**Flight Deck Gymnastics**

**Coronavirus Re-Opening Policies & Procedures**

**Let’s get Back in the Gym! SAFE & STRONG**

**A close up of a sign

Description automatically generated**

**Table of Contents**

**Title Page, Flight Deck Gymnastics Coronavirus Policies & Procedures1**

**COVID 19 Waiver2**

**Disinfecting & Sanitation2**

**Personal Cleanliness & Hand Washing2**

**Well-Being & Feeling Sick2-3**

**Mask Usage3**

**Viewing & Lobby Use3**

**Class Entrance & Dismissal Procedures3-4**

**CLASS TIMING: Creating Safe Entrances and Exits4**

**Physical Distancing4-5**

**Safe Non-Spotting Techniques5**

**Unlimited Class Make Up Policy6-7**

**What students need to bring to class every day!8**

*Policies & Procedures*

**COVID – 19 WAIVER**

1. All families and students, returning and new, participating in classes, special events, or any other activity on Flight Deck Gymnastics premises will be required to thoroughly read, date, and sign (electronically or physically) our COVID-19 Waiver prior to their first class.
2. This waiver can be located in your parent portal, and on our website at www.flightdeckgymnastics.com
3. To help your son and/or daughter start classes hassle-free, we strongly urge you to complete this waiver prior to your child entering the gym.

**DISINFECTING & SANITATION: Equipment, Apparatus, Solid Surfaces**

1. All Solid Surfaces in Gym A and B will be cleaned and disinfected with effective, safe solutions.
   1. This includes the sanitizing of door handles and high contact surfaces in the lobby, bathroom, and other trafficked areas; before, between, and after each class.
2. FDG Staff is required to disinfect and sanitize all used equipment and apparatuses before, between, and after each class.

* The sanitizer and disinfectant solution has been specially curated for safe and effective use on gymnastics equipment.

1. ALL mats and apparatus are thoroughly cleaned to remove dirt and debris and then sanitized at the end of both the morning and evening shifts.
2. Any area that would become contaminated by bodily fluids will be promptly cleaned and sanitized by FDG Staff.
   1. This would include sneezing, coughing, blood etc.

**PERSONAL CLEANLINESS & HAND WASHING**

1. Students & FDG staff will be required to thoroughly wash their hands with warm running water and soap for a minimum of 20 seconds before entering the gym.
2. Students and FDG Staff will be required to wash their hands, or use hand sanitizer in the following situations:
   1. as they rotate from event to event. (Example: A gymnastics class of students will use this policy when rotating from bars to beam in a class).
   2. After any water break
   3. After any visit to the bathroom
   4. Upon re-entry of the gym for any reason
3. Hand Sanitizer will be readily available around both Gym A and B for student and staff use.
4. FDG Staff will be required to wash their hands or use hand sanitizer between classes.

**WELL – BEING & ‘FEELING SICK’**

1. Students and FDG Staff are asked to please stay home, and not to attend class if they are feeling sick, or with any flu-like symptoms.
   1. In this case please call the FDG Front Desk 614-379-3589 prior to your son or daughter’s class, and a make-up class will gladly be granted.

**MASK USAGE**

1. Flight Deck Gymnastics will not require FDG Staff and students to wear masks or facial coverings on FDG property. This includes but is not limited to: in the lobby, waiting outside of the gym, or practicing/coaching in the gym.
2. Flight Deck Gymnastics will be taking mask usage on a family by family basis.
3. All FDG Staff is willing and ready to wear masks/facial coverings upon family request.
   1. Upon request, FDG Staff will wear masks whenever able and when is appropriate.
   2. Students and families are please asked to voice their concerns or wishes to Flight Deck Gymnastics at least 24 hours prior to their child’s class. This allow our staff enough time to plan accordingly.
4. Flight Deck Gymnastics will have disposable masks available for purchase of $1 each if desired by families.
   1. Students are welcome to wear masks at any point before, during, or after class.

**VIEWING & LOBBY USE**

1. Unfortunately, Flight Deck Gymnastics will not have any physical viewing area for parents, siblings, or other spectators.
2. Flight Deck Gymnastics is aiming to provide a virtual viewing system in the coming weeks through a high quality business who is in very high demand as one may imagine during these times!
3. The Flight Deck Gymnastics lobby, entryway, and any waiting area is closed to spectators, with student use as instructed only.
4. New students, or students requesting their parents to accompany them into the lobby for their class can do so by simply calling our front desk, or asking their students’ teacher to make sure there is enough space in the lobby to ensure safe distancing.

