

# WILLOW TREE GYMNASTICS INFORMATION AND EXPECTATIONS 2020

\*The following information in this packet may be subject to change as we receive additional or modified guidelines from the government and health agencies.

## RULES FOR STAYING HOME

Keep your child at home if she has any of the following:

- Fever of 100.0 degrees or higher
- Vomiting within the past 24 hours
- Diarrhea within the past 24 hours
- Viral, fungal, or bacterial skin rash
- Head lice
- Pink eye
- Hospital stay or ER visit
- Possible known exposure to Covid-19
- A dry cough
- Shortness of breath or difficulty breathing
- Fatigue and body aches (Unrelated to sore muscles)
- Loss of taste or smell

## ARRIVING FOR CLASS (Instructions for gymnasts)

- Remain in your car until a staff member opens the gym door approximately 5 minutes before your class.
- You must wear shoes, work out attire, AND MASK when entering the gym. You must bring your own water bottle or purchase one in the office for \$1.00.
- When you enter the building, place shoes in the cubbies, wash your hands and sit where the staff directs (one person per bathroom please).
- Once on the gym floor you may remove your mask if you want.

## LEAVING PRACTICE (Instructions for gymnasts)

- Wash hands, retrieve shoes and personal items
- Exit the building when a staff member dismisses you. (A staff member will monitor child pick up.)

## **PRACTICE PROCEDURES TO MINIMIZE RISK**

- Coaches may be in masks or face shields as much as possible without compromising the ability to complete their job duties per the PA DEPARTMENT of HEALTH. Recommendations specific to coaches state, "If you feel the mask is creating an unsafe restriction on the ability to complete your task safely and might result in injury, it can be removed." (The staff has experimented with and without masks and found wearing or not wearing one a personal choice based on the safety of the athletes.)
- Athletes will be asked to wash hands properly after every rotation and should have their own hand sanitizer with them to use at their discretion or per your family rules. Please send with your child to each class and be sure their name is clearly marked on the bottle.
- Coaches will perform "light" cleaning during practice and the athlete will be asked to wash/use hand sanitizer as needed.
- Coaches will perform a "detailed" cleaning at the end of each class time.
- Cleaning practices and solutions will follow PA Department of Health, CDC and equipment maintenance guidelines.
- Willow Tree has three separate gyms (front, back and preschool.) Each will have its own assigned bathroom.
- Locker rooms, kitchen, and water fountains will be off limits. Water bottles must have the name clearly marked on them.
- Coaches' temperatures WILL be taken when entering the building. Athletes' temperatures WILL NOT be taken. Parents should take their child's temperature before leaving home.
- If any athlete complains of feeling sick during class, we will HAVE to send them home...
- If any athlete cannot follow the rules spelled out in this information pack or cannot follow staff instructions, we WILL send them home. Please go over these rules with your child.

## **SPOTTING**

- USAG has asked us to refrain from unnecessary spotting. We will spot for safety to prevent injury. This extends to "being there" or "standing in." We will spot if the athlete absolutely cannot learn or understand the concept without physical help.
- You are within your rights to ask that we not spot your child. Please understand that if you request that we not spot your child, her progression will be slower.

## **ADDITIONAL CHANGES YOU CAN EXPECT**

- The class schedule and registered participants are set for the month. We cannot offer the flexibility of make ups, adjustments to personal scheduling conflicts, pro-rated tuition, or refunds as we have in the past. If you wish to change classes, you must wait until the next month to do so. We will accommodate you if space is available.
- **Spectators are NOT permitted. Parents, please only enter the building if you need to talk to someone in the office. You should not register your child if he or she is not comfortable with separation. Parents of younger children should remain close by the gym in case of an unforeseen emergency.**

- We need you to bring your athlete to practice no earlier than 5 minutes prior and not more than 5 minutes late.
- We need you to pick up your gymnast after practice on time and no more than 5 minutes late. We need the time after practice to clean the gyms, lobby, and restrooms. Athletes not picked up within 10 minutes of the end of their practice will be charged private lesson rates (\$25/30 minutes) with NO EXCEPTIONS.
- Coaches will be doing far less spotting due to trying to keep with minimal contact guidelines.
- Athletes will have far more accountability in terms of learning, listening, and progressing.
- Your athlete will have to re-learn skills she used to be able to do with ease due to having an extended break in training.
- If you need to reach your child's coach during practice time, please call the gym's landline at (724) 539-0899. Coaches will have the phone in the gym for emergency calls. Please do not call or text your child or child's coach during practice since cell phones will not normally be available.
- Spectators are NOT permitted at this time. Parents must drop gymnasts off at the door no earlier than 5 minutes prior to the start of practice.
- All who choose to enter the building **MUST** wear a mask for everyone's safety.

We hope that we can all do our part to navigate the effects of this pandemic as smoothly as possible with clear lines of communication and a lot of patience. Regardless...We are super excited to get back to the sport we love so much and the people that make it all the inconveniences worthwhile! We appreciate your support and understanding.

**\*\*\*\*Each gymnast must have a new registration form as well as a signed acknowledgement of these rules turned into the office prior to beginning classes. \*\*\*\***

Thank you for your cooperation and your support.

Please sign and date this page and return one copy to the gym acknowledging that you have received and agreed to the "Willow Tree Gymnastics Information and Expectations" explained in this packet.

Parent or legal guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Participating athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Please sign and date this page and return one copy to the gym acknowledging that you have received and agreed to the “Willow Tree Gymnastics Information and Expectations” explained in this packet.

Parent or legal guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Participating athlete: \_\_\_\_\_ Date: \_\_\_\_\_