

Ricochets Gymnastics

Covid-19 Health and Safety Procedures for Summer Camp

Green Phase

The following is a summary of the key program components Ricochets will be implementing as of June 27, 2020 in response to Covid-19. This plan will be in effect during the Green Phase of reopening. This plan 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.

The safety and health of our staff and clientele is our top priority. We have implemented several measures to help protect against the spread of Covid-19 and other illnesses. In addition to the following guidelines, 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 if she is not feeling well.

General Policies, Information and Updates:

- A hanging partition has been installed at the front desk to protect you and our staff.
- Water fountains are closed until further notice. Please provide your gymnast with their own water bottle, clearly labeled with their first and last name. Their water bottle will be kept in the cubbies in the lobby and students will come out to the lobby to get a drink when necessary.
- Hand sanitizer is available at the front desk and at multiple locations throughout the gym if needed. The building management has also added a hand sanitizer station at the double glass door entrance/exit.
- In order to protect our staff and students, a parent or legal guardian will be required to consent to a "Covid-19 Parent/Guardian Agreement" upon arrival on your first day of camp with us. Please be sure to familiarize yourself with the guidelines set forth in this document and strictly adhere to them.
- If you have traveled, or plan to travel, to an area where there are high amounts of COVID-19 cases, we ask you to refrain from entering our facility for 14 days upon return to Pennsylvania. Please see the CDC website for a complete list of states that require a 14 day quarantine period.

Jul 13, 2020

Lobby Procedures:

- Please limit the number of individuals that you bring into the facility with you (siblings, friends, etc).
- Parents and children ages 3+ to wear a mask are required to wear masks or a face shield as per the CDC and Pennsylvania guidelines. Children enrolled in camp are required to wear a mask throughout the day when unable to adequately social distance (i.e. craft time, quiet/movie time, etc.).
- We ask that you limit your time spent in the lobby. Please use the areas outside for socializing. This will help us to keep capacity down in the facility.
- Students and family members who will be staying in the lobby will be asked to wash or sanitize their hands upon entering our facility.
- Sign in/out procedure: In lieu of our normal sign/sign out procedure, we will have campers and their guardian verbally check in and checkout each day with an authorized staff member.

Staff Procedures:

- All staff will be required to wear masks or face shields.
- Only key employees will be brought back to help keep occupancy down.
- Employees will be screened upon arrival for temperatures above 100.4 degrees and other symptoms consistent with Covid-19.
- Additional hand washing as well as other social distancing etiquette will be encouraged.

In the gym:

- Campers will not be required to wear masks while in the gym during strenuous activity, but are welcome to do so. We will limit higher level skills for gymnast wearing a mask. This is for the protection of the camper.
- Signs and other visual reminders will be strategically placed in the facility to encourage and promote proper hand-washing and healthy hygiene, social distancing etiquette, and these new policies being added.
- Campers and instructors will wash their hands as needed and often. *Hand sanitizer is available, but will be reserved for incidences where going to wash your hands is not readily available and hand sanitation is necessary.
- Spotting will remain limited, but will slowly be re-introduced if the Covid-19 numbers continue to trend downward. Gymnastics is a very hands-on training sport in order to facilitate learning. For the first few weeks of the kids returning to gymnastics, they will be going through basics and spotting will be limited unless it is necessary to ensure the overall safety of the student. This will be re-evaluated often as the needs of each gymnasts evolves with training. We will be mindful of the risk involved with contact spread. Instructors will sanitize their hands often and refrain from unnecessary contact when possible.
- Campers and instructors will abide by social distancing to the best of our ability.
 - Groups in the gym will be staggered to help limit the number of people in the facility at one time.
 - We will limit crossover between different groups in the gym whenever possible.

- On bars, chalking will be limited to one person at a time.
- During stretch, gymnasts will be spread out across the floor to allow for social distancing.
- During each event, we will do our best to spread out the group and will limit the exposure to commonly touched areas.
- Gymnasts and staff will be reminded to wash their hands if they sneeze, or are touching their face often.
- There is no fail-safe way to eliminate the touching of common surfaces, but additional cleaning will be done in these areas multiple times a day.
- In addition to our normal cleaning, we will disinfect the gym, lobby, bathrooms and other common areas multiple times a day to help limit crossover between groups.

Camp additional protective measures:

- Campers will have their own supplies for crafts and other activities. We will keep them in a ziplock bag with their name on it. At the end of each week items will be cleaned and prepped for the following camp week.
- Snack will be supplied by one counselor with gloves on.
- Additional hand washing will be staggered to eliminate groups standing in close proximity.
- Games during camp will be altered to incorporate social distancing to the best of our ability. When playing with items (board games, balls, etc.) we will make adjustments to help limit the sharing of items.
- Outside time will become a bigger part of the schedule, weather permitting. This will allow our staff to clean while campers are not utilizing the area. Please provide sun lotion and be sure to send campers with socks and sneakers.
- Our normal Friday morning dance performance will not be held with spectators. Instead, we will record the dance and send it out in an email.
- The foam pit in both gyms as well as the ball pit in the Super Kids gym will be closed until further notice.

Positive Covid Plan

Should we learn that someone who was in our facility has become ill with symptoms of Covid-19, we will separate them immediately and send everyone home. Once all visitors have left the space, we will use a medical grade fogger, Steramist, and will follow up by following the suggestion of the CDC for cleaning and disinfecting the space before we will reopen.

Daily Cleaning procedures:

We will maintain our normal end of the night cleaning detailed below. Our closing staff will clean the lobby, office, and bathrooms with disinfectant.

Daily

- Wipe down doors, door handles, 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

Additional precautions we have added since March 2020:

- Wiping handles and window sills in lobby with disinfectant each hour
- Wiping sinks, stalls and toilets multiple times per day
- Additional equipment wipe down each day

We want you to know we have very strict cleanliness guidelines that we follow year-round for all areas of our facility. We frequently refer to and follow the [CDC's guidelines](#).

Please note that 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. Ricochets reserves the right to determine that a participant does not meet the safety criteria of participation and deny admittance or remove immediately from the facility.