This is due to very minimal viewing and spacing opportunities for spectators.

**Class Entrance & Dismissal Procedure VIDEOS**

* All returning and new families enrolled in classes are strongly encouraged to view our Gym A and/or Gym B videos demonstrating our specific gym entrance and dismissal strategies.
* These videos are located in our FDG parent portal, and under our COVID-19 page on our website.

Entering the Gym (A & B)

1. Students will wait in their vehicles with their parents/guardians prior to the start of class.
2. Your child’s teacher will walk outside of the gym about 5 minutes before your child’s class time starts to let your child know when it is safe to exit their vehicle.
3. Your child’s teacher will display a white board with their name, class name and time so students know when to exit the vehicle. Example: Miss Lauren, Robins, 6:00pm
4. Depending on the age and size of your child’s class your teacher may have your child line up outside on physically distanced cones until all students are present. (Cones may be inside if there is inclement weather, in this case teachers will come out and have students enter one student at a time.)
5. Once inside the gym, your child’s teacher will give further instructions.

Class Dismissal (A & B)

1. Parents are asked to please wait in their vehicles until teachers bring their students outside following class dismissal.
2. Depending on the age and size of your child’s class your teacher may have your child line up outside on physically distanced cones as they wait for their parents and way of transportation. (Cones may be inside if there is inclement weather, in this case teachers dismiss students one at a time.)
3. Students will end as on time as possible. Parents should expect to see their students outside for pick-up around 2-5 minutes after their scheduled class end time.
4. Your child’s teacher may want to talk to parents after class regarding their child’s progress, so please hang around a little bit if you can. Thanks!
5. Teachers will wait with students outside until all students have been safely picked up by their parents or guardians.
6. We ask parents please be on time, so students do not have to wait for an extended period of time.

**CLASS TIMING: Creating Safe Entrances and Exits**

* Flight Deck Gymnastics has increased our time between classes to ensure only one class is entering or exiting at one time.
* In Gym A, this ensures only one class of 8 or less students will be in the lobby at one time to allow for proper and safe physical distancing.
* In Gym B, this allows students to fully vacate their event waiting area to allow for proper and safe physical distancing in the gym between students and classes.
* Time has been placed between students entering and exiting to allow for proper sanitation of gym equipment and solid surfaces. As well as coaches to maintain personal cleanliness utilizing hand washing and hand sanitizer between classes.

**PHYSICAL DISTANCING**

Flight Deck Gymnastics will be utilizing physical distancing methods before, during, and after classes to help students and employees stay as safe as possible. This will include times as students enter the gym, are in the lobby/waiting area, during class, after class, and at dismissal. Methods to help students understand this distancing will include some of the following :

* As students are waiting for class to begin, students will have spot markers to guide them to safe distancing measures.
* These markers may be color coded chairs for personal belongings, Velcro spots in the gym for students to keep their gym bags
* Spaced drill and activity stations, and more individualized skill work
* Coaches will be utilizing safe distancing throughout their teaching of classes. However, all coaches will be utilizing creative alternative means of class management, to maintain a safe, fun learning environment.

**SAFE NON-SPOTTING TACTICS**

* Flight Deck Gymnastics understands and honors that spotting is an essential safety mechanism in gymnastics, and similar programs.
* FDG Teachers will be utilizing safe non-spotting tactics where appropriate, however there is a great risk involved with deleting spotting in its entirety. As such, it will not be removed from our lesson plans.
* FDG Teachers have been instructed to ensure safety is at our priority. As such, your child’s teacher will be encouraging your child to keep an open communication with them so teachers know how comfortable students feel with certain skills to ensure students are not un-safely attempting new skills.
* Several examples of safe non-spotting techniques that may be used in your child’s lesson plan include: use of octagonal rollers to support a student’s weight in a backhandsprings, breaking down skills into manageable pieces, then piecing these skill chunks together to build confidence on a more independent basis.
* Similar to our mask coverage procedures as stated above, we will be taking each and every student and family’s comfortableness in to account when deciding how FDG teachers shall spot each child.
* All students will be spotted as safety and skill progression requires; however if a family does not feel comfortable with the close space of spotting, please let your teacher know, and our coaches are happy to adapt their teaching methods to accommodate family concerns.

