

## HEALTH AND SAFETY GUIDELINES AT EAGLE GYMNASTICS ACADEMY, INC. – updated January 2021

Eagle Gymnastics Academy, Inc. and all employees will continue to follow Governor Abbott's guidelines to operate our business in the safest possible way.

The following are expectations we have of our clients and gymnasts to ensure the safety and wellness of all of our staff and students.

### Entering / Leaving the Facility

- **All individuals, aged 10 and up, must wear a mask when entering and leaving the facility.** Adults staying in viewing area must keep their mask on. Children going into class may remove their mask and keep it in their cubby until the end of class. The children participating in classes or the team program will not be required to wear a mask but are welcomed to if desired.
- Students will enter the facility through the front entrance only
- Every athlete must disinfect their hands with soap and water, or hand sanitizer before class begins.
- All athletes must bring in their own labelled water bottle that will remain with them throughout class – this bottle must be sealable.
- Each student will be required to wash their hands after class is over and will exit through the side door using marked traffic patterns.

### Viewing Area / Lobby

- To minimize traffic and risk, we request minimal parent viewing at this time.
  - **If you choose to come in to watch class, we request that viewing be minimized to one parent/family only.** If your child is over the age of 5 and you are comfortable, please allow them to attend class without you present in the facility. Be assured that for the safety of your child, our programs are all supervised by senior coaching staff, as well as a video security system installed in our facility.
- If you would like to reach our staff in socially-distant ways, you can do so by utilizing the following methods of communication for any class change requests, or to speak with one of our instructors:
  - **Email :** [eagleinfo@eaglegymnastics.com](mailto:eagleinfo@eaglegymnastics.com)
  - Call: 972-712-4644
  - Payments can be made by setting up auto-pay, calling in to make a payment over the phone, or mailing a check to our address: 6085 Sports Village Road, Frisco, TX 75033

### Student Requirements

- All students must have a participation waiver signed by parent/guardian before they can resume training.
- Please make sure you are monitoring the health of your child and your family. If anyone in your family is experiencing any of the following symptoms, please do not bring your child to class:
  - Fever or chills
  - Cough, congestion, or runny nose
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Nausea or vomiting
  - Diarrhea

- If a student has come in close contact with someone who was diagnosed positive for COVID-19, must self-quarantine for 14 days, have no symptoms related to COVID-19, and provide a letter of good health from a physician before they can return to class. (**Close contact, as defined by the CDC, includes anyone who came within 6 feet of an infected individual for at least 15 minutes starting from 48 hours before illness onset until the patient is isolated**).
- Please have your child bring in their own labelled water bottle to keep this with them throughout the class. Make sure it has a sealable lid so that it will not spill. Take out cups from Sonic, Starbucks, etc, will **NOT** be allowed in the gym area. Our coaches will have a place to put their labelled bottles at each event.
- Bottled water will be available for purchase if needed. The water fountain will not be open for casual drinking but only for refilling of water bottles.
- Personal items – cell phones, wallet, etc, should remain at home. If a child needs to call a parent, they can use the phone at the front desk.

**We will have strict guidelines for our Employees to follow, included, but not limited to the following:**

- All Eagle Gymnastics Academy staff will maintain personal hygiene standards and monitor their health in accordance with CDC guidelines before and after each class that they instruct.
- Will continue to coach and instruct your children with love and compassion even when they are unable to give 'high fives' and 'hugs' to maintain the social distancing required by the State.
- Cleaning schedules have been constructed and all staff are required to complete and help whenever and wherever needed. The restrooms, training areas, lobby, office area and doors, will be cleaned throughout the day by our staff members, and thoroughly by our professional cleaning staff each evening to maintain safety for our staff and students. We will be using CDC approved cleaners and disinfectants on all hard surfaces that are rated to kill 99.9% of virus and bacteria.

**Class Management Expectations** – our staff will be following strict guidelines to ensure your child's safety:

Although gymnastics, trampoline and tumbling are individual sports, there are times when contact will occur. Our coaches will be doing their best to operate in a social and physical distancing environment by doing the following things:

- All staff members will utilize drills for skills and conditioning for their students that require no spotting, however when the gymnast is learning a new skill, or requires assistance, **the coaches will spot your to help them learn the skill and to avoid injury**
- Students will be separated by distanced targets during warm-up and instruction at events. Every effort will be made to make workouts productive while keeping our students distanced apart.
- Lesson plans have been modified to omit partner activities.
- Utilize multiple stations to allow social distancing between athletes as much as possible.
- Require all athletes to disinfect their hands at the end of each training rotation.
- All training mats will be disinfected with cleaning spray containing solution that kills 99.8% virus

Please understand that even with the best efforts and intentions, there will be times when the children will breach the prescribed (currently 6') distancing recommendation. In addition, for the safety of your child, our coaching staff will spot (physically assist) when necessary to teach skills safely, to help athletes perform skills correctly and to prevent injury.

Students will be dismissed class by class and will be asked to disinfect their hand before exiting the building. This dismissal will be supervised by and Eagle staff member until they are picked up from a parent. To assist with less traffic in the lobby, please wait outside the lobby doors on the walkway so your child can see you through the glass for pick up. We will have an Eagle staff member watching the children as we do not want children wandering through the parking lot.