



QUALITY GYMNASTICS COVID-19 POLICIES AND PROCEDURES

1. Government Regulations:

Quality Gymnastics will strive to follow all recommended new procedures and best practices suggested by the Government of Bermuda regarding:

As this is a very fluid situation as the regulations and recommended procedures are updated and/or amended, Quality Gymnastics will strive to make the necessary adjustments to our operating procedures.

2. Parent Pick Up/Drop off:

- **Parents/guardians will not be allowed to enter the building during drop off or pick up times.**
- No street parking is allowed, parents should only park in one of the lower parking lots. (please budget extra time for this)
- All parents will be required to escort and accompany their gymnast to the gym entrance. All drop-offs and pick-ups will be conducted outside the Berkeley street entrance of the facility.
- Follow all signs and designated areas to que just outside the Berkeley street entrance, adhering to distancing guidelines and maintaining an acceptable distance of 2-metres (6-feet), following markers where practical.
- Class times have been adjusted to avoid contact with gymnasts who are attending a different class.
- All gymnasts will be required to sanitize their hands and have their temperature checked as they enter the building.
- Hand sanitizing for children will be set up at the entryway for use by all children and essential for adults entering the facility.
- All gymnasts will also be required to wear a mask when entering and exiting the facility.
- All gymnasts must be pre-registered for their classes via online enrollment or contacting the office at 236-7496 or [info@gymbda.com](mailto:info@gymbda.com). This will allow for your gymnast to be placed on the class list prior to the start of the class and for us to implement a contactless sign in procedure for parents.
- Office Access: Parents must make an appointment via phone or email prior to visiting the office.
- Please bring an umbrella in the event of rain.



### 3. Physical Distancing:

- All gymnasts will be required to maintain physical distancing, which will require them to not come within 6 feet of any other person.
- Quality Gymnastics has over 5000 square feet within its facility to allow our gymnasts to practice social distancing.
  - A maximum occupancy of 20 gymnasts will be maintained in the North gym
  - A maximum occupancy of 15 gymnasts will be maintained in the South gym
- Class sizes will be limited so that social distancing can be maintained, with the coach gymnasts' ratio not exceeding 1:10.
- Individual workstations have been set up to limit the movement of gymnasts during each class.
- All workstations will be sanitized between classes.
- Class schedules have been adjusted to allow for the physical distancing of all gymnasts.

### 4. Minimizing the spreading of germs during activities

- Communal sensory play activities (e.g., water table, playdough) will not be permitted.
- There will be "no sharing" practices of food, water bottles, or personal items/gymnastics aids and belongings. These items may be brought to the gym by each gymnast and keep in a bag clearly labeled with the gymnast's name
- Personal items must be clearly labeled with each child's name.
- Classes have been scheduled so that the mixing of children from different classes will be avoided.
- Classes have been structured to individualized activities to decrease the sharing of gymnastics equipment between children.
- All windows in the facility will be open on a daily basis to allow better circulation of air.
- Mats will be sanitized at the end of each day.
- Where possible, limit item sharing by using pre-planned individualized activities stored in Ziploc bags, shoeboxes, or baskets for use by one child. These items can be wiped down/or washed and rotated.



- Minimize the potential for the spread of germs in the program space by not allowing personal items used for gymnastics to be shared among gymnasts.
- If items are being shared, cleaning protocols between usages by setting up a washing station for used materials needing to be cleaned prior to reassignment.
- Where shared hands-on teaching materials can't be avoided, they should be cleaned at frequent intervals. Soap and water is the first step. Some items should then be sanitized.
- There will be no eating allowed in the gym.
- If physical distancing cannot be maintained (e.g., providing direct training to more advanced gymnasts), staff should wear masks.
- Staff and children with long hair should wear it netted or tied back.
- The outer clothing should be changed if it becomes contaminated with bodily fluids (e.g., saliva, nasal discharge, and spit up) from the child.
- Place any contaminated clothing in a plastic bag and send home to be laundered and returned.

#### 5. Hygiene Practices

- All staff must wash hands with soap and water upon entering the facility, before and after meals, and after bathroom breaks for at least 20-seconds.
- If soap and water are unavailable, hand sanitizer with at least 60% ethanol may be used.
- All gymnasts' hands will be sprayed with hand sanitizer with at least 60% ethanol upon entering the gym.
- Hand sanitizer stations will be available throughout the gym if additional hand sanitizing is needed during the class.
- Gymnasts will be required to cover their cough or sneeze into a tissue or sleeve. Immediately throw the tissue in the garbage and sanitize their hands with hand sanitizer.
- Gymnasts will be reminded to avoid touching their face, nose, and mouth.
- Adequate amounts of hand hygiene supplies will be maintained at the gym.

#### 6. Eligibility/Screenings

- Children and staff may only enter the program if they are healthy, have not been exposed to an individual demonstrating COVID-19 symptoms, and are not under public health ordinance to be quarantined or self-isolated.



- A risk assessment of each staff member will be conducted to determine the level of risk and capacity to provide service. Staff who are older and/or have health conditions may be more at risk.
- All staff/parents/gymnasts should be aware of signs and symptoms of COVID-19, including fever (equal to or greater than 38 degrees Celsius/100.4 degrees Fahrenheit), cough, muscle aches, and fatigue, difficulty breathing, sore throat, headache, diarrhea, vomiting, and sudden loss of smell and taste.
- Parents/guardians/staff should be instructed to check their child's temperature daily. Staff should also be keeping a daily log of their temperature.
- Staff/children with any of the above signs and symptoms should stay home from symptom onset and seek medical attention immediately. When in doubt, have parents consult the child's doctor for guidance.
- Designate an area outside the main entrance to conduct health screenings. The floor area will be clearly marked to specify the 6 feet physical distancing between staff conducting screening and the person being screened.
- Staff will not be asked to administer fever-reducing medications. This is a clear sign that a child should not be in the facility.

#### 7. Isolation Room Protocols

In the event that a gymnast falls ill during one of their gymnastics classes they will be placed in our isolation room under supervision until a parent collects them. This room will be cleaned and disinfected immediately after the child with symptoms has been sent home. Gloves and masks will be available for use in this space. Please refer to the guidance for the use of face masks.

#### 8. Confirmed Cases Covid-19

In the event of a confirmed case of the virus in Quality Gymnastics, we will IMMEDIATELY notify the Epidemiology and Surveillance Unit, as well as the Child Care Regulation Program. At that time, we will follow all directive given.