**UNLIMITED CLASS MAKE-UP Policy**

***Our FULL month of UNLIMITED Make-Up Classes remains in effect, for the FULL month of June!***

As a gym, and crew of coaching staff, we see these make up classes as our way to give back to our families after your generous support, kind words, and commitment to Flight Deck through the uncertain COVID months.

**The full scoop on unlimited Make-Ups; What you Need to Know**

- Your child is eligible for any class within their age and ability

\* For Example: If your child is 3 years old, and in a preschool class, they are elligble for any other preschool class open to 3 year old students.

- All class make-ups must be called or emailed in to the Flight Deck Front Desk at 614-379-3589 or customerservice@flightdeckgymnastics.com BEFORE the class you are wishing to schedule your make-up

\*This ensures your child can receive the BEST class experience, and all students and staff can remain safe keeping our class sizes to a safe number\*

- Open Gyms and Clinics ARE INCLUDED in your child's eligible make-ups! However, students must call AHEAD, just like the other classes.

- Make - Ups are scheduled by the individual class day, and do not carry over for the whole month.

\* This is to ensure students who are wishing to semi-permanently enroll in a class are able to do so\*

- If you know your child will MISS or BE ABSENT for a scheduled Make-Up, please let us know by call, email, or text.

\*This truly helps all families and students have an equal opportunity for make-ups. So, if one student is holding the last spot but cannot make it, another student has the opportunity to schedule this make-up.

- Private Lessons are not included in the Unlimited Make Ups

\*Private Lessons are always a GREAT supplementary aid for students and their skill work taught in class! Your child can pick their favorite teacher, and receive a half-hour lesson of individualized instruction working on ANY skill the child may want!

\*Especially following this long period of time off and out of the gym, private lessons can be a great opportunity for students to focus in on those skills they may need some additional help with!

**Make-Up Classes (cont’d)**

*We HIGHLY recommend your family taking full advantage and opportunities in these unlimited make ups ! Why? You might ask . . .*

- After being out of the gym for so long, and many of our students being cooped up inside, this is a GREAT, COMPLIMENTARY service we can provide you for your children to burn off some extra energy, and a great POSITIVE, SAFE, CLEAN environment to do so!

- Expose themselves to many of our other programs they may have always wanted to try but have not done so!

(Cheer, Ninja, Competitive, Tumbling, Open Gyms, and Clinics)

\* The best way for your child to find out what they love, and their 'Passion', build confidence, and create friendships is through safe, fun, exploration and trying NEW activities!

- Many other of the things we love to do may be closed, or not opening for the summer, but we are blessed, and grateful that we CAN!

- Best of all, it is COMPLETELY FREE, and included in your Membership at Flight Deck Gymnastics!

**What should my child bring to class every day with FDG COVID Protocol?**

Please have your child bring the following to each and every class:

1. **‘GYM BAG’**
   * (drawstring bag works GREAT!) for students to store all personal belongings (warm ups, shoes, hair ties etc.)
   * We recommend a bag that can be carried on a students’ back as they move throughout the gym they may bring their bag with them.
   * Recommended: extra gymnastics suit, change of athletic clothes, and under clothes, extra hair ties. Small non-perishable snacks
2. **Water Bottle**
   * (FILLED prior to class) – we will unfortunately not be able to allow students to use our drinking fountain.
   * Students will however be able to use our water bottle filling station if absolutely needed prior to class.
   * We will have FDG water bottles available for purchase at our front desk for $5.
3. **Plastic ‘Ziploc’ Bag**
   * 2.5 quart freezer or similar size
   * with your child’s name in permanent marker written visibly on the outside
   * *Only necessary for school age and competitive gymnastics students AND Ninja*
   * This will be used to give each student their own piece of chalk for bars to maintain safe distancing when chalking up for bars.
4. **Small Plastic Squirt Bottle**
   * *Gymnastics Students (competitive students using grips only)*
   * We will also have a water bottle at the gym for use – but will be sanitizing between *each and every* use.
   * We recommend students to PLEASE bring their own squirt bottle (typically you can find one between $1-3 at a Dollar General) so we can more effectively keep class moving, without having to take the time to continually sanitize our squirt bottle after each use.

**RECOMMENDED Good Practices**

* + Have your child come to practice with their clothes ON they will participate in, and hair pulled back.
    - This limits the number of people needing to use the restroom for changing clothes, and the sharing of hair ties.
  + EASY slip on shoes for quick and timely dismissal at the end of class!
  + **A POSITIVE attitude! We know these procedures are not always fun, but they DO keep us safe, and allow us all to enjoy what we love at the gym.**