



Phases to Reopening: REC Program

The purpose of our phased-in approach to reopening is to help orient athletes and families to a “New Normal” while allowing us to ensure the safety of students and staff. Each phase will tentatively progress with each session. Dates may be tentatively based on any guidance from the State of Hawaii. Any revisions to each phase that may loosen or expand guidelines or dates will be communicated and available on our website.

Phase 1: Starts June 8th (Session 6: 6/8 - 7/4)

- Safety Measures, Safe Practices, and Facility Prepared
- Virtual/Online Gym continues with 50% Discount
- Soft Open Sunday Classes Begin as Make-Ups
- OPEN Enrollment for Phases 2 & 3 New Class Schedule begins June 15th

Phase 2: Starts July 6th (Session 7: 7/6 – 8/1)

- Continued implementation of Safety Measures & Safe Practices
- In-Gym instruction BEGINS under New Class Schedule with 20% Discount
- Alternative Instruction: Virtual/Online Gym continues with 30% discount
- Sunday Make-up Classes Continue

Phase 3: Starts August 3rd (Session 8: 8/3 – 8/29)

- Continued implementation of Safety Measures & Safe Practices
- In-Gym instruction Continues under New Class Schedule with 20% Discount
- Alternative Option: Virtual/Online Gym continues with 30% Discount
- Sunday Make-up Classes Continue
- Private Lessons may begin during select times
- Possible expansion of class ratios pending relaxed State guidance
- Reassessment & transition preparations begin



PHASE 1: REC Program

Session 6 New Dates: June 8th – July 4th

- Safety Measures, Safe Practices, and Facility Prepared
- Virtual/Online Gym continues with 50 % Discount
- Soft Open Sunday Classes Begin as a Make-up
- OPEN Enrollment for Phases 2 & 3 New Class Schedule Starts June 15th

PART 1: Continue virtual/online gym (videos of new lessons, exercise & activities provided to all members each week)

PART 2: Introducing Soft Open Sundays- In gym classes that will be offered every Sunday throughout session 6. Current active members can request to sign up on their parent portal account using a make-up.

Soft Open Sunday Class Schedule:

Twinkling Stars

9:00-9:30am
10:00-10:30am

Rising Stars

11:00-11:30am
12:00-12:30pm
1:00-1:30pm
2:00-2:30pm
3:15-3:45pm
4:15-4:45pm
5:15-5:45pm

Girls Shining Stars

9:15-10:00am
10:15-11:00am
12:15-1:00pm
1:15-2:00pm
2:15-3:00pm
3:15-4:00pm

Boys (Shining & Extreme)

1:30-2:30pm

Tumbling/Cheer

4:30-5:15pm
5:30-6:15pm

Girls Soaring/Extreme

11:30-12:30pm
3:00-4:00pm
5:00-6:00p

Quick Facts on Soft Open Sunday Classes:

- Only current active members may sign up for our Soft Open Sunday Make-ups in Phase 1
- Signups will open every Monday for the week ending on Sunday
- Only one signup per week will be allowed in Phase 1
- Shorter class duration, small class ratios and specific safety measures will be implemented



PHASE 2: REC Program

Session 7: July 6th – August 1st

- Continued implementation of Safety Measures & Safe Practices
- In-Gym instruction BEGINS under New Class Schedule with 20% Discount
- Alternative Option: Virtual/Online Gym continues with 30% Discount
- Sunday Make-Up Classes Continue

In-Gym Instruction: Upon reopening our facility for the rec program in Phase 2, we will be implementing all safety measures including enhanced cleaning, social distancing and restricting classes to less than 10 in a single spaced area. Since Island Tumblers Gymnastics operates on two-tiered levels of 10,000 square feet, we will be able to accommodate small groups during staggered times with strict rotations and in-gym spaces. All students who choose to participate in-gym instruction must re-enroll their child on their parent portal account by choosing a class(es) of their similar day/time or one that better fits their families schedules. Designated spaces and areas will allow class groups of less than 10 in each area.

OPEN Enrollment Starts JUNE 15th

Please review NEW Class Schedule

Virtual/Online Gym: Students who choose to continue to prolong their absence of gatherings may choose to remain enrolled only in our virtual/online gym. Each week you will receive an email and instructions on how to access the video of your child's program class.



