



# A GUIDE TO CONTINUING INSTRUCTION AT IEGA

## Health and Safety Practices and Protocols for Students and Families

### Updated for Summer/Fall 2021

*As Inland Empire Gymnastics Academy (IEGA) expands its programming options, we continue to need your help and partnership in order to keep our students safe. Please review the revised procedures and protocols below, remembering that these practices and protocols ensure that students can remain active and engage, while still protecting their family and friends at home, particularly those who have not yet been vaccinated. However, as COVID-19 vaccines become more readily available to a wider population, we strongly encourage everyone who can to get vaccinated.*

### Drop Off and Pick Up

- To continue promoting social distancing and one-way movement of people, all students will continue to be dropped off and picked up from outside of the gym, through our separate entry and exit doors. We ask that parents, when they wish to speak to their student's coach, wear a mask regardless of their vaccination status.
- IEGA will continue to use 15-minute arrival and pick up windows. Please do not arrive any earlier than your designated arrival time and please be on time for pick up so that coaches have a chance to speak with you before they head off to their next class. *Please note that students cannot be dropped off, or enter the building, prior to their designated entrance window. We do not have additional waiting space inside.*

### Wellness Checks

- All students and employees, as well parents of enrolled preschool/kinder students who will be entering the building, will continue to a brief wellness assessment prior to entering the building. The assessment will include a temperature check with a touchless thermometer and confirmation of no COVID-19 or flu-like symptoms by themselves or anyone in their household, and no travel outside of the US in the past 14 days.
- Any person exhibiting COVID-19 or flu-like symptoms, or who has a fever of 100.4 or higher, will be sent home. Students and employees must be fever free, without medication, for 48 hours prior to return.

### COVID-19 (Positive Test, Exposure, Symptoms and/or Diagnosis)

- Any student, employee or parent of an enrolled preschool/kinder student who will be entering the building, who has had a **direct** exposure to someone with COVID-19, must quarantine at home for 14 days, and be symptom free, before being allowed to return. **HOWEVER, with proof of a COVID-19 vaccination a 14-day quarantine is not required.**
- For any student, employee or parent of an enrolled preschool/kinder student who will be entering the building with a potential **indirect** exposure to COVID-19, we request that you closely monitor for symptoms for at least 10 days. If any symptoms occur, a 14-day quarantine will be required.
- Any student, employee or parent of an enrolled preschool/kinder student who will be entering the building who contracts, or is diagnosed with, COVID-19 and has symptoms, must isolate at home for 10 days, with the 10 day count beginning after the first appearance of the first symptoms. Return to class/work may occur after 10 days and is dependent on the following:

- *At least 48 hours with no fever, without fever-reducing medication, and*
- *Other symptoms of COVID-19 are improving\*\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.*
- Any **unvaccinated** student, employee or parent of an enrolled preschool/kinder student who will be entering the building who tests positive for COVID-19, but has no symptoms, must isolate at home for at least 10 days. If no symptoms present themselves within the 10 days, return to class/work may occur after 10 days from the positive test.

### Face Covering Protocols

- All employees, students over the age of 2, and approved parents who will be entering the building, will continue to be required to wear a facemask at all times while at IEGA. Masks must be appropriately sized and worn properly, covering mouth and nose to prevent aerosolized droplets from escaping. **BANDANAS, GAITER-STYLE FACE COVERINGS AND VENTED MASKS ARE NOT ALLOWED.** We strongly suggest that students under the age of 2 wear them as well, though they are not required.

### Physical Distancing Protocols

- The IEGA viewing room is now a waiting room for students to sit prior to the start of the class. To that end, we will continue to limit in-gym waiting to only one parent of those children enrolled in preschool/kinder classes only. Video streaming with Spot TV® will continue to be available so that all parents can watch their student(s) remotely.
- In continue to enable physical distancing, class sizes at IEGA will remain small, and we will continue to limit the number of classes in the 8 designated instructional areas. *Parent Participation Classes – 10 students per class. Tumble Tyke/Tumble Kid Classes – 6 students per class. Recreational Girls and Boys Classes – 8 students per class. Tumbling Classes – 8 students per class. Competitive Classes – 10 students per class*
- All administrative and billing needs will continue be done by phone or via email with the front desk. The IEGA Parent Portal can be accessed from your phone, tablet or computer for enrollments and payments as well. Afternoon appointments can be made with the front office if in-person transactions are needed.
- IEGA will continue to provide backpacks to all students, and students must bring their IEGA backpack to class each week to hold personal items (shoes, water bottle, cell phone). If a student forgets to bring their backpack, a temporary bag will be provided for the day.

### Hand Washing and Hand Sanitizing Protocols

- All students, employees and parents of enrolled preschool/kinder students who will be waiting in the gym must wash their hands with soap and water immediately upon entering. If students or employees come off the floor to use the restroom or for health needs (rips or band-aids), before returning, they must wash their hands with soap and water.
- Both the nature of the sport, and the safety of the athletes, requires hands-on contact between athlete and coach. Hand sanitizer will continue to be available throughout the gym, and everyone will be encouraged to use it between activities, spotting and stations. Students will be asked to use hand sanitizer during class if they touch their face or mouth.

## Ventilation Protocols

- Bay doors will continue to remain open during hours of operation, except during inclement weather or excessive heat. To promote airflow and cross ventilation, the overhead MacroAir fans will be on and all smaller standing fans will be turned on as well, drawing in the outside air and circulating it throughout the building continuously.

## Shoe Protocols

- Street shoes will continue to not be allowed on the gym floor except along the designated exit path. **IEGA STRONGLY recommends students wear slides to gym for convenience and speed in getting ready for class or for when the restroom must be used.**

## Eating and Food Protocol

- The IEGA snack bar will continue to be closed other than for water purchases. **Please ensure that your student eats BEFORE they come to gym.** Please do not send them hungry.
- Water must be brought to the gym by students in either a reusable or disposable water bottle with the student's name clearly marked on it. If the student does not bring water with them, they will be given one upon entry and the card on file with the student's account will be charged.

## Cleaning and Disinfecting Protocols

- Cleaning/disinfecting of all high touch point areas in the entrance, lobby/hallways, viewing room, restrooms, and exit will be done throughout gym operational hours.
- Each designated instructional zone has a cleaning/disinfecting bucket with the necessary supplies for staff to use. A 15-minute break period between each class is provided so that necessary post class cleaning and disinfecting can take place. Coaches will be also continue to be conscious of how students are interacting with the gymnastics equipment and are prepared to clean/sanitizer any equipment where student behavior or actions may have compromised cleanliness, particularly as it relates to body fluids and aerosolized droplets.
- Cleaning and disinfecting at IEGA will include, but is not limited to, the following:
  - All skill mats and props used during the workday - Daily
  - All landing mats in all areas of the gym – Monday, Wednesday, Friday and Saturday
  - All carpeted surface area of the gym – Tuesday, Thursday and Saturdays
  - Restrooms, Front of the House and Exit Area - Daily
- EMist Electrostatic Disinfectant Sprayers will be used as needed on all surfaces that cannot be wiped down such as: uneven and parallel bar rails, beams, rings, handles on pommel horses, rack bars, etc.

*Updated 7/10/2021*