doors, door handles, water fountain, snack tables and cubbies, desk, couches, windowsills, sinks, stalls, and toilets multiple times throughout the day

Symptoms of Covid-19

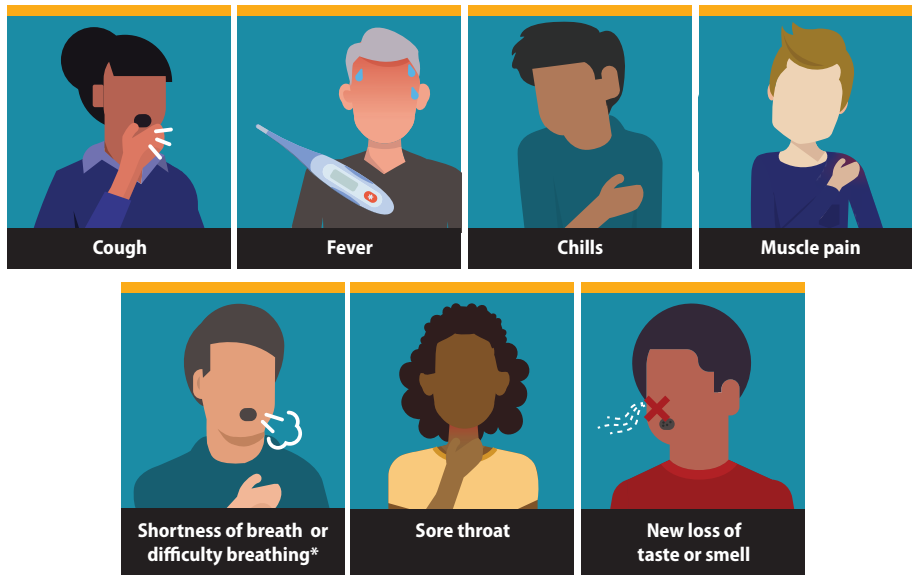
We ask that you refrain from entering Ricochets Gymnastics facility if within the last 14 days you have:

- Tested positive or have been deemed presumptively positive with Covid-19.
- Have been informed that you may have been exposed to Covid-19.
- Experienced any of the following symptoms commonly associated with Covid-19 including cough, shortness of breath or difficulty breathing, a fever or chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. *Allergy-related symptoms that mimic Covid-19 symptoms should be evaluated to confirm the cause.

It is our expectation that you will be screening your child for a temperature and any other symptoms associated with Covid-19 prior to entering our facility.

Please do not send your child to Ricochets if they are not feeling well, experiencing symptoms, or if anyone in your house is exhibiting symptoms.

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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Positive Covid-19 Plan

Please notify Ricochets if your child or anyone in your household tests positive for Covid-19 by calling 215-328-0900.

Should someone who has entered the facility test positive for Covid-19, we will notify all workers and clients who were in our facility up to 48 hours prior to when the clients first symptoms appeared. We will then contact the local health department for further instruction.

Our current plan for disinfecting the facility is as follows:

1. Remove everyone from areas used or visited by the sick person
2. Close the business for at least 48 hours
3. Clean the entire facility per the CDC's recommended methods
4. Open doors and ventilate the area with fans

Anyone who has tested positive may return when *all 3* guidelines have been met:

- 3 days of no fever
- Symptoms have improved
- 14 days since first symptoms