



PHYSICAL DISTANCING

1. Only one class at a time will be offered this summer. This will limit how many kids we can train, but is important for physical distancing at this time.
2. Me & My Shadow and Level 1 class sizes this summer will be limited to 6 kids (room for 2 make ups), 1 coach and 1 front desk staff. So, in the equipment area there will not be more than 10 people at one time.
3. During classes only one event will be run at a time. Each event will have the equipment and/or gymnast spaced 6 feet apart to have that physical distance between athletes. Class will be designed for the gymnasts so that they each have their own area. If gymnasts need to rotate stations (this will happen as little as possible), each area will be sanitized first.
4. To help with physical distancing, there will be colored markers on the floor in each station. The gymnasts will learn a new way of being together in class. This will take time and redirection will be needed until they understand and start to follow this new rule.

5. Parent drop off and pick up will be a bit different during this time. We ask that you drop off promptly at class time, no early entry. When entering the gym for class you will use the mall gym door and follow the rainbow road. When class is over, we ask that you enter the outside gym door (south door) to get your child and exit through this door. We will try to eliminate crossing paths of gymnasts and parents entering and exiting the gym. If your child is old enough, they may leave the south gym door and meet you outside on the sidewalk to cut back on the people waiting in the gym. A coach will be there to monitor this new process and help the kids.

6. We ask that only 1 parent/adult enter or exit with their child. Other parents will only be allowed to enter the gym due to emergency (athlete injury, etc.) Please no siblings at this time. When possible, we ask that you do not stay to watch class to control the numbers in the gym. If you wish to stay, only 1 parent/adult can stay and the viewing chairs will be spaced 6 feet apart.

7. Private lessons are available. These one-on-one lessons with the coach are not to take the place of the class setting, but can be an add to instruction and/or are another option at this time that might make some feel more comfortable. We offer 30-minute (\$26.50), 45-minute (\$35.00) and 1-hour (\$43.00) lessons. Please contact the gym (725-NEXT) if interested.

8. Kids are social. This new normal will take time! 😊



CLEANING & SAFETY

1. Temperatures of athletes may be taken at the beginning of class. They will be asked to wash hands or use hand sanitizer before walking onto the equipment. **If you, your child or anyone in your household have ANY symptoms of illness please do not come to the gym.** Make-up classes will be honored. (2 make-ups are allowed per class. Make arrangements before attending.) If a coach suspects that the child is ill, they will not be allowed to participate and parents will be called. Please use common sense during this delicate time so we are able to keep our doors open.
2. All coaches entering each day will have temperatures taken and be asked questions to secure their health for the safety of everyone!
3. There will be 15 minutes between each class. During this time, we will sanitize all areas used during that class and any spectator chairs that were used. We will be using TRUCE cleaning products (truceclean.com) along with bleach/water mixture and Lysol/Clorox products.

4. A cleaning check-list will be at each station for accountability.
5. At the end of each day other high trafficked areas will be cleaned. Carpeted areas will be steam cleaned.
6. Sanitizing Stations will be at each event. These areas will have various safety items right there to use if needed and between movements from one station to another.
7. We ask that the gymnasts come dressed and do not need to use the bathrooms for changing in and out of leotards. Only one in the cubby room at a time. We ask that you have them use the bathroom at home before coming to class. If the bathroom is needed, it will be wiped down after each use.
8. We ask that your child bring their own water bottle that is labeled with their name to use during class. This bottle needs to go home after each class. The water fountains will not be in use during this time.
9. We ask that no food is brought into the gym.
10. During the days we train bars, certain age levels that are allowed to use chalk, will be given their own personal chalk bag to use. This bag will be labeled with their name and stay in the gym for use. Bar rails are sprayed with Lysol.

11. We are going to design our classes with very little or no spotting. The sport of gymnastics, however, uses spotting as a tool for understanding and safety. If a coach needs to physically spot your child, they will be asked to wear a mask. NGPC coaches will try very hard to physical distance during each class. Please note: speed of learning may be slower during this physical distancing time with lack of spotting. Certain circumstances of spotting may be unavoidable. (teaching understanding of certain skills on certain events, injury, etc.) If you have any questions in regards to spotting please ask.