



Eyass Gymnastics is fully committed to providing the safest space possible for our families. Our best practice guide will be implemented and followed by our staff, athletes and families as we begin to reopen our facility. We will continually update our policies as needed to adhere to specific guidelines mandated by the county, state and national ordinances.

EYAS BEST PRACTICES AND PROTOCOLS

Entrance Screening Practices:

- Eyass Gymnastics will perform the following items with each individual entering the building.
- Eyass will request that all members abide by a “social contract” and be honest and forthcoming with any symptoms or health issues pertaining to the safety of entering and training with Eyass.

Each student will enter the Field House through the “Main Entrance” and will exit through the Northeast exit by the turn styles near the restrooms.

Upon arriving Eyass Gymnastics will screen each individual in the following manner:

1. No touch temperature reading
2. ask for details with regard to new or worsening:
 - Sore Throat
 - Cough
 - Shortness of Breath
 - Any other symptoms that may affect the safety and well being of the individual and those around.

Employees:

1. Coaches and Employees will wear masks at all times to coach. Coaches and Staff will wash/hand sanitize prior to coaching, between rotations and after coughing or sneezing.
2. Staff will monitor self and athletes and immediately report any symptoms they or the athlete may develop during practice. If symptoms appear, individual will be removed from group and sent home. We will advise the individual and or family to consult a doctor and follow health guideline for returning to work/practice.
3. Staff will not be permitted to work if they have come in contact or live with someone infected with Covid-19. They will follow the CDC guidelines for proper procedures to return to work.
4. Staff will not “high five” or have unnecessary contact with the athletes.
5. Coaches will limit spotting but will still offer assistance when appropriate.

Athletes:

1. Athletes will wear masks
2. Athletes will be prepared to workout and be in appropriate attire before entering the gym to limit restroom use.
3. Athletes will not arrive earlier than 10 min prior to practices.
4. Athletes will leave the gym within 10 min of practice ending.
5. Upon entering the gym, athletes will be asked about general health symptoms and sent home if they show any signs of Covid-19.
6. Upon entering the building athletes will wash/sanitize their hands. Team will proceed to the floor and wait for practice to start and all recreation students will wait on the bleachers to the entrance of the gym and enter with their coach.
7. Athletes will wash/sanitize hands after each rotation.
8. Upon finishing exercise/practice athletes will wipe down surfaces with disinfectant that can be after use.
9. Athletes must have their own: backpack, drinking water bottle pre filled with water to drink, bag for chalk, spray bottle, hand towel, hand sanitizer and will not be permitted to share any of the above mentioned items during practice.
10. Clothes and items must be stored in backpacks during practice and placed in designated spots 6 ft away from other athletes items.
11. Athletes will wash/sanitize hands at the completion of practice.
12. Eyas Gymnastics recommends washing clothes and shower/bathe prior to interacting with family members in the home. If possible, personal gym items should be cleaned and sanitized after each practice.

Parents:

1. We have always encourage parents and guardians to watch classes but for now we will be advise parents and guardians to drop off the athlete at practice and not watch practice to avoid congestion in the gym. If a parent must enter or has a younger athlete they would like to view that will be accommodated. The adult will adhere to the 6 foot social distance policy, wear a face mask and abide by the entrance screening policy issued by Eyas Gymnastics.
2. Adults must wash/sanitize hands upon entering the facility.
3. All adults will adhere to the Wellness policy state for athletes and staff and not enter if they exhibit any signs of Covid-19.
4. Parents will agree to monitor and follow the illness policy stated below.

Illness Protocol

1. Keep children home if they have a fever of 100 (F) or greater. They can return 72 hours after the fever has subsided **without** the use of medication.
2. Keep children home for 24 hours post diarrhea and or vomiting.
3. If a child has symptoms similar to Covid-19 but did not get a confirmed Covid-19 test they can return to play if they meet all of the following criteria.
 - I. a minimum of three days have passed with no fever without the use of medications.
 - II. respiratory symptoms are improved and clear
 - III. ten days have passed since the beginning of any symptoms.
3. If a child or staff have been confirmed (tested positive by a medical professional) with COVID-19 but have not become ill due to the virus, they **MUST** remain in isolation following their diagnosis. Based on the CDC guidelines, they should be able to return to Eyas when all of the following conditions are met:
 - I. After at least 10 days have passed since the date of their first positive COVID-19 test.
 - II. They have not become ill
 - III. For an additional 3 days **after** they end isolation, they have continued to limit contact (stay 6 feet away) with others
 - IV. They wear a mask or other covering of their nose and mouth to limit the potential of dispersal of respiratory secretions
4. If a child or staff have been confirmed (tested positive by a medical professional) with COVID-19, have become mildly or moderately ill due to the virus, were self-isolated and medicated at home and did not require hospitalization, based on the CDC guidelines, **they should be able to return to Eyas when all of the following conditions are met:**
 - I. After at least 10 days have passed since the date of their first positive COVID-19 test.
 - II. At least 3 days have passed since their recovery, with no abnormal fever for a minimum of 72 hours **without** the use of any fever-reducing medicines (aspirin, acetaminophen, or ibuprofen).
 - III. Respiratory symptoms have improved
 - IV. No continuing illnesses: the child or staff exhibits no symptoms of COVID-19

A child or staff who has been confirmed (tested positive by a medical professional) with COVID-19, has become ill due to the virus, requires hospitalization may be at higher risk of shedding (dispersing respiratory secretions) and spreading the infection. The CDC recommends rigorous testing before returning these children or staff members to Eyas since they may experience longer periods of viral detection compared to those with mild or moderate symptoms. Should an infection occur with an Eyas student, we will alert those potentially

exposed as best we can while still adhering to the privacy rights of the affected student's health records.