

RECREATIONAL GYMNASTICS

COVID GUIDELINES

General Information:

- 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.

Every individual must complete the LiveSafe "Daily Health Check" questionnaire BEFORE EACH VISIT to JCCMW.

Please answer all questions truthfully so that we can keep each other safe.



Welcome
Back!

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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 check-mark.
- The staff member will conduct a no-touch temperature scan for each person in your party. If everyone 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.
- Participants will be reminded to bring their labeled water bottle and plastic or paper bag for their mask.
- After clearance, participants will proceed to enter the gym via the gymnasium stairwell following the staff's instructions.
- All participants will be reminded of their group and given hand sanitizer before entering the gym.

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During Your Gymnastics 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.

Participants must KEEP THE FACE MASK WITH THEM for the start of class.

Participants will return to the walking path to find their assigned space to stretch with their own group and coach.

After stretching, participants will follow the marked path to place their facemask in their cubby before starting their first event.

Participants 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.

Participants will rotate to two events per week. This will allow for less children on multiple events during one class.

This will also allow to more time to clean and disinfect in between rotations.

All groups will get to each event over a 3 week period.

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Dismissal Guidelines:

Dismissal will take place at the main entrance at the designated gymnastics pick-up location

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. Please do not try to come in to pick up your child!

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Rules of the Gym:

Respect the coaches, the other participants and the gym.

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.

Leotards are preferred, but tight-fitting clothing is acceptable.

NO loose-fitting shirts, baggy shorts or pants, skirts, dresses, or jeans

Spaghetti strap tanks are also not acceptable

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.

Follow the walking paths, and try not to stray from your event

Wait your turn on marked, socially distant spaces

Stay with your group and coach

Participants should take their water bottles with them to each event. Water fountains will be closed.

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Rules of the Gym Continued:

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 location.

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

Stay safe and have fun!

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Our 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. Children will remain in the same group with the same coach throughout the class. There will be additional staff monitoring protocols and making sure that participants are adhering to all rules of the gym.

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Hand sanitizing

There will be hand sanitizing stations at all entrances and exits of the gym which will be accessible between rotations if needed

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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.