

TGS Gymnastics & Dance COVID 19

Updated 7/23/2020

TGS is committed to following and implementing the most recent recommendations by the Centers for Disease Control (CDC) and Ohio Department of Health (ODH) to prevent the spread of COVID19. TGS will also be following guidance provided by the Amateur Athletic Union (AAU), U.S. All-Star Federation (USASF) and USA Gymnastics (USAG).

Ohio Face Mask Mandate:

TGS will be enforcing the Governor's Statewide Mask Mandate. ALL athletes and essential visitors (non-essential visitors continue to be discouraged on entering our facility) are REQUIRED to wear a face covering upon entering and exiting our facility and during all times spent in general areas such as the lobby, viewing area, restrooms, ect. Athletes will NOT BE REQUIRED to wear a mask during class times (due to the high intensity/aerobic nature of our sport) however MASK MAY BE REQUIRED during particular training sessions (partner work & lifts).

Mask and SAFEZONE Protocol for Athletes:

1. Athletes will enter the facility with a mask worn. Once a TEMPERATURE CHECK is completed, the athlete will be provided a DISPOSABLE NAME TAG and assigned to their SAFE ZONE table. This DISPOSABLE NAME TAG should be left on the SAFE ZONE table to signify each athlete's assigned area.
2. Athletes may remove their mask once socially distanced within their SAFE ZONE.
 - a. Athletes need instructed BY THEIR PARENTS PRIOR TO CLASS on HOW TO PUT ON AND REMOVE A MASK properly:
 - i. Always remove a mask by the ear loops AND always fold the mask with the DIRTY SIDE inwards.
 - ii. ALWAYS WASH/SANITIZE their hands BEFORE AND AFTER mask donning and removal.
3. Masks will be left within each athlete's personal SAFE ZONE when not needed during class. NO MASKS WILL BE PERMITTED IN THE CLASSROOM AREA UNLESS WORN ON THE ATHLETE'S FACE.
4. If masks are needed during a class, TGS Staff will dismiss the class back to their SAFE ZONE while maintaining social distancing, require athletes to wash/sanitize hands, put masks on while in the SAFE ZONE, re-wash/sanitize hands and then will permit the athletes to return to class.
5. Classes will be dismissed 5-10 minutes early to allow Athletes time to return to their SAFE ZONE while maintaining social distance. The athletes will then wash/sanitize hands before putting on their mask to exit the facility.
6. Athletes should LEAVE THEIR DISPOSSABLE NAME TAG on their SAFEZONE table upon leaving so TGS Staff can properly sanitize that area for the next incoming athlete.

Restricted Attendance Policy (including OHIO TRAVEL ADVISORY):

Please read the following carefully. If you are unsure of how to proceed with class attendance, please refer to your family physician for proper guidance.

1. Anyone with signs or symptoms of COVID19 which include cough, fever, chills, shortness of breath, difficulty breathing, sore throat, loss of taste or smell, congestion/runny nose, diarrhea or nausea, should not return to class at TGS until SYMPTOM FREE FOR 72hrs WITHOUT use of medication.
 - a. TGS recommends that all athletes assess their individual health prior to coming to class. TGS will perform a TEMPERATURE CHECK on each athlete upon entering the facility.
2. Anyone who has had contact with someone with a confirmed diagnosis of COVID19, or under investigation for COVID-19, should not attend class until cleared by their physician or local health department or have completed a 14 day quarantine.
3. Anyone athlete who has been confirmed with COVID-19, should alert TGS so proper actions can be taken to ensure the safety of our costumers and staff. TGS will be working with and following the direction of the Stark County Health Department with any COVID19 exposures.
4. **OHIO TRAVEL ADVISORY:**

- a. With the announcement Ohio's Recommended Travel Advisory System, TGS requires ALL athletes who travel to a High Risk State (which is defined by states reporting positive testing rates of 15% or more), contact TGS PRIOR TO RETURNING TO CLASS.
 - i. This system is a recommendation by the State; no mandate is currently in place.
 - ii. TGS will address each situation on an occurrence-by-occurrence basis and will come to a decision on whether or not a 14 day quarantine from our facility is required. TGS will ask that all families be honest and accurate with their assessment of level of risk while out of State. If quarantine is determined to be needed, athletes may be able to stay connected with their team via Zoom class meetings that may be able to air live during classes.
5. TGS reserves the right to limit class participation to any athlete/family who is believed to meet the above criteria. TGS staff has been educated to be monitoring students for signs of illness and will be asking any student with signs & symptoms of illness to return home.
6. Be sure to check with your athlete's coach as virtual class attendance may be available for your athlete's class/team if quarantined at home is required. This is a great way for all athletes to stay current with their class/team.