PHASE 3: REC Program

Session 8: August 3rd – August 29th

- Continued implementation of Safety Measures & Safe Practices
- In-Gym instruction Continues under New Class Schedule with 20% Discount
- Alternative Option: Virtual/Online Gym continues with 30% Discount
- Sunday Make-Up Classes Continue
- Private Lessons Continue during select times.
- Possible expansion of class ratios pending relaxed State guidance.

Reassessment:

Key factors in assessing our readability to progress towards transitioning into normal schedules will depend highly on but not subjected only to:

- Guidance from the State of Hawaii and continued low risk number of COVID19 cases within Hawaii.
- Loosened and relaxed regulations of gatherings by the State of Hawaii.
- The ability of Island Tumblers to continue to maintain safe practices.
- The ability of Island Tumblers members (students, family, and staff) to adhere to and maintain all safe practices.



Transition Phase:

If all key factors are met, plans towards resuming normal class durations and schedules will be evaluated to implement for Session 9 and beyond.

Open Enrollment: New Class Schedule

Effective for Phase 2 Reopening

Modified Class Duration:	
Twinkling & Rising	30 minutes
Girls & Boys Shining	45 minutes
Tumbling/Cheer	45 minutes
Girls Soaring	1 hour
Girls & Boys Extreme	1.25 hours

Class Ratios:
Preschool: 4 students + each parent participating + 1 coach = 9 each class
All Recreation Classes: 5 students + 1 coach = 6 each class

Twinkling -30 min.	Rising-cont.	Girls Shining-cont.	Boys Shining- 45 min	Girls Soaring- 1 hr
Mon 9:00-9:30am	Thur 10:00-10:30am	Tue 4:00-4:45pm	Mon 10:15-11:00am	Mon 11:30am-12:30pm
Tues 9:00-9:30am	Thur 11:00-11:30am	Tue 5:00-5:45pm	Mon 5:15-6:00pm	Mon 4:15-5:15pm
Wed 9:00-9:30am	Thur 12:00-12:30pm	Tue 6:15-7:00pm	Wed 10:15-11:00am	Mon 6:30-7:30pm
Thurs 9:00-9:30am	Thur 2:00-2:30pm	Wed 9:15-10:00am	Wed 5:30-6:15pm	Tues 11:30am-12:30pm
Fri 9:00-9:30am	Thur 3:00-3:30pm	Wed 11:15am-12:00pm	Fri 10:15-11:00am	Tues 5:15-6:15pm
Sat 8:00-8:30am	Thur 4:00-4:30pm	Wed 3:00-3:45pm	Fri 5:15-6:00pm	Wed 11:30am-12:30pm
Sat 9:00-9:30am	Thur 5:00-5:30pm	Wed 4:00-4:45pm		Wed 4:15-5:15pm
Sat 10:00-10:30am	Thur 6:00-6:30pm	Wed 5:00-5:45pm	Boys Extreme- 1.25 hr	Thur 11:30-12:30pm
	Fri 10:00-10:30am	Wed 6:15-7:00pm	Tue 6:30-7:45pm	Thur 5:15-6:15pm
Rising- 30 min.	Fri 11:00-11:30am	Thur 9:15-10:00pm	Thur 6:30-7:45pm	Fri 11:30am-12:30pm
Mon 10:00-10:30am	Fri 12:00-12:30pm	Thur 11:15am-12:00pm		Fri 4:15-5:15pm
Mon 11:00-11:30am	Fri 2:00-2:30pm	Thur 3:00-3:45pm	Tumbling- 45 min.	Fri 6:30-7:30pm
Mon 12:00-12:30pm	Fri 3:00-3:30pm	Thur 4:00-4:45pm	Mon 6:00-6:45pm	Sat 11:30am-12:30pm
Mon 2:00-2:30pm	Fri 4:00-4:30pm	Thur 5:00-5:45pm	Tue 4:15-5:00pm	Sat 1:45-2:45pm
Mon 3:00-3:30pm	Fri 5:00-5:30pm	Thur 6:15-7:00pm	Wed 5:15-6:00pm	Sat 4:30-5:30pm
Mon 4:00-4:30pm	Fri 6:00-6:30pm	Fri 9:15-10:00am	Wed 6:30-7:15pm	
Mon 5:00-5:30pm	Sat 11:00-11:30	Fri 11:15am-12:00pm	Thur 4:15-5:00pm	Girls Extreme- 1.25 hr
Mon 6:00-6:30pm	Sat 12:00-12:30pm	Fri 3:00-3:45pm	Fri 6:00-6:45pm	Mon 5:00-6:15pm
Tue 10:00-10:30am	Sat 1:00-1:30pm	Fri 4:00-4:45pm	Sat 1:15-2:00pm	Tue 5:00-6:15pm
Tue 11:00-11:30am	Sat 2:00-2:30pm	Fri 5:00-5:45pm	Sat 2:15-3:00pm	Wed 5:45-7:00pm
Tue 12:00-12:30pm	Sat 3:00-3:30pm	Fri 6:15-7:00pm	Sat 4:15-5:00pm	Thur 5:00-6:15pm
Tue 2:00-2:30pm	Sat 4:00-4:30pm	Sat 9:30-10:15am		Fri 5:00-6:15pm
Tue 3:00-3:30pm	Sat 5:00-5:30pm	Sat 10:30-11:15am	Cheer- 45 min.	Sat 3:15-4:30pm
Tue 4:00-4:30pm		Sat 12:15-1:00pm	Tue 6:00-6:45pm	Sat 5:00-6:00pm
Tue 5:00-5:30pm	Girls Shining- 45 min.	Sat 1:30-2:15pm	Wed 7:30-8:15pm	
Tue 6:00-6:30pm	Mon 9:15-10:00pm	Sat 2:30-3:15pm	Thur 6:00-6:45pm	
Wed 10:00-10:30am	Mon 11:15am-12:00pm	Sat 3:30-4:15pm		
Wed 11:00-11:30am	Mon 3:00-3:45pm	Sat 5:15-6:00pm		
Wed 12:00-12:30pm	Mon 4:00-4:45pm			
Wed 2:00-2:30pm	Mon 5:00-5:45pm			
Wed 3:00-3:30pm	Mon 6:15-7:00pm			
Wed 4:00-4:30pm	Tue 9:15-10:00am			
Wed 5:00-5:30pm	Tue 11:15am-12:00pm			
Wed 6:00-6:30pm	Tue 3:00-3:45pm			

Safety Measures

Spectators:

During reopening phases 1-3 only a single spectator will be allowed in with each athlete for their specific class time. No additional siblings or spectators will be allowed at this time unless restrictions on gatherings and social distancing are relaxed by the State of Hawaii. No seating will be available in the facility in order to minimize touch points while specific standing room is visibly marked. Outside benches in the open within our first row of parking stalls will be available for before class or for spectators waiting outside.

Parking Lot: Drop off/Pickup

The front row parking stalls will be closed during phases 1-3 to allow a safer place for students and parents to wait prior to lining up for class entrance. All students must be accompanied by an adult if waiting outside. No excessive early drop off or late pickups are allowed as students cannot be supervised outside. Parents can drive thru to drop off students right before class but are recommended to park and physically pick up their child near the exit door at the completion of their class should they choose not to spectate. *Please see attached parking lot schematic

Face Masks/Coverings:

ALL adults entering the facility will be required to wear a face mask/covering. Children may wear one before and after their class but they are not required to during physical activity.

Social Distancing:

The CDC recommends a 6ft distance between individuals to minimize risks of transmitting germs. All waiting areas outside and inside our facility are clearly marked in order to best accommodate social distance. It is advised that in gym spectators be aware of their surrounding and are courteous to others space when trafficking around the facility so that no doorways or hallways are blocked. During class, all students will be stationed apart and staggered in order to adhere to social distancing standards. Student dismissals or breaks will be done one at a time in order to decrease student interaction and spacing throughout passageways. If waiting for restroom use, specific markers will be visible.

Hand Sanitizing:

Hand Sanitizing Stations are set up in many areas within our facility. Before and at the end of each class, students will be directed to a sanitizing or hand washing station.

Hand Washing Station:

The sink in the front lobby has been converted into a wand washing station with antibacterial soap and sanitizer. In addition, we have 3 restrooms equipt with proper hand washing and sanitizing supplies.

Water Bottles & Slippers:

Specific areas will be designated for students to place their water bottle and personal belongings when allowed into the facility one at a time. Students will be allowed in and dismissed one at a time in order to adhere to social distancing standards when retrieving items.

Sanitizing Equipment:

Before and after each class and rotation, coaches or a staff member will sanitize any and all equipment or matting area used with the approved sanitizing/disinfecting agent.

