



PRIVATE LESSONS



POLICIES AND PROCEDURES FOR PRIVATE LESSONS



- This presentation is for patrons scheduling private gymnastics lesson and will outline new policies and procedures for our return to the gym.
- The health and safety of our patrons, participants and staff will always come first. As we return to the gym after the disruption due to the COVID-19 pandemic, every decision, policy, and procedure has been made in the interest of our students' safety and health, both mental and physical.
- Our guidelines were created based on recommendations from USA Gymnastics, United States Olympic Training Committee, the Centers for Disease Control and the Illinois Department of Public Health and will be strictly adhered to by everyone entering our facility.
- Maintaining a healthy and safe environment will require cooperation from our staff, athletes, and parents. We need every family to do their part to practice good hygiene, follow our policies and procedures, as well as be patient and supportive of our athletes and staff during this time.

FOX VALLEY GYMNASTICS 30 MINUTE ONE-ON-ONE PRIVATE LESSON SCHEDULE

**MONDAY – THURSDAY
JULY 13 – AUGUST 13**

**Register via on line using code #121333
Fee is \$20 per lesson**

Noon – 12:30 pm	12:45-1:15 pm
1:30-2:00 pm	2:15-2:45 pm
3:00-3:30 pm	

Enter building at Door 11. **Please arrive between 10 minutes prior to your scheduled lesson.**

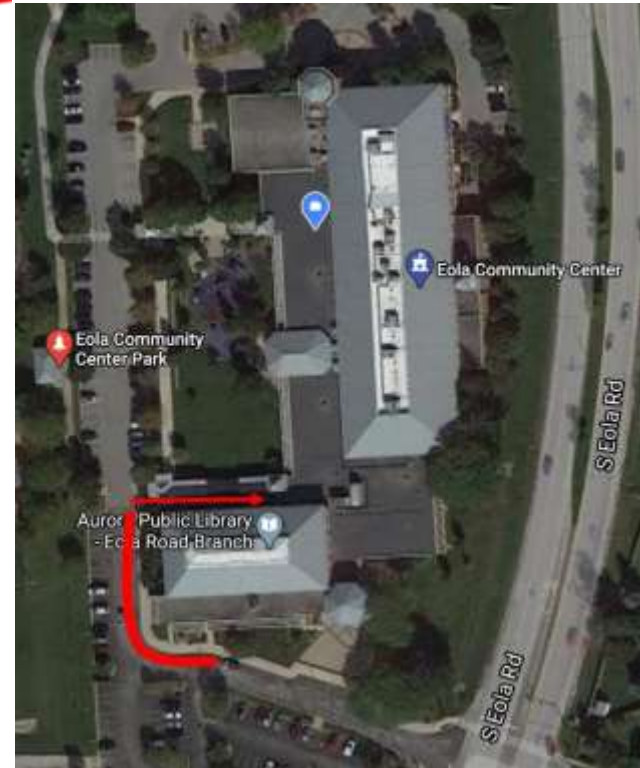
Occupancy will be limited and monitored to comply with IDPH guidelines. We encourage gymnasts only in the building. The lobby/hallways will have limited/no seating.

Parents that feel the need to stay and view will be told where to stand to control distancing and flow.



GYMNASTICS PARTICIPANTS WILL ENTER USING DOOR 11

- Drop off and pick up zone is door 11. Entrance between the Eola Community Center and Aurora Library.
- Health screening questions will be displayed on a signacade showing symptoms. If a gymnast has any symptoms, they should not participate
- Gymnasts should wear masks when entering and exiting the building.



Door 11 is located on the west side, between Eola Community Center & Aurora Public Library.



GYMNASTS WILL BE REQUIRED TO BRING THE FOLLOWING ITEMS IN A BACK PACK TO EACH LESSON

Water bottle (filled)

Towel

Paper Bag (for face mask)

- **Bag will travel with gymnast**
- **Sharing will not be permitted.**
- **No food is permitted.**

