



RECREATION CLASSES
RE-OPENING PLAN

POLICIES AND PROCEDURES FOR RETURNING TO THE GYM

- This presentation is for recreational classes 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 RECREATIONAL GYMNASTICS CLASSES AT EOLA

Early Childhood Classes

- Preschool Gymnastics
- KinderNastics
- Mini Ninjas

Please arrive between 5 minutes before your class begins.

Instructors will be walking gymnasts in and out of classes. Meeting zone is the area between the library and Eola.

Occupancy will be limited and monitored to comply with IDPH guidelines. There will be limited seating inside Eola. Only registered participants are allowed in the gymnastics center.

Youth Classes

- Junior Beginner Gymnastics
- Beginner Gymnastics
- Continuing Beginner Gymnastics
- Intermediate Gymnastics
- Advanced Gymnastics
- Ninja Warrior Training

CLASS PROTOCOLS

- Small class ratios of 1:6 or less.
- One instructor per class
- Classes have staggered start times to ensure social distancing
- Only registered participants are allowed in gymnastics center
- Instructors will pick up and drop child off in designated zone
- Spot cleaning will take place throughout class
- Event cleaning will take place between classes
- Gymnastics Center will be deep cleaned each night.
- Hand Sanitizer, wipes and cleaning supplies will be readily available.

GYMNASTS WILL BE REQUIRED TO BRING THE FOLLOWING ITEMS WITH THEM TO CLASS IN A BACKPACK OR GYM BAG:

Water bottle (filled)

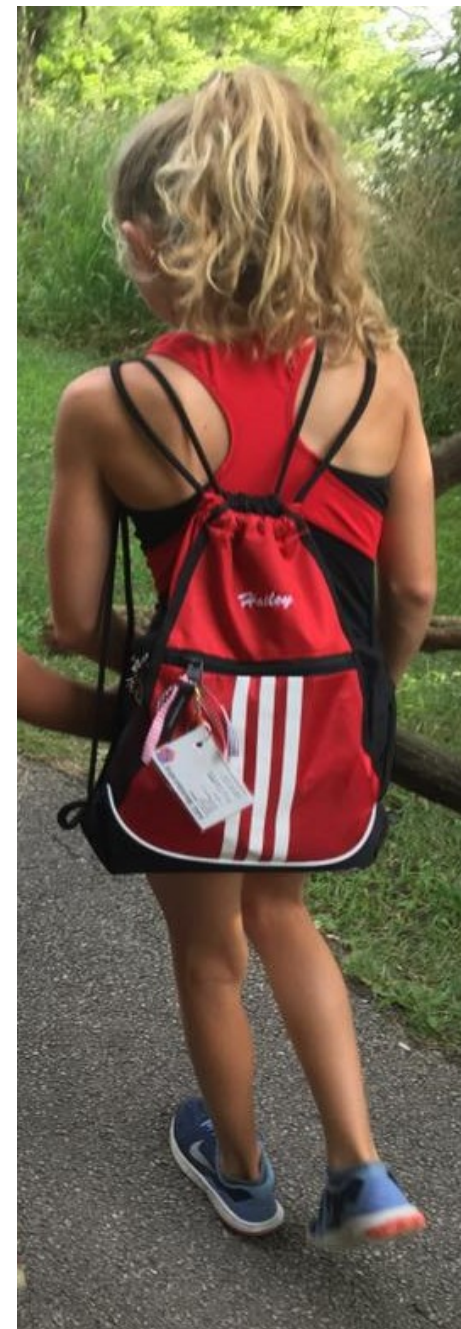
Hand Sanitizer

Paper Bag (for face mask)

Large Bag for shoes

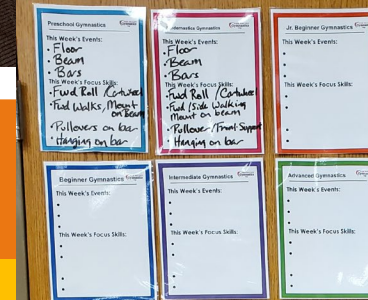
Towel (large enough to sit on)

- **Bag will travel with your child as they rotate in the gym**
- **Sharing will not be permitted.**
- **No food is permitted.**



GYMNASTICS CLASS MEETING ZONE

- Drop off and pick up zone is hallway between the library and Eola.
- Instructors will meet gymnasts in the drop off zone and will assemble on 6' markings in hallway prior to class starting.
- Health screening questions will be displayed on a signacade showing symptoms. If a gymnast has any symptoms, they should not participate
- Patrons and coaches must wear masks in common areas of the building; entering, exiting, in hallways or bathrooms.



Please arrive between 5 minutes before your class begins. Instructors will be walking gymnasts in and out of classes. Meeting zone is the area between the library and Eola.

Occupancy will be limited and monitored to comply with IDPH guidelines. There will be limited seating inside Eola. Only registered participants are allowed in the gymnastics center.

INSTRUCTORS WILL WALK CLASS PARTICIPANTS FROM THE MEETING ZONE TO THE GYMNASTICS CENTER.

