



Almighty Gymnastics is committed to keeping our athletes and employees safe as we begin to re-open our gymnastics and tumbling program.

Below are the policies we are following to keep everyone safe. We are following the [CDC guidance for Youth Sports](#). These guidelines could change pending updates from the CDC or the Oklahoma State Department of Health.

1. If you are not feeling well, please **STAY HOME!**
2. If you have been exposed to anyone with COVID-19 you should self-quarantine and/or self-monitor. Please be sure to ask the following questions on behalf of your entire group before attending:
 - Am I showing any flu-like symptoms?
 - Have I had a fever of **100.4** or higher in the past 14 days?
 - Have I had prolonged exposure to someone who has tested positive for COVID-19 or is awaiting the results of a test?
 - Is there any medical reason why I believe I shouldn't be around others?

If you answered yes to any of these questions, we ask that you please stay home.
3. We will be operating at a reduced class size dependent on each age grouping.
4. We will be staggering class time to allow for transition between classes and time for cleaning and sanitation.
5. Travel Guidelines - If you travel on a vacation please notify our staff.
6. The kids will be kept in "cohorts" with their class and instructors. They will not be mixing with other classes. Each class will have their own events/spaces to work on.

7. By nature gymnastics requires spotting of athletes by coaches. While the coaches will be mindful of their contact with students, spotting may be necessary as a safety precaution.
8. Until further notice the foam pit will be closed.
9. Spacer spots will be used inside the gym to assist with distancing. Instructors will encourage social distancing by utilizing more stations and less circuit based class management (stay at your station and then call switch instead of constantly following each other to stations which could cause back ups and lines).
10. It is suggested that Kids wear face coverings upon entrance and in the lobby. Kids are not expected to wear face coverings during class but may if they choose. Note: Cloth face coverings should **not** be placed on:
 - Babies and children younger than 2 years old;
 - Anyone who has trouble breathing or is unconscious;
 - Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance.
10. The coach[es] will sanitize /disinfect equipment between each class.
11. Hand sanitizer is provided within the gym.
12. There will be no snacks permitted during class and no candy will be given after classes at this time.
13. Temperature checks will be taken and logged on every person prior to entering the building. Temperatures of 100.4 or higher will be sent home.
14. During drop off, please practice social distancing protocols.
15. **Limited Parent Viewing** - 1 parent per athlete permitted into the building at a time and parent must be wearing a mask [additional siblings can attend as well, as needed].
16. Employees will wear a mask before and after class sessions.
17. Bathrooms, floors, carpets, doorknobs, cubbies, countertops, etc. will be disinfected regularly.

We all must remain vigilant and follow proper social distancing guidelines.