



TNT Gymnastics has a protocol in place for sending and keeping children and staff home from TNT when they are ill. We follow this protocol to make sure that children and staff are given an adequate amount of time and rest to get well before returning to TNT, and to prevent the spread of germs to other children and staff. Please help to keep TNT a healthy environment by following these simple rules:

- Keep your child home from TNT when he/she has a fever of 100 (F) or greater and for 72 hours after the fever has gone away, without taking tylenol or ibuprofen.
- Keep your child home from TNT when he/she has diarrhea and/or vomiting and for 24 hours after these symptoms have occurred.
- TNT Staff will follow these same rules/guidelines.

If a child or staff have had a fever and cough but did not get confirmation that he/she was infected with COVID-19. He/She can return to TNT when ALL of the following conditions are met:

- At least 3 days have passed since recovery, with no fever for a minimum of 72 hours without the use of any fever-reducing medicines (aspirin, acetaminophen, or ibuprofen).
- Their respiratory symptoms have improved
- 10 days have passed since the beginning of any symptoms

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 TNT when all of the following conditions are met:

- After at least 10 days have passed since the date of their first positive COVID-19 test
- They have not become ill
- For an additional 3 days after they end isolation, they have continued to limit contact (stay 6 feet away) with others
- They wear a mask or other covering of their nose and mouth to limit the potential of dispersal of respiratory secretions

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 TNT when all of the following conditions are met:

- 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).
- Respiratory symptoms have improved
- No continuing illnesses: the child or staff exhibits no symptoms of COVID-19
- The child or staff have had 2 confirmed negative COVID-19 tests, administered by a medical professional and spaced at least 24 hours apart;
- Doctor's note required to return to class.

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 TNT since they may experience longer periods of viral detection compared to those with mild or moderate symptoms. Should an infection occur with an TNT 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. Doctor's note required to return to class.