



GYMNASTICS & NINJA

# Return to Sport Phase 1 Protocol

(As of 5/18/2020)

## PHASE 1

**Competitive Teams Only**  
(Gymnastics & Ninja)

**Oak Creek & Lake Country Facilities Only**  
(Franklin Ninja Team Invited To Lake Country Gym)

## PHASE 2

**Limited Recreational Classes and/or Camps**

**All Locations**

**Phase 1 Protocol Loosened**

## PHASE 3

**Resume Regular Operations**

**No Office Hours For General Public During Phase 1. Please Use Email.**

### Entering Facility

- Parents take students temperature prior to class. Children with elevated temperatures, coughing or any other flu like symptoms are required to stay home.
- Athletes that present these symptoms will be sent home.
- Drop Off/Pick Up encouraged.
- No more than 1 adult per athlete in building. No siblings allowed.
- All Adults must wear masks when in building.
- Everyone will be required to sanitize/wash hands upon entering building.

### Physical Distancing & Traffic Flow

- Lobby/waiting areas will have no seating, tables or snacks.
- 6 foot social distancing will be enforced.
- Classes will be staggered to avoid a congestion point.

### Workouts / Class Guidelines

- Stations and activities will be modified to allow safe distance between athletes.
- Spotting is limited to necessity for all groups.
- Employees will disinfect/sanitize throughout workouts and nightly.
- Modified workout schedule.
- Handouts will be digital.

### Athlete Guidelines

- Arrive dressed and ready for class.
- Bring a backpack or drawstring bag to carry during practices.
- Sanitize/wash hands throughout the class.
- Athletes will keep their own chalk in personal plastic bag or container.
- Each athlete must have a personal spray bottle if they use water on their grips. (Must wash daily when they bring it home)
- Grips will be kept in the bag brought by each athlete daily.

### Facility Preparation

- Facility has been thoroughly cleaned and disinfected.
- High touch surfaces will be disinfected throughout each day.
- Hand Sanitizer stations throughout building accessible and monitored for refill.
- Drinking fountains will be closed for now, students must bring water bottles.
- Lockers/cubbies will be taken out of use, all personal items and clothing must be kept in a backpack.

### Employee Guidelines

- Employees will follow wellness standard that includes temperature checks.
- Employees will wash/sanitize hands prior to class and at regular intervals.
- Employees will be trained on procedures and prepared to enforce any distancing protocols.
- Employees will be wearing face masks or shields.

**MOVING TOWARDS THE FUTURE**