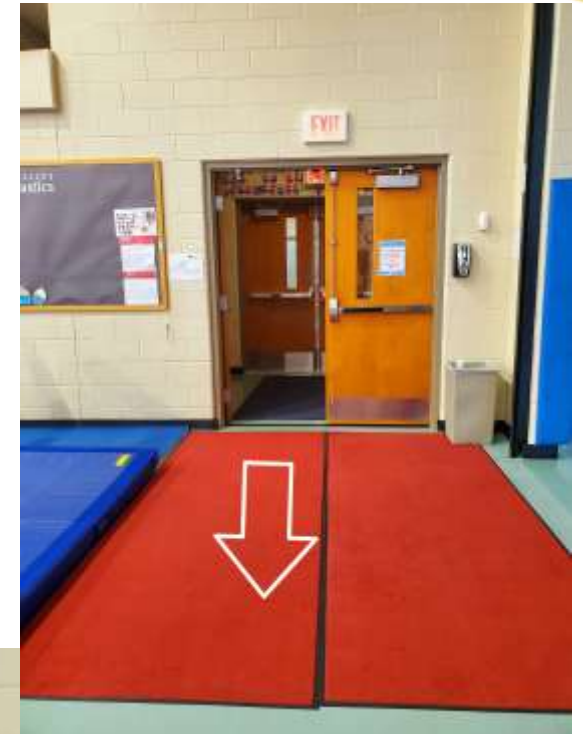
Hand Sanitizer

Large Bag for shoes



WHEN IN THE FACILITY, GYMNASTS WOULD ENTER USING MAIN ENTRANCE

- Coach will greet gymnast at the entrance of the gymnastics center.
- Only gymnast participating in private lesson will be allowed to enter gymnastics center.
- Main doors will be propped open for entering the gymnastics facility only.
- Gymnasts will remove their shoes and put into a ziplock bag and into their back pack.
- Once shoes are put away gymnasts will have an opportunity to use their own personal hand sanitizer or the wall mounted hand sanitizer.



MASKS



Masks will be put into a paper bag, located in the gymnasts' back pack when not in use.

Masks **should be worn** by gymnasts

1. Entering and exiting the gymnastics center and community center.
2. When using the restroom or any common area.
3. Anytime 6' distancing is not possible.

Masks **will not be worn** by coaches and gymnasts:

1. When gymnasts are stretching and practicing at 6' distances.
2. When a coach is at a 6' distance giving instruction.
3. When a coach must spot for safety reasons.

DID YOU WASH YOUR HANDS?

Washing your hands before and after gym will help prevent the spread of viruses and bacteria.



TOGETHER WE CAN STAY HEALTHY!

HYGIENE

- Hand Sanitizing Stations are located at the entrance, exit doors and office in the gymnastics center.
- Coaches will also have pump bottles of hand sanitizer that will travel with them in the gym.
- Gymnasts must have hand sanitizer in their personal back packs.
- Gymnasts & staff must wash their hands before and after practice.
- Gymnasts & staff must wash hands prior to starting a new event.
 - No chalk is allowed on bars.
 - On beam gymnasts will apply hand sanitizer on hands and feet prior to starting event.
 - On floor & vault gymnasts will apply hand sanitizer
- Gymnasts & coaches are to refrain from touching their face during practice.
 - If face is touched, the gymnast/coach will be asked to wash hands immediately.

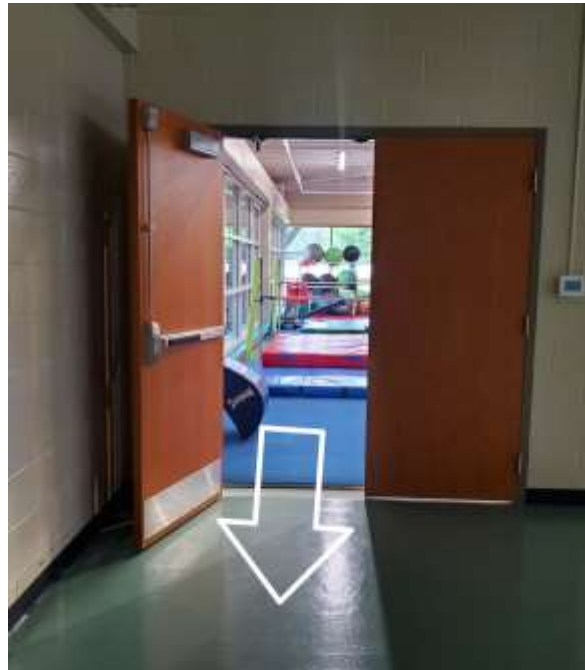
AFTER LESSON

Once lesson is finished, gymnast will put on shoes, mask and apply hand sanitizer.

Gymnasts will exit using the back door of the gymnastics center. This door exits into the south gymnasium and will be propped open.

Please be prompt picking you gymnast up.

Coach will disinfect areas used in preparation for next lesson.



CLEANING, DISINFECTING AND VENTILATION

Fox Valley coaching staff will be spot cleaning at the completion of each event rotation. Fifteen minutes have been designated between groups to carry out all necessary cleaning protocol.

CDC recommended products will be used to disinfect surfaces throughout the building.

Staff will be required to wear PPE when cleaning.

Fox Valley maintenance staff will be deep cleaning the facility in the evening when the facility is closed.

The use of fans will be limited. If a fan is necessary, fans will be placed to blow away from participants.



THANK YOU FOR BEING A PART OF OUR FOX VALLEY GYMNASTICS FAMILY.

WE LOOK FORWARD TO OPENING OUR DOORS AGAIN AND PROVIDING A SAFE AND FUN ENVIRONMENT WHERE KIDS CAN BE KIDS WHILE LEARNING GREAT GYMNASTICS!

