



Guidelines & Safety Measures for Gymnastics Classes

Overview

The following is Guidelines and Safety protocols have been formulated based on the requirements given by the CDC and State of California Public Health Department. Superkids will continue to monitor all requirements given and adjust our protocols as needed. This is for our [Gymnastics Classes](#), there is a separate PDF for our camp.

Low Risk Start

Superkids is significantly lowering the number of students allowed to sign up for each class to 25% capacity. In doing so this will also allow for us to be able to limit the number of employees needed. Our schedule has a decreased number of classes and times have changed. Please view our new temporary schedule provided.

The time of each class will remain the same, one hour, however the time between classes has increased to:

- Allow more time for class to exit and new class to enter through check in station
- Sanitize stations to be set up and refilled around the facility
- Cleaning and disinfecting frequently touched surfaces and equipment before and after each class

As the risk factors are timely lifted we hope to be able slowly add more class times and students to each class and get back to our normal schedule. We will not do so without full permission.

Healthy Hygiene and Intensified Cleaning

All staff will be required to go through temperature checks and questionnaire of COVID -19 symptoms prior being able to enter to work each day and be required to wear a face mask. Sanitizing stations will be set up in multiple places around the facility for staff and students to sanitize hands before and after different activities. Regular handwashing will be enforced for staff and students.

Staff will clean and disinfect frequently touched surfaces throughout the day including bathrooms. There will be limited sharing of objects such as toys, games and equipment to the extent practicable; but when allowed, cleaning and disinfecting between uses.

Staff and students will be educated and reminded to: stay distanced, wash and sanitize hands regularly, avoid contact with one's eyes, nose and mouth and cover coughs and sneezes.

Our gym uses anti-bacterial and anti-viral cleaners certified by health guidelines regularly and at the end of the day performs a deep cleaning of the gym and all equipment.

Arrival and Departure for Parents & Students

The limited number of students allows for entering and exiting to maintain social distancing. The following arrival requirements will be enforced:

- Only 1 adult will be allowed to attend class with each student for ages 5 and under. For students ages 6 years and older, adults will NOT be allowed to stay and wait in the lobby area. Adults must be wearing a face mask. If possible, please do not bring other siblings that are not attending classes.
- There will be an outdoor check in station and one entrance with distanced space markers for the line.
- At the check in station, there will be a visual wellness check of all students & adults with temperatures taken. Anyone with a signs of illness or temperatures of 100.4 degrees or higher will be not be permitted to stay. Anyone that feels sick with any symptoms or who have recently come in contact with a person of COVID-19 will not be permitted to stay.
- An outdoor washing station will be present to wash and sanitize hands before entering.
- Once cleared, there will be one way marked for entering the gym area, guided by a staff member.
- For gymnastics classes, students will be guided to a side room with distanced spaces marked for them to stand on. Their warm-up will begin here if the gym is still in cleaning from prior class.
- Lobby area will only be available to one adult that would like to stay and monitor their students ages 5 and under. Seating will be properly spaced and cleaned before and after each class.
- Please limit bringing in any personal items and outside food and drinks. Personal water bottles are suggested.

Departure Requirements will be enforced:

- There will be one way marked for students and adults to exit.
- Once exited, re-entry will not be allowed
- Students and adults will be encouraged to wash/sanitize their hands before leaving

****Please review Gym Flow Map provided for arrivals and departures.**

During Class Safety

All class activities and “free play” time have been modified to ensure safety and distancing.

For Gymnastics Classes:

- Warm up and stretching spots will be properly distanced 6 feet apart
- Workout stations such as bars, beams, trampoline etc., will be properly distanced and sanitizing will be required when coming and going from each station
- There will only be one child allowed at each station
- There will NOT be any spotting from coaches. Skills and activities will be safely modified to ensure safety
- Chalk use will be limited. For those students that would like to use chalk, sanitizing before will be required
- There will not be any free time for gymnastics classes
- Foam Pit will be closed

Mommy and Me Classes:

- One adult will be allowed to the class and must wear a mask. Children are not required to wear a mask. The lobby area will not be available for others to wait.
- Adult that is participating must be able to help their child with **ALL** activities and skills, as coaches will not be allowed to physically assist. As well as, keep their child physically distanced from others through-out the class
- Circle Time squares will be distanced 6 feet apart and disinfected before and after each class
- “Free Play” toys or puzzles and themed equipment will not be brought out
- Skill stations will be properly distanced, with one child at a time
- Foam Pit will be closed

Closure

Dan the Man and staff are eager to have all of our students get back in the gym! We will take every precaution to do so slow and safely. We will continue to monitor all guidelines and suggestions given and make any necessary changes. Please let us know if you have any questions or concerns that may not have been mentioned above. Hope to see you all soon!