



# **SUMMER CAMPS**

**Tumble Bug Camp**

**Gymnastics Camp**

**Ninja Warrior Camp**

**Cheer & Pom Camp**

**DanceNastics Camp**

## POLICIES AND PROCEDURES FOR RETURNING TO THE GYM

- This presentation is for Summer Gymnastics Camp to outline policies and procedures for our 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 CAMP AT EOLA

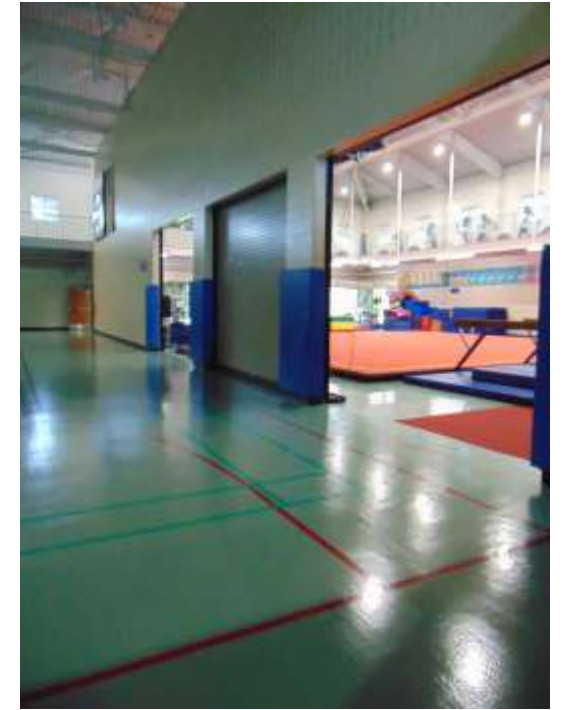
## Camp Locations

Camp groups will be on rotating schedules with activities.

### South Gymnasium – Arrival & Dismissal:

**Please arrive 5 minutes before your camp begins.** Instructors will be meeting and dismissing campers in the south gymnasium. Occupancy is limited and monitored to comply with IDPH guidelines. There will be limited seating inside Eola.

**Only registered participants are allowed in the gymnastics center and activity rooms.**



**Dance Studio**  
**Movement Activities**  
Campers will be spaced 6' apart in marked boxes.



**Room 104**  
**Snack & Crafts**  
Campers will be spaced 6' apart with two per table.



**Room 109**  
**Games**  
Floor markers will be used to distance campers.



**Gymnastics Center**  
Where most activities will take place

# CAMP PROTOCOLS

- COVID pre-screening questions will be asked each day.
- Small group ratios of 1:8 or less.
- Campers will arrive and dismiss in the south gymnasium to ensure social distancing.
- Only registered participants are allowed in gymnastics center
- Spot cleaning will take place throughout event rotations.
- Sanitizing will take place between camps.
- Gymnastics Center will be deep cleaned each night.
- Hand Sanitizer, wipes and cleaning supplies will be readily available.

## **PARTICIPANTS WILL BE ISSUED A BASKET TO HOLD THEIR PERSONAL BELONGINGS.**

### **THE FOLLOWING ITEMS ARE REQUIRED FOR CAMP EACH DAY:**

Water bottle (filled – water only)

Small Snack (peanut free) for Tumble Bug & Gymnastics Camp only.

- **Basket will travel with your child as they rotate through activities**
- **Please have your child wear shoes that can be taken on and off easily.**
- **Sharing will not be permitted.**

**Masks will be worn by instructors and participants at all times where 6' distancing is not attainable.**



## ONCE GYMNASTS ARE INSIDE THE GYMNASTICS AREA . . .

- Participants will go to their assigned area to begin class:
  - Mats will be marked 6' for social distancing.
  - Gymnasts will remove their shoes put into their basket.
  - Gymnasts will have an opportunity to use hand sanitizer.
  - Personal baskets will travel with gymnast during camp.



# 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.

# CAMP DISMISSAL

- Prior to dismissal gymnasts will put on shoes.
- All participants will be asked to use hand sanitizer.
- Instructor will make sure all belongings are in everyone's basket
- Using the gymnastics center's garage doors, instructors will escort gymnasts into the south gymnasium for pick up.
- Once in meeting zone, gymnasts will wait in designated spaces that are 6' apart to be picked up.
- Please be prompt picking up your child.





# 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 PROVIDING A  
SAFE AND FUN ENVIRONMENT WHERE  
KIDS CAN BE KIDS WHILE LEARNING  
GREAT GYMNASTICS!**