



TNT Gymnastics is committed to maintaining the health and wellness of everyone who walks through our doors. That includes staff, gymnasts, parents and visitors. With this, TNT has outlined a wellness policy that we ask to be followed by everyone.

What our STAFF is doing:

- Before leaving home staff will take their temperature & if it is above 100.0, they will be asked to stay home and referred to consult their doctor.
- Upon entering the building hands must be sanitized.
- Staff will monitor and immediately report any symptoms they may develop while at work. If symptoms appear, staff will be separated from other staff, gymnasts, and/or visitors. Staff will then be referred to consult with a doctor and follow health guidelines for returning back to work.
- Staff will wash hands with soap and water or use hand sanitizer between events, after going to the bathroom, coughing, sneezing, and/or spotting any gymnasts when necessary.
- Staff may wear cloth face masks, but not required.
- If a staff member has come in contact with or lives with someone infected with Covid-19, they will not be permitted to come to work and will follow the CDC health guidelines for returning back to work.
- Staff will NOT be able to high-5 or hug athletes.
- If needed for safety, staff will provide hands-on spotting to athletes.

What are we doing for the FACILITY?

- Frequently touched/common areas/surfaces (door handles, light switches, lobby, bathrooms, etc.) will be cleaned/disinfected by staff in the gaps between classes/team groups.
- Small equipment in the gym (panel mats, trapezoids, wedges, etc.) will be cleaned/disinfected after each class.
- Loose foam pits will not be used until further notice. They may be used only if a mat is covering the loose foam.
- Larger equipment in the gym (trampolines, landing mats, vaults, etc.) will be disinfected at least once each day.
- TNT will provide hand washing stations (in the restrooms) as well as hand sanitizer in lobby.
- Drinking fountains will NOT be in use.
- There will not be seating in the viewing areas as long as the social distancing guidelines are in effect.

What can ATHLETES do to help?

- Parents will need to take their athlete's temperature before leaving home. If it is above 100.0, or they are displaying COVID-19 symptoms; they should NOT come to class and will be referred to consult their doctor
- Upon entering the building, they will be asked about general symptoms (fever, cough, shortness of breath, body aches, chills, sore throat).
- Upon entering the building, hands **MUST** be sanitized and team athletes will immediately proceed to the gym to SIT and wait for practice to start. This will help alleviate congestion in the lobby.
- Gymnasts will monitor and immediately report any symptoms that may develop while at practice. If symptoms appear, gymnasts will be separated from other gymnasts, and parents will be notified. Staff will then refer the parents/gymnasts to consult with their doctor and follow health guidelines for returning back to practice.
- Gymnasts will wash hands with soap and water for at least 20 seconds and/or use hand sanitizer between events, after going to the bathroom, coughing or sneezing.
- Athletes may wear masks/PPE during training.

- If a gymnast has come in contact with or lives with someone infected with Covid-19, they will not be permitted to come to practice and will follow the CDC health guidelines for returning back to practice.
- Gymnasts will arrive no more than 10 minutes prior to their scheduled training time and will leave TNT within 10 min. of the completion of practice.
- Gymnasts will only be allowed in the building during their scheduled training time to limit number of athletes at any given time.
- Gymnasts will arrive for practice already dressed for practice to limit the use of the bathrooms.
- Gymnasts will bring their own backpack with all necessary personal equipment (LABELED with their name on it) including:
 - Water Bottle(s) already filled with ice and water
 - Athletes will NOT be allowed to share water bottles
 - Grips/Tiger Paws/Braces
 - Individual size hand sanitizer
 - Spray Bottle for water (if needed for grips) & scratcher if needed, no sharing these.
 - 1-gallon Zip lock bag labeled with child's name on it for a block (chalk block is approximately 4"X4"X2") of chalk. Team student using grips/chalk will be given as follows 1 block of chalk per month if they are registered for more than 3 days per week; 1 block of chalk every other month if they are registered for 2 or less days per week. If they need more they will have to purchase for \$3/block.
- Upon entering the main gym, clothes will need to come off (only leotards/shorts in gym) and put into their backpack; shoes should also be placed into backpacks (if possible) and they will take backpack into gym with them throughout practice.
- During practice, we ask that athletes do not high-five or hug fellow teammates and/or coaches.
- Upon finishing practice, all personal belongings MUST go home in the backpack.
- Upon finishing practice, athletes will help sanitize/clean equipment that was used.
- Upon exiting the building, gymnasts will wash/sanitize hands.
- Once an athlete returns home, we recommend washing clothes and shower/bathing prior to interacting or eating with family members; backpacks and personal training items should be sanitized, if possible.

What can PARENTS do to help?

- We ask that parents/guardians 'drop off and pick up' rather than entering the building with their athlete in order to limit the number of individuals in the facility.
- If needed, one adult per athlete can enter the building, only children enrolled in class will be allowed to enter the lobby/viewing areas.
- Any adult entering the building MUST wash with soap & water for 20 seconds or sanitize their hands.
- Any adult entering the building MUST adhere to the 6-foot social distancing.
- There will NOT be seating in the viewing areas as long as the social distancing guidelines are in effect.
- Please have your gymnast ready for practice prior to coming into the gym and remind them to wash/sanitize their hands and cover coughs and sneezes.
- If you or any family member does not feel well, PLEASE STAY HOME.

I am aware that while gymnastics is an individual sport, there will be times when incidental contact will occur. TNT Gymnastics is operating in a social and physical distancing environment but even with the best efforts and intentions, there will be times when the children will breach the prescribed (currently 6') distancing recommendations. In addition, our teaching and coaching staff will spot (physically assist) only when the circumstances require it. Spotting our students and athletes is often necessary in order to teach skills safely, to help athletes perform skills correctly and to prevent injury. I understand and agree that spotting will be part of the learning process at TNT Gymnastics and I agree to permit my child's teacher and/or coach to physically assist my child when needed. Direct assistance will also be provided in the event of injury. I also understand that accidental contact between children is always a possibility. I have read, and understand, the above listed policy & procedures and I acknowledge that I am sending my athlete(s) to practice voluntarily and understand that even with the extra precautions put in place athletes in attendance still risk exposure to Covid-19 and/or other illnesses. ----**MUST AGREE ON PARENT PORTAL ACCOUNT PRIOR TO RETURNING TO GYM.**