



## **Phases to Reopening: TEAM 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 8<sup>th</sup> (Session 6: 6/8 - 7/4)**

- Safety Measures, Practices, and Facility Prepared
- Max. 90 minute in Gym Sessions + At Home Workout Assignments
- 20% Discounted Tuition
- Only groups of less than 10 permitted in an area for a limited time
- All Personal/Gym belongings kept within “Mobile locker/Backpack”
- No Private Lessons offered at this time

### **Phase 2: Starts July 6<sup>th</sup> (Session 7: 7/6 – 8/1)**

- Max. 120 minute in Gym Sessions + At Home Workout Assignments
- 15% Discounted Tuition
- Only groups of less than 10 permitted in an area for a limited time
- All Personal/Gym belongings kept within “Mobile locker/Backpack”
- Private Lessons may resume during select times only

### **Phase 3: Starts August 3<sup>rd</sup> (Session 8: 8/3 – 8/29)**

- Max. 150 minute in Gym Sessions + At Home Workout Assignments
- 10% Discounted Tuition
- All Personal/Gym belongings kept within “Mobile locker/Backpack”
- Group numbers/practices may be revised based on State guidance
- Private Lessons may continue during select times only
- Reassessment & transition preparations begin



## PHASE 1: TEAM Program

### Session 6 NEW Dates: June 8<sup>th</sup> – July 4<sup>th</sup>

- Facility Prepared & Safety Protocols in place for team only in-gym workouts
- Max. 90 minute in Gym Sessions + At Home Workout Assignments
- 20% Discounted Tuition
- Only groups of less than 10 permitted in an area for a limited time
- All Personal/Gym belongings kept within “Mobile locker/Backpack”
- No Private lessons offered at this time

#### Phase 1: Practice Schedule:

**Level 3:** T/Th/Sat Group 1: 10am-11:30am Group 2: 10:15am-11:45am

**Level 4:** M/W/F 10:15 am-11:45am & Sat 12:15-1:45pm

**XCEL:** M/W/F/Sat Group 1: 2:15-3:45pm Group 2: 2:30-4:00pm

**Level 5:** M/W/F 10:15am-12:15pm, T/Th 12:30-2:30pm

**Level 6:** M/W/F 12:15-1:45pm, T/Th 2:15-3:45pm

**Level 7-10:** M-F 4:30-6:00pm

Group 1 & 2 Note: Since level 3 & Xcel training groups have more than 10 athletes we will have a split staggered time to enter and warm up in certain areas in order to spatially separate groups to maintain small rotations. Groups 1 & 2 will be determined by alphabetically split and will be communicated to level each group prior to start date.

Practice Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Group 1:</u> 10:00-11:30am	G1: Level 4	Level 3	G1: Level 4	Level 3	G1: Level 4	Level 3
<u>Group 2:</u> 10:15-11:45am	G2: Level 5	(2 groups)	G2: Level 5	(2 groups)	G2: Level 5	(2 groups)
12:15-1:45pm	Level 6	Level 5	Level 6	Level 5	Level 6	Level 4
<u>Group 1:</u> 2:15-3:45pm	XCEL	Level 6	XCEL	Level 6	XCEL	XCEL
<u>Group 2:</u> 2:30-4:00pm	(2 groups)		(2 groups)		(2 groups)	(2 groups)
4:30-6:00pm	Level 7+	Level 7+	Level 7+	Level 7+	Level 7+	

**\*6:30-8:00pm** Alternative training time option Monday- Friday to help accommodate any athlete that cannot make their scheduled time. In order to attend, you MUST email Phoebe to request this training time as only a certain amount of athletes will be allowed. Please note if athletes attend this alternative time they will be among athletes or coaches of different groups.