No hands-on spotting:

During phases 1-3 of reopening, all coaching staff will be providing hands free instruction to our students in order to abide by safe sanitation standards. All students will be instructed properly on how to safely perform each exercise. Modifications for individuals and their needs may be made at the discretion of each coach. Appropriate drills and equipment will be used to aid students in learning and completing skills should they be unable to complete it on their own. ALL preschool classes (Twinkling & Rising) will require 1 parent/adult assisting out on the floor for the entire duration of class throughout phases 1-3.

For safety reasons, only students with a participating parent or adult will be allowed to participate in our preschool classes. Parents will be instructed by coaches on how to assist children. Parents will be responsible for aiding their child (should they need it) throughout each exercise and activity and help them to keep safe distances between others.

Staff Work Habits:

Temperature Readings: Mandatory temperature checks for all Staff will be done prior to entrance each shift. Any temperatures of 100.5 degrees or higher may result in temporary relief for safety precaution.

Staff will be required to wash/sanitize their hands before and after every class. All staff will have personal face masks to use when in close proximity to students. No Hands-On Spotting will be administered during an instructional lesson as coaches will be able to guide students by verbal instructions and by use of equipment and matting for safety. Preschool classes will have the physical assistance of a parent/guardian. All staff will be properly trained on new safety protocols and practices.

Safe Practices

Entering /Exiting:Before Entering Facility

Outside the facility, a line and floor markers at the entrance will be marked and spaced out for students and adults to line up prior to entering the building. Only 1 adult or family member (including siblings) will be allowed in with each student during phases 1-3. Additional waiting/seating will be available outside the building for those who arrive early to class or have multiple family members with them. All children and siblings not attending a class must be accompanied and supervised by an adult in order to maintain safe distancing protocols and safety outside the facility.

At the start of class

Students will remain lined up outside until 2-5 minutes prior to their class start time. Attendance will be taken by a staff member upon door entry. Once allowed in, students will be directed where to place belongings and where to proceed for class.

At the end of class

Once class has ended, coaches will dismiss students one by one to gyms single exit door. If necessary they can walk around to retrieve their personal belongings and exit through the proper doorway following designated traffic patterns throughout lobby. Accompanying adults or single spectators for downstairs classes can await their child outside at the single exit doorway.

Traffic Flow:

The flow of traffic throughout the facility lobby, hallways, and offices are designated as one way. There is a single entrance door by the left garage and a single exit door by the right garage. Our front door entrance will be closed during phases 1-3 in order to help monitor those entering the facility. All areas are clearly marked with signs and traffic arrows. Please advise certain areas such as overlapping hallways or the single stairwell to our upstairs preschool area and balcony will be used as dual pathways however only one way traffic flow will be allowed at a time. Please be courteous of others and yield to those in passage in order to allow safe distancing. Please note upstairs balcony area is limited to a certain amount of safe standing room for viewing. For those waiting for office assistance or restroom use, proper social distancing floor markers will be visible.

Scheduling:

In order to accommodate smaller class ratios and safe practices standards, our NEW Class Schedule was created for phases 2 & 3. Class days, times, and durations have been adjusted to ensure entrance and exiting the facility has no major overlap in order to limit gathering numbers and discourage large crowds. Once Open Enrollment has begun current members can log into their parent portal to enroll their child in a class of similar day and time or one that best fits their families circumstances. Deliberate measures to increase class ratios, extend class duration, and normalize some class schedules will be addressed at Phase 3 pending relaxed regulations and reassessment for transitioning after Phase 3.

Group Spacing/ Class Ratio:

Throughout the facility, floor markers and traffic flow arrows through passageways will assist in spacing. During classes, students will be required to keep a distance from one another at all times. Floor markers will be provided for established distancing at each area used throughout the gym. Teacher to Student ratio will not exceed 4 per preschool class and 5 per recreational class and 9 or less per team group.

Facility Maintenance:

Staff members will comply with CDC guidelines for safe sanitation. Proper disinfectants will be used to sanitize all surfaces and frequent touch points prior to and after each class in the office and restroom areas such as door knobs, soap dispensers, faucets, and all hard services prior to and after each class. In addition, both antibacterial soap and hand sanitizer dispensers are available in each restroom.

