



# The Risk of Exposure

Kids First will do everything we can in the gym to reduce a spread of germs. Unfortunately, The question is when and how often will there be direct exposures at Kids First for things that are outside of our control.

## Rules & Policies at Kids First

### Direct Exposure at Kids First

- Staff and their house hold testing positive
- Athletes or someone in their house hold testing positive
- Patrons who test positive within 2 weeks who have been in the building

#### Policy:

- Staff exposed to that person must have negative test before returning to work AND/OR self isolate for 14 days based on CDC recommendations
- Athletes from that group must have a negative test AND/OR self isolate for 14 days based on CDC recommendations
- Any groups in the gym at that time will be notified of the of a positive test of the exposure
- Any groups that are taught by exposed staff will be notified of the exposure
- We will make sure all surfaces have been cleaned as soon as possible

### Indirect Exposure at Kids First

- Parent's co-workers testing positive
- Friends testing positive
- Neighbors testing positive
- Family not in your house hold testing positive

#### Policy:

- Recommendation to family: take 2 weeks to self isolate. Without being there, it is hard to know if the severity of the indirect exposure.
- Staff who are in contact with that person will be notified so they can be aware to monitor themselves closer
- No testing will be required, unless required by CDC
- Communication to families of this will only be made if there was direct exposure
- Will continue to clean all mats after every class and all surfaces daily

### Prevention

For more details see our original guidelines at <https://kids1stgym.com/covid-19-changes/>

#### Policy:

- We require all adults to wear masks in the building.
- All people who enter the building must have their temperature checked. Anything 99.5 or higher or currently recommended by CDC.
  - When a temperature is "high", it will be rechecked with a different thermometer.
- Cleaning of all mats between classes
- Encouraging athlete pickup/drop off to reduce the number of people in the facility.
- Sanitizing feet and hands of athletes, often.