



Return to Sport Safety Guidelines

PHASE 1 Protocol as of 5/8/2020

Our Mission: To provide quality gymnastics education in a safe and fun environment while promoting health and fitness in children.

PHASE 1

- IGM Opens
- Facilities Prepared
- Competitive Teams Only

PHASE 2

- Phase 1 Policies Relaxed
- Limited Developmental Classes Resume

PHASE 3

- Restrictions Relaxed
- Resume Regular Programming

IGM Gymnastics Reopen Protocol – PHASE 1

Employee Guidelines	<ul style="list-style-type: none"> • Staff will follow illness policy including temperature checks and 24 hour wellness standard • Staff will wash/sanitize hands prior at regular intervals. • Staff will have limited direct physical contact with children (spotting is limited to necessity for all groups). • Staff will be diligently trained on procedures and prepared to enforce any distancing protocols. • Staff will adhere to PPE requirements if set by the MN Dept. of Health. • Employee travel will be monitored and isolation following travel will adhere to MDH recommendations.
Building Preparation	<ul style="list-style-type: none"> • Facility Team will be on site to disinfect and sanitize in prep for 'return to work'. • Recommended products that are effective against Covid-19 will be used throughout each day. • Doors that can be propped open will be. Door handles will be wiped and cleaned after uses. • Hand Sanitizer stations throughout building accessible and monitored for refill. • Drinking fountains will be closed and students encouraged to bring water bottles. • Lockers/cubbies will be taken out of use.
Entering the Building	<ul style="list-style-type: none"> • Drop Off/Pick Up encouraged; No more than 1 adult per athlete in building. Masks are encouraged to be worn by the adults. • Touchless temperature check of all people entering the building; anyone who appear ill or who have a temp over 99.5 will be sent home. • Everyone will be required to sanitize/wash hands upon entering gym. Athletes will also be required to wash again prior to beginning practice. • Everyone will use the designated entrance to the building to control traffic flow.
Traffic Flow Physical Distancing Facility Ratio	<ul style="list-style-type: none"> • Athletes and parents will use separate entrance and exit to control physical distancing and traffic flow. • Lobby will have no seating, tables or coffee. Occupancy will be limited and monitored to comply with MDH guidelines. Parents that feel the need to stay and view will be told where to stand to control distancing and flow. • We are working on integrating a secure live-streaming option for our families. • 250 sq. ft. minimum will used in the calculations of allowed occupancy unless directed by the MDH otherwise. • No open gym or birthday parties.
During Practice	<ul style="list-style-type: none"> • Athletes should have their own backpack or drawstring bag to carry with them during practices – coaches will review with their teams as far what to keep on hand. • Athletes will be supervised as they sanitize/wash hands as required. We will remind athletes of handwashing duties when appropriate. • Lesson plans will be modified to omit partner activities. • Lesson plans will be modified to limit use of props. Any props will be sanitized after each individual student's use. • Stations and activities will be modified to allow safe distance between athletes • Porous surfaces in the gym such as bean bags will be temporarily taken out of use • Chalk stations will be removed. Each athlete will keep chalk in their own (brought from home) personal plastic container. • Each athlete will have to use their own spray bottle with labeled name on it if they use water on grips. Water bottle will need to be washed/rinsed daily. • Grips will be kept in the gym, in an area labeled with the Gymnast name
After Class	<ul style="list-style-type: none"> • Everyone will use the designated exit from the building to control flow. • Employees will begin disinfecting/sanitizing all areas immediately to get ready for next group