- Entry to the gymnastics center will be the main door.
- Main door will be propped open.
- **Only registered participants are allowed in the gymnastics center.**
- Seating in the Eola Community Center will be limited.



ONCE GYMNASTS ARE INSIDE THE GYMNASTICS AREA . . .

- Participants will go to the red-carpet area to begin class:
 - Mats will be marked 6' for social distancing.
 - Towels are placed on floor for stretching.
 - Masks will be removed and placed in paper bag.
 - Gymnasts will remove their shoes and put into a plastic bag and into their back pack or bag.
 - Gymnasts will have an opportunity to use hand sanitizer.
 - Personal Backpacks / bags will travel with gymnast during classes.



MASKS

Masks **will be worn** by coaches and gymnasts:

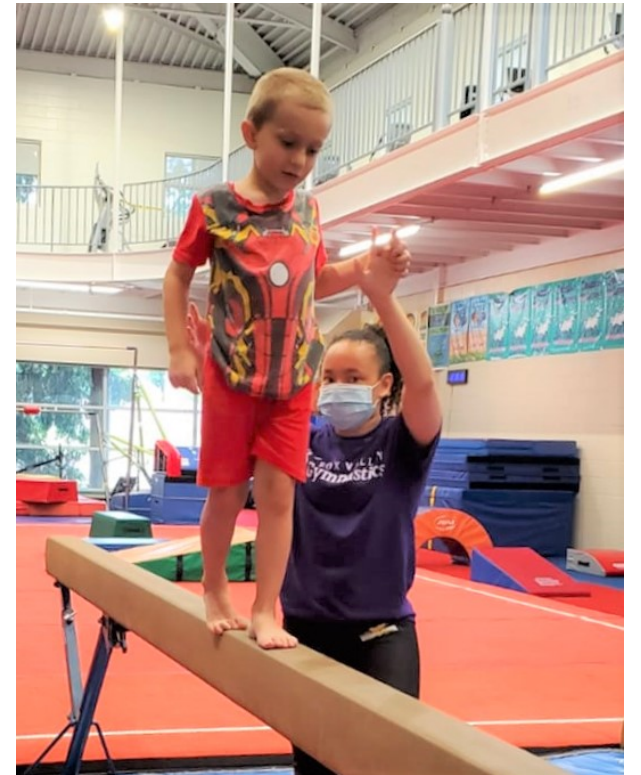
1. Entering and exiting the gymnastics center and community center.
2. When using the restroom or any common area.
3. Anytime 6' distancing is not possible.

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.



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



DID YOU WASH YOUR HANDS?

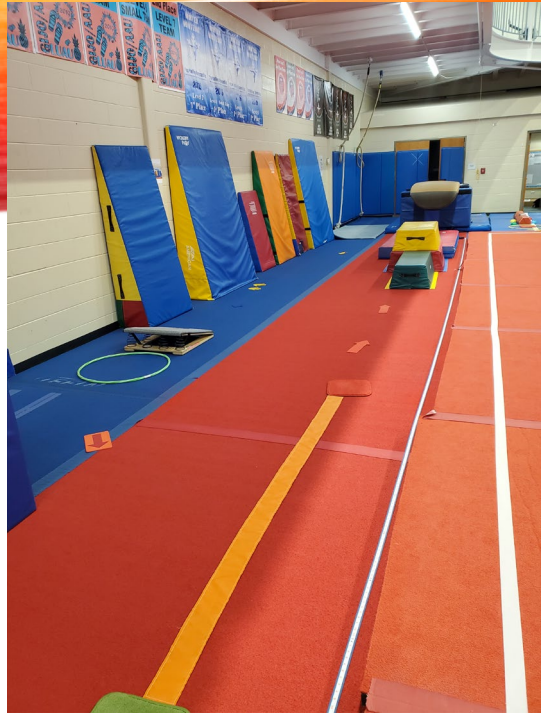
Washing your hands before and after gym will help prevent the spread of viruses and bacteria.



TOGETHER WE CAN STAY HEALTHY!

HYGIENE

- Hand Sanitizing Stations are located at the entrance, exit doors and office in the gymnastics center.
- Instructors 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.
 - On bars gymnast must use hand sanitizer prior to starting the event.
 - 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.



ZONES IN THE GYM

Gymnasts will be 6' apart.

When warming up, gymnasts will use towel to sit on.

When multiple classes are taking place they will be in designated separated areas.

All classes will be following rotation schedules.

Events will be sanitized between rotations.



CLASS DISMISSAL

Prior to dismissal gymnasts will put on shoes and mask.

All participants will be asked to use hand sanitizer.

Instructor will make sure all belongings are in everyone's backpack / bag

Using the back-door Instructors will escort gymnasts back to hallway meeting zone.

Once in meeting zone, gymnasts will wait in designated spaces that are 6' apart to be picked up.



END OF CLASS & PICK UP

- Coaches will walk gymnasts out of the gymnastics center to the gymnastics meeting zone in hallway.
- Gymnasts will wait maintaining a 6' distance between one another using markings.
- Please be prompt picking up your gymnast.



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!**