

Covid-19 Safety Guidelines and Protocols

The safety of our members and team members is what's most important at Go For The Gold Gymnastics. Our goal is to gain the physical and mental benefits of gymnastics while maintaining a safe workout environment for your gymnast and our staff. Your gymnast and his/her well being are of utmost importance to GFTG and with a carefully planned approach, we will begin to reopen.

The following are steps Go for the Gold will be implementing to protect our gymnasts, their families as well as our staff and their families.

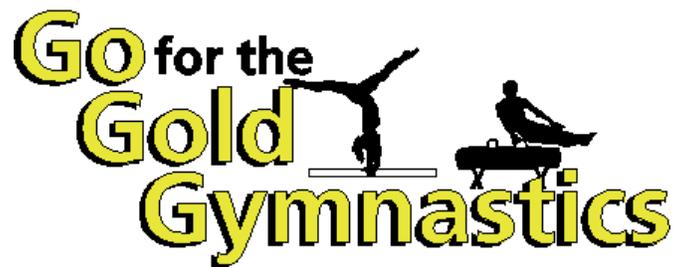
USE OF MASKS / FACIAL COVERINGS

- All gymnasts and staff must wear a mask while entering and exiting the facility.
- Masks must stay on until they get to their social distanced allocated place for practice. Once there, masks must be placed and kept in a zip lock bag.
- The mask or facial coverings for gymnasts should be put back on while using other areas of the facility like bathrooms or lobby area.
- Gymnasts are required to wear a mask during breaks in between rotations.
- Coaches are required to wear a mask/facial covering at all times.
- Parents or other staff entering the facility must wear mask at all times.
- While actively training, gymnasts will be adhering to social distancing guidelines and masks will not be required.

Illness

We will have zero tolerance for any illness. Gymnasts and their families must be symptom-free. Your gymnast must not have a runny nose, sore throat, cough, fever, nausea, vomiting, or diarrhea to attend class. While at Go For The Gold, if a gymnast develops any of the above symptoms, he/she must cover his/her nose and mouth with a mask, scarf or bandana and wait in the office until a parent/guardian is called and arrives to pick up the gymnast.

Contact your doctor concerning flu-like symptoms to determine if your child should test for COVID-19. Symptoms for coronavirus are vast from "flu-like" to "gastrointestinal issues." **DO NOT SEND YOUR GYMNAST TO CLASS IF HE/SHE OR ANYONE IN YOUR FAMILY HAS FLU OR COVID-19 SYMPTOMS!**



If your gymnast has any illness (confirmed by her doctor) other than COVID-19, she/he must be symptom-free and fever-free for 24 hours. Fever free means no fever for 24 hours while not using a fever reducer such as acetaminophen or ibuprofen.

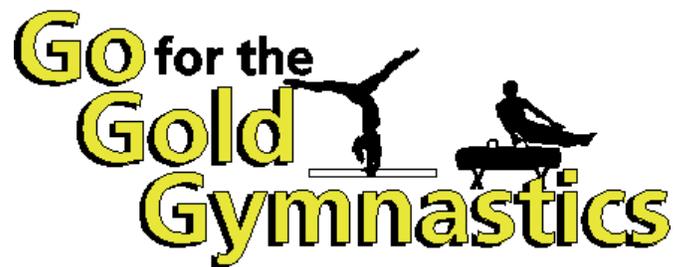
If anyone in your family living in your house tests positive for the COVID-19, your gymnast must wait at least 14 days and conform to the latest health department guidelines to start or resume training. If your gymnast or any of your family has exposure to COVID-19, your gymnast must wait 14 days to return to class, or show proof of a negative test result and then they can return without waiting the 14 days. The same rules apply to coaches and staff.

Social Distancing

- Go For The Gold will be operating under 25% to guarantee a safe and effective social distancing between members and staff.
- There will be designated areas for gymnast to store their belongings at a safe distance.
- All gymnasts must stand 6 feet apart from each other, and there will be designated marked areas around the gym floor for stations to maintain proper social distancing.
- Gymnasts are required to avoid direct contact with teammates.
- Staff will maintain a safe distance from athletes.
- Athlete safety is paramount, and coaches should not be restricted from spotting an athlete if necessary, to protect the athlete from injury.

Entering and Exiting Go For The Gold Gymnastics

- Gymnasts will be admitted no earlier than 5 min before class; please remain in your car until the doors open.
- Mask must be worn at all time while entering and leaving the facility.
- Everybody (athletes staff and parents) entering the facility will be screened for temperature at the entrance.
- Parents are required to drop off their child. Weather permitting, we will have the side doors open.
- Parent viewing in the lobby is not permitted at this time.



Personal Hygiene & Safety

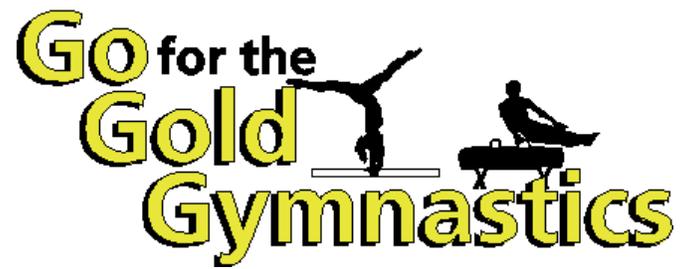
- Bring Gym Bag + Hygiene ESSENTIALS ONLY
- Create a small "Gym Bag/Supply Kit," clearly labeled with your full name. Essentials include: proper attire, grips, labeled water bottles, tissues, hand sanitizer, wipes, hair elastics. (mask should be kept in there as well).
- Bring your bag to designated areas for easy access.
- All items (other than electronics) will be thrown out at the end of the night. There will be no "Lost & Found" for shoes, clothing, water bottles, etc.
- Communal hand sanitizer & bathroom products will be available.
- Labeled water bottles ONLY. The Water fountain will be closed.
- Food must be eaten outside the premises. Absolutely no food inside the gym.
- Gymnasts and coaches will wash their hands or use hand sanitizer between events.
- We recommend that girls wear their hair slicked back with a product to avoid unnecessary touching of their faces.
- Coaches will be disinfecting station in between rotations.

Disinfecting of the Gym between classes

- We will disinfect all gym areas and waiting room after each group using CDC recommended products.
- All common used areas will be disinfected regularly, including but not limited to door handles, light switches, sink countertops, cubbies, and any hard services.

Deep Cleaning of the Gym

- We will deep clean daily when the gym is closed, repeating the above steps but adding mopping floors and mats as well as vacuuming carpet.
- We will continue to monitor the status of the COVID-19 and follow the mandates for national, state, and local officials. As mandates change we will re-evaluate our protocols.



Parents responsibilities

- Fill out all COVID-19 forms and policies (understand them)

BE HONEST

- If you have been to a "hot spot" or have symptoms, you must follow State Guidelines on quarantine or provide a negative test prior to your date of return.
- If you have any symptoms, get tested, and stay home until you receive results.
- Report the truth and not hearsay. We do not need additional drama based on rumors.