

KAATS GYMNASTICS

PHASE 4: RECREATIONAL CLASS - Family/Athlete Information

Family Guidelines	<ul style="list-style-type: none"> • Take your athlete's temperature daily before practice. ANYTHING OVER 100.4°, and they must remain home. They must be fever free for 24 hours before returning. • Make sure your athlete has a full bottle of water daily • No concessions or drinking fountains will be available. • Make sure your athlete wears a clean leotard daily. • Make sure your athlete showers/bathes right after practice. • Parents provide prompt drop-off and pick-up at assigned entry. (stay in car until signaled) • Parents must sign the Assumption of Risk COVID 19 Form. • Parents MUST review all guidelines with their athlete.
Gymnast Training Guidelines	<ul style="list-style-type: none"> • Must wear a clean leotard daily. • KAATS will not be able to provide for forgotten leotards. • Speak up IMMEDIATELY to parents/staff if not feeling well. • Take a shower/bath right after practice. • Gymnasts will ALWAYS need to practice proper social distancing. • Do not share personal items. • Avoid touching face. • Stand on the marks as required for entry, exit, and within training time. • Use hand sanitizer upon entry and exiting. • Wash hands between every rotation.
What Do I Need with Me?	<ul style="list-style-type: none"> • Athletes will put outside clothing and shoes in the tote provided – then ALL items will be taken back home with them • Spare: clean leotard and sports bra as needed. • Hairbrush, ties, and deodorant as needed. Personal feminine products as needed. • Tape, pre-wrap, nail clippers, Band-Aids, 1st aid cream, Chap Stick. • Additional braces, bands, heel cups, physical therapy items as needed. • Water bottle. • Tissues will be provided, must sanitize hands after use. • Face mask – Mandatory to wear outside the gym and when entering/exiting the gym
How Do I Come in The Gym?	<ul style="list-style-type: none"> • Arrive 5 minutes before class begins. • Masks must be worn while waiting outside the gym and in the gym until otherwise directed • Stand on social distancing circles outside the gym. • Come in one at a time (child only with exception for Pebbles & Parent Tot) when directed by the Coach. • Temperatures will be taken, and hands must be sanitized • The child will be directed to a tote to put all their stuff in. • At this time, the mask may come off and go in their tote. • The child will be directed to a designated spot to wait for class to begin.
How Do I Leave the Gym?	<ul style="list-style-type: none"> • At the end of class, the child will be allowed one at a time back to their tote to put their mask back on and gather their belongings. • The child will be brought out to wait for their ride on the social distancing circles on the sidewalk (on extreme weather days: heat, rain etc. the children will wait inside for their ride) • Please be prompt to pick up your child.

Cleaning of Non-Training Spaces	<ul style="list-style-type: none"> • Bleachers will NOT be available for parents to watch (Exception for Pebbles class – 1 parent allowed) • Wipe totes after each group • Wipe all door handles, sanitize surfaces after each group • Full facility vacuum, mop daily
Cleaning of Training Spaces	<ul style="list-style-type: none"> • Only training aids that are “personal” may be used • Limit “extra” mats • Vacuum all carpet areas 1x/day • Sanitize equipment and mats after every group
Pro Shop & Snack Bar	<ul style="list-style-type: none"> • No Snacks to be sold • Pro Shop items are limited – leotard sold only when necessary • No snack bar food for sale (including water) • No water fountains (everyone brings their own water bottle)

KAATS Commitment to Cleanliness & Safety

- Masks are required for all while in the facility and waiting to come in
- Only when the children are in class can the masks be removed.
- All coaches, teachers and parents must wear a mask the whole time.
- Social Distancing always in the facility and while waiting to come in.
- Daily temperature checks for all, anyone over 100.4° will be sent home.
- Hand sanitizing upon entry and before exiting.
- Hand sanitizing stations around the facility for easy use.
- Personal tote for each child during class, each tote is sanitized after each use.
- Social Distancing marks all over the gym for gymnasts to stand on.
- Sanitizing of equipment and mats after each rotation and use.
- Sanitizing the bathrooms in-between each class.
- Additional nightly cleaning and sanitizing of the whole facility.