Pro Shop/Snack Room:

During Phases 1-3 our self-serve snack room will be closed. Bottled water will be available only at our front office for \$1.00. No purchase of snacks will be allowed as food items will not be sold at this time. In-gym purchases for leotards will cease until further notice. Please visit our online store to view and purchase all gymnastics apparel.



Makeup Policies Revised:

Since our sudden closure on March 17, 2020 up until our phased session 6 reopening on June 8, 2020 our make-up policy has been revised to allow unlimited makeups for those classes missed due to the COVID19 shutdown time. Unlimited make-ups from the closure period 3-17-2020 to end of session 5 will be allowed until December 20, 2020. Due to our phased in reopening along with safety and social distancing standards certain circumstances will refrain us from scheduling daily makeups in any single class. Instead, upon our reopening in Phase 1 we will begin our Soft Open Sundays as make up classes for current and active members only. Due to limited spacing students may only sign-up for a single class each Sunday. Each week during our phased reopening beginning on Monday sign-ups will open online and a make-up can be requested via the parent portal account under our Sunday Class Schedule. In order to accommodate safe practices all class durations will be shortened so that proper cleaning before and after each class will be completed. Throughout Phases 2 & 3 Sunday make-up classes will continue and will be available to all members past or current with valid make-ups. Once transitioning into phases 2 & 3 modifications to our Sunday make-up class schedule or any extension of make-ups may occur pending relaxed safety guidelines regarding gatherings and social distancing from the State of Hawaii.

Directions to sign-up for our Soft Open Sunday classes:

1. Log into account on customer portal
2. Click Booking
3. Click on Soft Opening Sunday Make-up Class
4. Select Student, then see soft sunday openings
5. Click on the appropriate program and day available
6. Click Enroll now
7. Agree to policies, select one time, then add to cart
8. Make sure that you have selected the correct time and then complete transaction.
9. A green banner stating that your transaction completed successfully will appear.
10. An email confirmation will be sent to you confirming or denying your enrollment request

<u>Soft Open Sunday Class Schedule:</u>	
<u>Twinkling Stars</u> 9:00-9:30am 10:00-10:30am	<u>Girls Shining Stars</u> 9:15-10:00am 10:15-11:00am 12:15-1:00pm 1:15-2:00pm 2:15-3:00pm 3:15-4:00pm
<u>Rising Stars</u> 11:00-11:30am 12:00-12:30pm 1:00-1:30pm 2:00-2:30pm 3:15-3:45pm 4:15-4:45pm 5:15-5:45pm	<u>Boys Shining & Extreme</u> 1:30-2:30pm
	<u>Tumbling & Cheer</u> 4:30-5:15pm 5:30-6:15pm
	<u>Girls Soaring & Extreme</u> 11:30-12:30pm 3:00-4:00pm 5:00-6:00pm



Protocols for presumptive/positive COVID19 cases

In any circumstance where a student, family member, or staff becomes ill and tests positive for COVID19 Island Tumblers Gymnastics will follow procedural protocols.

1. Schedule immediate deep cleaning of the entire facility.
2. Notify any staff, students, or members who may have been in direct contact with that person.
3. Notify proper safety officials for reporting and handling cases for additional guidance.
4. Monitor and resume operations with care

Frequently asked Questions:

What will you do if a student, staff member, or someone related to them with physical contact become ill and are tested for COVID19? Who will be contacted, how?

If you, your child or anyone within your household becomes ill and tests positive for COVID19 please notify our front office as soon as possible. Island Tumblers Gymnastics will then notify any and all staff and classes that may have been at risk of transmission during the time that individual was in our facility by calling them directly. Because Island Tumblers upholds proper sanitation before and after each class along with requirements of face masks, social distancing, and no physical contact the possibility of transmission can remain low. Any individuals being tested will be communicated to the proper health authorities and extensive cleaning will be done.

If community spread becomes an issue again, how will we respond?

Island Tumblers Gymnastics will continue to monitor Hawaii news updates during the reopening phases. Any and all State and Federal safety regulations and guidelines will be met. Even as cases may be little to none during our 3 phases of reopening we will continue to provide all our safety measures in order to ensure the safety and security of our students and staff. Should an increase in cases surmount we may heed the advice from the State of Hawaii. In the event the State of Hawaii requires businesses to shutdown for health concerns, Island Tumblers will cease in-gym operations and immediately revert to operate on our Virtual/Online instruction.

Map:

