



Ricochets Gymnastics Health Handbook 2021

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. Due to Covid-19, 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 and guests 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 that the policies and procedures we have put in place meet all of the government recommendations and guidelines.

Ricochets Gymnastics is open for business with the following policies and procedures in place to prevent the spread of Covid-19. Should the government mandate any closures or phases, we will adjust accordingly.

General Updates to Our Facility

Upon reopening in June 2020, 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
- Masks are mandatory at all times for guests ages 3+

Travel Restrictions

Ricochets is a strict follower of the CDC guidelines and PA state health department. Refer to their website www.cdc.gov and www.health.pa.gov for up-to-date information.

Policies & Procedures

Staff Policies	<ul style="list-style-type: none"> - Must wear mask 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 wear mask at all times - Must bring own water bottle - Weights, stretch bands, and rollers are sanitized often - Wash hands between each event and before and after lunch/snack/break - Only 2 gymnasts permitted in the locker room at a time
Class Policies	<ul style="list-style-type: none"> - Must wear mask at all times - Must bring own water bottle - Must wash hands upon arrival before class - Hand-washing/sanitizing throughout class as needed (e.g. when a child sneezes, touches their nose/mouth, etc.) - Stamps will no longer be given at the end of class
Day Camp/Event Policies (e.g. Kids’ Night Out, Holiday Day Camps, etc.)	<ul style="list-style-type: none"> - Must wear mask at all times - Must bring own water bottle - Hand-washing is required before and after each meal and activity and as needed - 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 - Movie time in the lobby has been cancelled

Summer Camp Policies	<ul style="list-style-type: none"> - Must wear mask at all times - Must bring own water bottle - Each camper is issued a supply kit with scissors, glue and coloring utensils that will be used only by them for the week and sanitized at the end of camp - Hand-washing is required before and after each meal and activity and as needed - 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 3 and up must wear a mask at all times - 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 when possible - Our lobby capacity is limited and should be reserved for those parents who need to stay with their child - Couches are spread out to increase distance between guests; only 1 family per couch
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 when possible - 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

Our Cleaning Procedures

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

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 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 of illness, or if anyone in their household is exhibiting symptoms or has tested positive. Please notify Ricochets of any absence due to illness by calling 215-328-0900 or emailing ricochets@ricochets.com.

Possible Covid-19 Case

Please notify Ricochets immediately if your child, anyone in your household, or anyone your child has been in contact with tests positive for Covid-19 by calling 215-328-0900 or emailing ricochets@ricochets.com.

Do not enter Ricochets for 14 days upon quarantining or if tested negative.

Quarantine Guidelines

If your school is requiring your child to be tested or quarantine, please notify us immediately and refrain from entering the facility until you have tested negative or have completed quarantine set forth by your school.

If you have been exposed to Covid-19 or are advised to quarantine by a doctor, school or other governing body, please call us immediately. Do not enter Ricochets Gymnastics for 14 days upon quarantining.

Any missed classes due to quarantine can be made up with our usual make-up policy by attending an Open Gym without having to pay the entrance fee. Open Gym requires online registration which can be accessed at www.ricochets.com.

Positive Covid-19 Plan

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.

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

- 3 days of no fever without medication
- Symptoms have improved
- 14 days since first symptoms

We will strive to keep our clients and staff safe through out this pandemic. If there is anything we can do to make your experience safer, please let us know.