



# KEEPING OUR FAMILIES SAFE & HEALTHY

We remain committed to protecting our Jacobs families and employees by creating specific guidelines that will help prevent the spread of disease.

## Pre-Open Phase

- Gym thoroughly cleaned and disinfected.
- Zoom Meetings Staff training

## PHASE 1

- Classes resume with limited numbers
- Expanded schedule to include daytimes and weekends

## PHASE 2

- Resume Regular Programming
- Continue with sanitizing protocols.

## Jacobs Gymnastics Protocol

<b>Employee Guidelines</b>	<ul style="list-style-type: none"> <li>- Staff will follow illness policy including temperature checks and 24-hour wellness standard.</li> <li>- Staff will wash/sanitize hands prior to/at the conclusion of each classes and after each rotation.</li> <li>- Staff will have limited direct physical contact with children (spotting is limited to necessity)</li> <li>- Staff will be diligently trained on procedures and prepared to enforce any distancing protocols.</li> <li>- Staff will adhere to PPE requirements if set by the Iowa Dept. of Health</li> <li>- Staff travel will be monitored and isolation following travel will adhere to IDH recommendations</li> </ul>
<b>Building Preparation</b>	<ul style="list-style-type: none"> <li>- Facility Team on site to disinfect and sanitize in prep for 'return to work'</li> <li>- Use of recommended products effective against Covid-19 use throughout the building prior to open and throughout each day</li> <li>- All surface areas will be disinfected/sanitized multiple times daily once reopened</li> <li>- Hand Sanitizer stations throughout building accessible and monitored for refill</li> </ul>
<b>Entering the Building</b>	<ul style="list-style-type: none"> <li>- Drop Off/Pick Up encouraged; We request parents to partner with us for safety by dropping off and picking up as requested. Lobby will be closed upon phase 1.</li> <li>- Temperature check of students; athletes who appear ill or who have a temp over 99.5 will be sent home.</li> <li>- Students will be required to sanitize/wash hands upon entering gym.</li> <li>- Gymnasts must bring a personal bag to put clothing/shoes/water bottle inside.</li> </ul>
<b>Traffic Flow Physical Distancing</b>	<ul style="list-style-type: none"> <li>- Gymnasts will use rear "Staff/team entrance" by lining up (using social distancing), proceeding into gym when called to be checked in. Parents will help maintain safe distances outside building prior to entering.</li> <li>- 6-foot social distancing will be enforced in the gym for athlete ratio and station work.</li> <li>- Gymnasts will exit Front Middle door (Westside). Parents please park in front lot for pick up.</li> </ul>
<b>Prior to Class</b>	<ul style="list-style-type: none"> <li>- Gymnasts will be required to sanitize/wash hands upon entering the gym</li> <li>- Employees will have disinfected/sanitized all equipment, entrance and exit points of program.</li> <li>- Gymnasts subject to temperature checks as needed.</li> <li>- Parents will only send gymnasts in good health with no fever, no coughing, no respiratory issues</li> </ul>
<b>During Class</b>	<ul style="list-style-type: none"> <li>- Athletes will sanitize/wash hands (supervised) after every rotation</li> <li>- Lesson plans will be modified to omit partner activities</li> <li>- Lesson plans will be modified to limit use of props.</li> <li>- Stations and activities will be modified to allow safe distance between children</li> <li>- Chalk stations will be removed. Team gymnasts will be provided a personal plastic chalk container.</li> <li>- Team Gymnasts - Grips, grip water bottle, wrist supports, etc will be kept in locker. Gymnasts should not bring back packs or large items that cannot be contained in their locker.</li> <li>- Bathrooms will be monitored. Monitor will keep track of who is in the room and help keep the room disinfected</li> <li>- Spotting will only be utilized for safety reasons. Coaches will be required to wear face mask when spotting.</li> </ul>
<b>After Class</b>	<ul style="list-style-type: none"> <li>- Front gym door – Kylee and Bodie pictured will be used as exit to control flow and distancing.</li> <li>- Employees will begin disinfecting/sanitizing all areas of their department immediately to get ready for next group</li> </ul>