

## Advanced Gymnastics Program at a Glance

### General Class Information:

- Please review all procedures and guidelines before attending class this Fall.
- Participants will be split into groups by levels per practice day.
- If you have traveled to a restricted state or country outside of New York State, please confirm that you have self-quarantined for 14 days before returning to the gym.
- Any participant who has shown signs of illness or has tested positive for COVID-19 must self-quarantine for at least 14 days and must be fever-free without medication for 72 hours before returning to gym activity. A negative COVID test may be required before returning to gym activity.
- A physician's note is required if another illness mimics COVID-19 symptoms.
- Inform us if your child has shown any symptoms of COVID-19 within 72 hours prior to the start of his/her class.
- Participants will need to bring individual water bottles labeled with the child's name- WATER FOUNTAINS WILL NOT BE AVAILABLE AND MAY NOT BE USED.
- Please ensure that your child has a CDC recommended face covering and a plastic or paper bag labeled for the mask to be placed in when not in use.
- All questions and concerns regarding your child's gymnastics class should be e-mailed as coaches will not be able to communicate in length upon arrival or dismissal.
  - If you need to speak to your child's coach or someone in the Gymnastics department, please email to schedule a phone call to discuss your concerns.
- **Every individual must complete the LiveSafe "Daily Health Check" questionnaire BEFORE EACH VISIT to JCCMW.** Parents or guardians may complete the questionnaire for their children.
  - You can download the LiveSafe mobile app for free on your smartphone. This is the easiest way to access the COVID-19 Daily Health Check questionnaire. Once it is downloaded, open the app and click **Daily Health Check** (blue box at the top). Answer the questions and click "submit!" The questionnaire is very brief, and should only take a few seconds to complete.
  - Please answer all questions truthfully so that we can keep each other safe.

**\*\*Advanced Gymnastics will replace Junior Gems and Hot Tots for at least this season. While it will be considered a part of the Recreational Program, practices will be alongside the Competitive Team and will follow the same structure. Gymnasts in Advanced Gymnastics will not be eligible for competition but will be evaluated throughout the year in order to prepare them for next season's try-outs.**

### **Arrival Guidelines:**

- Participants arrive for class in the main entrance at the designated drop-off location.
- PARENTS/GUARDIANS WILL NOT BE ALLOWED IN THE BUILDING.
- Children must be dropped off with the JCC staff at the door.
- Your LiveSafe Daily Health Check Questionnaire will be checked.
  - **A Green Check means that you are welcome to enter JCCMW.**
    - When you enter via the Main Entrance, a staff member will check your LiveSafe questionnaire results and confirm you received a green checkmark.
    - Then, the staff member will conduct a no-touch temperature scan for each person in your party. If anyone has a temperature of 99.9 degrees or lower, you will be given a "green light" to enter.
  - **A Red X means that you are NOT permitted to enter.**
    - The child will be expected to leave the premises and self-quarantine for 14 days, including 72 hours of being fever-free without medication before returning
- Masks must be worn while entering and exiting the building and the gym and in all communal areas.
- After clearance, participants will proceed to enter the gym via the gymnasium stairwell following the staff's instructions.
- All participants will be given hand sanitizer before entering the gym.

### **During class:**

- Upon approaching the gym via the gymnasium stairwell, participants will remove shoes and follow the marked path to an available cubby.
  - Attendance will be taken upon entering the gym
  - Cubbies will be marked with group colors to make for limited choices
  - Shoes, jewelry, and outerwear should be placed in the cubby
- Gymnasts will return to the walking path to find their assigned space to stretch.
- After warm-up, gymnasts will follow their assigned coach to their first rotation.
- A designated placemat for water bottles will be available at every event in order to keep participants from straying from their group throughout the class.
- Rotations will vary from day to day and week to week, at first.
  - This will allow as few groups as possible to participate in each event throughout one practice session.
  - This will also allow to more time to clean and disinfect in between rotations
- A cool down will happen at the end of every practice before preparing for dismissal.

### **Dismissal Guidelines:**

- Dismissal will take place at the main entrance at the designated gymnastics pick-up location.
- PARENTS/GUARDIANS WILL NOT BE ALLOWED IN THE BUILDING.
- Participants are required to wear masks while exiting the building.
- Once the children have collected all of their belongings from the cubbies, each coach will walk their designated group outside for pickup.
- Participants will exit the gym via the door closest to the fitness studio.
- Coaches will lead the kids out of the building via the fitness door and walk to the designated pick-up location at the main entrance.
- Coaches will confirm that the whole group has been picked-up by a parent/guardian.

## Re-Integration procedures for competitive gymnastics practices:

\*The gym will be cleaned and sanitized between each class throughout the day. Equipment will be wiped down as necessary in between rotations.

\*The gym will be deep cleaned at the end of each practice to prepare for the next morning.

\*There will be no scheduled breaks during practice; gymnasts will bring water bottles to each event.

\*The first week back in the gym will consist of assessing the gymnasts' physical and mental health.

\*In the weeks to follow, we will gradually begin our yearly plan, which will focus on gaining back strength and flexibility that will be crucial to having a successful and safe year.

\*\*Please note that practice schedules, rotations, etc. may change as CDC and USA Gymnastics guidelines change.

### *Flexibility/Conditioning*

- This will be a very important aspect of starting back up. Flexibility and Conditioning will likely be a station at every event for at least the first couple of months in addition to conditioning for warm-up and flexibility for cool down.
- We will minimize the use of additional equipment and accessories.
- Flexibility and Conditioning should also be done at home in order to get the most out of your week.

