



We are focused on keeping all the Families, Kids and Employees as safe as possible by creating specific guides that will reduce the risk of infection. We will not open until we see a peak and drop in Linn County of Iowa. **Summer Camps will not be running Summer 2020 due to COVID. Summer Camp Families to roll payments to Summer 2021, may be donated, or we will provide refunds as able.**

Phase 1 June 15 (estimate)	Phase 2 Middle of July (estimate)	Phase 3 Fall/School Start (estimate)
<p><u>Programs Resuming</u> May be modified based on restrictions</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">Summer Team Schedule (modified if needed)</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">Staff Trainings</p>	<p><u>Programs Resuming</u> May be modified based on restrictions</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">Recreational Classes 6:1 ratio</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">Preschool Classes will be 30 minutes with 5:1 ratio</p>	<p><u>Programs Resuming</u></p> <p style="text-align: center;">↓</p> <p style="text-align: center;">BASP Resumes, Toddler classes Resume</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">Parents Night Out, Preschool Open Gym</p>

Kids First Gymnastics Guidelines

While we cannot eliminate the risk of COVID-19 or other illnesses, our focus will be:

1. Teaching, reinforcing, and expecting proper hand hygiene – This reduces the spread and exposure
2. Not allowing kids or coaches who are showing symptoms of an illness to be in the gym. Adults are all expected to wear face masks in the facility. – This reduces exposure
3. Cleaning surfaces often – This reduces exposure

Employee Guidelines	<ul style="list-style-type: none"> - Staff will follow illness policy including temperature checks and 24-hour wellness standard. - Staff will wash/sanitize hands prior to/at the conclusion of and between classes - Staff will always wear face masks while in the building - Staff will have sanitize their hands after spotting an athlete and moving onto spotting the next athlete - Employee travel will be monitored and isolation following travel will adhere to CDC recommendations
Building Preparation	<ul style="list-style-type: none"> - Drinking fountains closed and students encouraged to bring water bottles - The facility will be cleaned, disinfected, and sanitized before we reopen
Entering the Building	<ul style="list-style-type: none"> - Drop off/pick up if able; no more than 1 adult per child in building - Any adults in the building must be wearing a face mask/shield - Temperature check of students before each practice - Athletes who appear ill or who have a temp over 99.5 will be sent home - Students will be required to sanitize/wash hands upon entering facility
Prior to Class	<ul style="list-style-type: none"> - Students will be required to sanitize/wash hands upon entering the gym - Students will be required to sanitize the bottom of their feet and water bottles - Employees will have disinfected/sanitized all equipment between classes
During Class	<ul style="list-style-type: none"> - Athletes will sanitize/wash hands after every rotation - Lesson plans will be modified to limit use of props. Props will be sanitized and cleaned when used. - Stations and activities will be modified to allow as much distance as possible - Each team athlete will keep chalk in their personal plastic container, chalk will not be provided to recreational athletes - Each team athlete is encouraged to purchase their own thera-bands, resistance bands, etc
After Each Class	<ul style="list-style-type: none"> - Employees will begin disinfecting/sanitizing all areas of their stations immediately to get ready for the next group