How PARENTS Can Help:

TGS asks all parents/guardians to be instructing your children on proper infection control which includes:

1. Proper Hand Washing Technique:
 - a. Wet hands with running water (cold or hot)
 - b. Lather with soap between fingers, on backs of hands and under fingernails
 - c. Continue to scrub hands for at least 20 seconds (hum the Happy Birthday song from start to finish twice)
 - d. Rinse hands under clean, running water
 - e. Dry hands using clean, dry towel or air dry. Discard the towel away in the trash can.
2. When to wash your hands (which includes but is not limited to):
 - a. Before and after each lesson/class at TGS
 - b. Before and after putting on and removing your mask.
 - c. Before and after eating food or drinking a beverage
 - d. After using the toilet
 - e. After blowing your nose, coughing, or sneezing
 - f. After touching garbage
3. How to Safely Put ON and REMOVE a Facial Mask:
 - a. Wash/sanitize hands prior to putting on a mask, after putting on a mask, prior to removing a mask, and after removing a mask.
 - b. When removing, remove the mask by its ear loops. Avoid touching the cloth that is covering the face.
 - c. Fold used masks so that the dirty side is folded inwards.
 - d. Avoid use of plastic reusable bags to store masks. Remember: Once a dirty mask is in a bag, the bag is now contaminated. If you wish for your child to store their mask during class in a bag, it is recommended to use disposable paper bags. Bags should only be used 1 time.
 - e. PLEASE MAKE SURE MASKS ARE WASHED PROPERLY AFTER EACH USE WHEN YOUR ATHLETE RETURNS HOME.
4. Avoiding close contact with others.
 - a. Remind your child to respect social distancing which includes remaining 6 feet away from others.
5. Covering your cough/sneeze:
 - a. Cough or sneeze directly into a tissue. If no tissue is available, cough or sneeze directly into inside of elbow (make contact; do not sneeze or cough into the air).
 - i. Be sure to throw your tissue away in a trash bin.
6. Avoiding touching eyes, nose and mouth!
7. Limit touching frequently touched surfaces.

TGS Gymnastics & Dance COVID19 (updated 7-23-20)

What to Expect: Taking a Class at TGS during COVID19 pandemic

It is mandatory to read and understand all of these best practices prior to taking classes at TGS. Please be sure to take time and read this information! Please email questions and concerns to tgscoach571@aol.com (for questions regarding general concern or gymnastics) or tmm4822@gmail.com (for questions regarding dance or cheer).

Before attending a Class:

1. Perform an individual health self-assessment. If your athlete is ill, NO NOT COME TO CLASS. If your child has any symptoms of COVID19 (including cough, fever, chills, muscle pain, shortness of breath, difficulty breathing, sore throat, loss of taste/smell, or nausea/diarrhea), you child is not permitted to return to class until symptom free for 72hrs without use of medication. (Please see all Restricted Attendance Polices.)
2. Athletes should BRING THEIR OWN WATER BOTTLE. TGS snack/concession is now open; however athletes should ask the front desk attendant for assistance acquiring their desired item.
3. Come in READY-TO-PRACTICE wear. Practice shoes should be cleaned/sanitized prior to arriving at class and CARRIED into the gym. Athletes can change from their street shoes into practice shoes at the designated SAFE ZONES. TGS does supply sanitizing spray that athletes may choose to use once they have on their practice shoes.
4. Encourage your athlete to use the restroom at home prior to arriving for class.

Arriving at Class:

1. Do not arrive sooner than 10 minutes prior to your class. If you happen to arrive early, please wait in the parking lot until closer to class time.
2. TGS is requesting that parents/guardians drop-off and pick-up their child from the parking lot. Non-essential visitors are not permitted into the facility at this time. If entry into the building is required (i.e. parent of a young athlete), TGS encourages just ONE parent/guardian per athlete. TGS encourages siblings not taking classes remain at home as able.
3. A Mask is mandatory to enter our facility by ALL athletes and essential visitors.
4. All Athletes will have their TEMPERATURE CHECKED prior to being assigned a SAFE ZONE. Athletes will be given a DISPOSABLE NAME TAG to place on their SAFE ZONE table. THESE TAGS SHOULD REMAIN ON THE TABLE SO TGS STAFF KNOWS WHICH TABLES REQUIRE CLEANING FOR THE NEXT ATHLETE.
5. A sign-in and sign-out log is REQUIRED for any ADULT entering the facility.
6. Immediate hand-washing or hand sanitizer use is required upon entry into the facility.
7. Athletes will be assigned a "SAFE ZONE" for their personal items which should only include masks, street shoes, water bottle, jacket (as needed), cell phone (as needed), car keys (as needed). "SAFE ZONES" will be sanitized between each class and will be stationed 6 ft apart.

During Class:

1. All TGS staff will be wearing face coverings during all classes unless in the permitted "coaches area" where coaches are socially distanced well over 6 ft from the athletes.
2. Athletes will not be required to wear a mask during class unless the coach determines that specific training sessions (such as partner work, lifts, ect) would be most safe wearing a mask.

3. Athletes will be asked to stay on their FLOOR MARKING (which has been pre-set to be a minimum of 6 ft away from other athletes) during stretching, warm up and conditioning sessions. Athletes will be encouraged to practice social distancing throughout class as able (ie drilling choreography spread out, following dot system for waiting in lines, ect)
4. Athletes will be asked to not High Five, Hug or touch another athlete or instructor before, during, or after classes unless the training session specifically involves touching (ie. Partner work, lifts, coach spotting athlete on skill ect) at which time, masks may be required to be worn to participate.
5. Water breaks will be staggered throughout class to enforce social distancing.
6. Restroom breaks will be limited/discouraged during 45 minutes lessons. TGS will be completing restroom cleanings every 2 hrs during class times.
7. Classes will be dismissed 5-10 minutes early to allow time for social distancing upon returning to SAFE ZONE and to allow for hand washing/sanitizing prior to putting on athlete masks to exit the facility.