### *Vault*

- While all vault stations will be used by a whole group during one rotation, they will be socially distant and kept sanitized.
- Partner work will be eliminated.
- Sanitize hands and feet before rotating to balance beam.

### *Uneven Bars*

- Gymnasts will be required to **provide their own chalk in their own chalk bags** (can be ziploc or see below). Remind your gymnast to let you, as the parent, know if they need to restock their chalk supply.
  - <https://www.ten-o.com/Covid19-Products.html>
  - <https://www.gkelite.com/products/gk50>
  - <https://www.trainlikesimone.com/products/personal-chalk-bag-1>
  - Amazon has many options, as well
- Chalk will only be available in limited quantities in the gym office should someone need it on occasion.
- While all bar stations will be used by a whole group during one rotation, they will be socially distant and kept sanitized.
- Partner work will be eliminated.

### *Balance Beam*

- Sanitize hands and feet before rotating to balance beam.
- Max two gymnasts on a beam at one time will be allowed.
- While all beam stations will be used by a whole group during one rotation, they will be socially distant and kept sanitized.
- Partner work will be eliminated.

### *Floor*

- Running during warm-up or conditioning will be monitored so that one gymnast runs behind another.
- Floor lanes are 6 feet wide. This will be our guideline for spacing the gymnasts during warm-up and for any event that is taking place on the floor.
  - For floor lines- gymnasts will be spaced out along the wall and on the velcro lines and should wait until the gymnast in front of them is about halfway down the lane before starting their turn.
  - While all floor stations will be used by a whole group during one rotation, they will be socially distant and kept sanitized.
- Partner work will be eliminated.

### *Tumble Trak*

- Sanitize hands and feet before rotating to Tumble Trak.
- Gymnasts will take turns one at a time.
- If Tumble Trak is a station of its own, gymnasts will wait their turns on socially distant spaces.
- Tumble Trak may be incorporated into another event. In this case, it will be another station at that event.
- Partner work will be eliminated.

### **Rules of the gym:**

- Respect the coaches, your teammates and the gym itself.
- Hair must be tied back, out of the gymnast's face
  - For general gymnastics safety, and to keep the gym extra clean, please be sure that the gymnast's hair is pulled back tightly and securely for every practice
- Leotards must be worn to every practice. No shorts will be allowed.
- No jewelry should be worn in the gym, especially dangling earrings, bulky bracelets or necklaces of any kind
- There is no food or drink allowed in the gym, with the exception of a water bottle.
- Participants should take their water bottles with them to each event. Water fountains will be closed.
- Follow the walking paths, and try not to stray from your event.
- Wait your turn on marked, socially distant spaces, when specified.
- Stay with your group and coach for each rotation
- While bathrooms will be accessible, please be sure to have your children use the bathroom before coming to the JCC
  - We are limiting the amount of children in and out of the gym, especially to shared locations
  - No more than 2 kids will be allowed to use the facilities at one time
- Cubbies for storage of personal belongings:
  - Cubbies will be labeled by group color for rec class, and by name for team
  - Participants should bring minimal belongings into the gym to avoid contamination
  - Only street clothes, outerwear, shoes, water bottle, mask and bag for mask, and any necessary medical supplies should be brought into the gym
- As much as we want to support each other and share our accomplishments with our friends, high fives and hugs will not be allowed. Let's limit our excitement to elbow taps and air fives.
- Stay safe and have fun!

### **General Cleaning and Social Distancing Procedures:**

- Our cleaning procedures:
  - We will wipe down and disinfect events in between rotations, if needed.
  - Deep cleanings will be done in between all classes throughout the day. Equipment, mats, water bottle stations, cubbies, hand sanitizer stations, entrances and exits will be wiped down with gymnastics-grade cleaner and disinfectant.
  - A deep clean will also be done at the end of each day, repeating the steps above in addition to vacuuming and steaming the carpeted areas.
- Social distancing requirements
  - Arrows and pathways will be mapped out on the floor and throughout the gym for everyone to follow.
  - Spaces and spots will be laid out at events for waiting turns and rotating within each event.
  - Gymnasts will remain in the same group throughout each practice.
  - Groups will be no more than 8 gymnasts to 1 coach at each event.
  - There will be additional staff monitoring protocols and making sure that participants are adhering to all rules of the gym.
- Cubbies for storage of personal belongings:
  - See above *Rules of Gym*
  - Areas surrounding cubbies will be sanitized at the end of each practice.
- Hand sanitizing
  - There will be hand sanitizing stations at all entrances and exits of the gym which will be accessible between rotations if needed

### **Refund Policy:**

- JCCMW does not give refunds unless JCCMW permanently cancels the program/class/event. No refund or discount is given for absence due to illness, holidays, or vacations taken by families, inclement weather closing, or any other circumstances. The only exceptions to this are:
  - The patron provides a documented medical disability signed by a medical practitioner as the reason for withdrawal from the program
  - Pro-rated requests for families/individuals who are moving away from the area.
- Requests for the above refunds will be considered only if:
  - The account is paid and up-to-date; and
  - A written request for a pro-rated refund is submitted to the program/class/event Director for their consideration.
- Refunds of less than \$500 are subject to a \$35 processing fee and refunds greater than \$500 to a \$50 processing fee (fee is subject to change at any time). JCCMW will make every effort to satisfy all requests and reserves the right to take up to 30 days to reply to requests.
- Covid19-related closings. If a JCCMW program closes because of a case of covid19, at our discretion, we will offer virtual programming and/or remote instruction for the first 30 days. If the closing continues beyond 30 days, we will provide system credit for the lost instruction. We will consider requests for refunds for members/patrons whose balance for the program/ membership/ camp/ nursery program has been paid in full.