## PHASE 2: TEAM Program

### Session 7: July 6<sup>th</sup> – August 1<sup>st</sup>

- Max. 120 minute in Gym Sessions + At Home Workout Assignments
- 15% Discounted Tuition
- Only groups of less than 10 permitted in-gym of specific areas/zones
- All Personal/Gym belongings kept within “Mobile locker/Backpack”
- Private Lessons may resume during select times only

#### Phase 2: Practice Schedule:

**Level 3:** T/Th/Sat Group 1: 10am-12pm Group 2: 10:15am-12:15pm

**Level 4:** M/W/F 10am-12pm & Sat 12:30-2:30pm

**XCEL:** M/W/F/Sat Group 1: 3:00-5:00pm Group 2: 3:15-5:15pm

**Level 5:** M/W/F 10:15am-12:15pm, T/Th 12:30-2:30pm

**Level 6:** M/W/F 12:30-2:30pm, T/Th 3:00-5:00pm

**Level 7-10:** M-F 5:30-7:30pm

Practice Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Group 1:</u> 10am-12pm <u>Group 2:</u> 10:15am-12:15pm	G1: Level 4 G2: Level 5	Level 3 (2 groups)	G1: Level 4 G2: Level 5	Level 3 (2 groups)	G1: Level 4 G2: Level 5	Level 3 (2 groups)
12:30-2:30pm	Level 6	Level 5	Level 6	Level 5	Level 6	Level 4
<u>Group 1:</u> 3:00-5:00pm <u>Group 2:</u> 3:15-5:15pm	XCEL (2 groups)	Level 6	XCEL (2 groups)	Level 6	XCEL (2 groups)	XCEL (2 groups)
5:30-7:30pm	Level 7+	Level 7+	Level 7+	Level 7+	Level 7+	

Same Groups 1 & 2 (Level 3 & XCEL) split for staggered entrance and warm up.

Due to increased practice duration and continued class ratios of less than 10 no alternative training time can be arranged. We hope arrangements can be made to ensure your athletes attendance in each practice during Phase 2: Session 7.



## **PHASE 3: TEAM Program**

### **Session 8: August 3<sup>rd</sup> – August 29<sup>th</sup>**

- Max. 150 minute in Gym Sessions + At Home Workout Assignments
- 10% Discounted Tuition
- All Personal/Gym belongings kept within “Mobile locker/Backpack”
- Group numbers/practices may be revised based on State guidance
- Private Lessons may continue during select times only
- Reassessment & transition preparations begin

#### **Phase 3 Practice Schedule TBA at the start of Phase 2**

#### **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.

# 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. Any modifications to our No hands-on spotting precaution may be modified based on relaxed restrictions.

**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.

## Specific Guidelines

**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/limited 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 Practice Schedule was created for phases 1 & 2. Practice schedules 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. 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 area/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. Official online apparel shop start date will be announced when ready to open.



## **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 positive 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.





## Team Athlete “Locker Bag”

Upon reopening all athletes should have their “locker bag” prepared as we will no longer have communal cubby areas for belongings. The concept of a mobile locker has been adapted by many gym clubs in an effort to minimize frequent close quartered areas. Athletes will need to have a specific gym bag which will be used as a mobile locker. They will keep all their belongings in it and it will rotate with them to every area of the gym staying in their designated space. Please be sure to check your athlete has all required essentials.

1. Backpack with name on it (DO NOT use ITG backpack that all athletes have the same)
2. Water Bottle
3. Personal Hand Sanitizer/Personal Wipes
4. Face Mask (preferable cloth to wash and reuse)
5. Chalk Bag (drawstring cloth bag or sturdy Ziploc)
6. Block of Chalk/Powder (Provided by ITG-place in your personal chalk bag)
7. Athletic Tape (for rips or injury) / Pre-wrap (if necessary)
8. \*Theraband (provided by ITG-unless you have a personal one already)
9. \*Grips + Wristbands / Tiger paws (if necessary)
10. ~~\*Mini Spray bottle for grip water (do not fill more than ¼)~~ **HUGE Thank You to the Umamoto Family for their gracious donation for all of our team!!!**

\*Indicates an item Level 3 athletes are NOT required to have

**All other personal items such as cell phones, clothes, shoes must fit in the bag**  
**Please write your athletes name on all belongings as we cannot be responsible for lost items.**

Map:

