

Boston Rhythmic Covid Protocols (as of 9/8/20)

Prior to return	All parents need to sign the new COVID waiver online, purchase flipflops, rhythmic equipment, and water bottle.
Entry	Line up outside the facility, floor markers space students and families prior to entering the building. Please wear your uniform. No changing in the gym. Flip-flops on top of rhythmic shoes. Only students enter the gym, no parents.
Bring to each class	Please arrive dressed for class. Girls: black leotard, leggings, rhythmic shoes, hair in a bun. Boys: black t-shirt and shorts, white socks. Please wear flip flops on top of rhythmic shoes/socks. Please bring to each class in one bag: your individual rhythmic equipment, personal labeled water bottle. Please NO extra items, bags, jackets in the gym.
Check in	Staff lets students inside one at a time. Temperature check (wrist) at entry for all persons entering the gym. Flip-flops go in a cubby, gymnasts sanitize hands and stand in a square.
Symptoms	Students and staff should not come to the gym if experiencing any Covid symptoms. Anyone seen with Covid symptoms will be immediately sent home, and cannot return until symptom-free without medication for 24 hours and tested negative for COVID.
Hand sanitizing	Each student will be prompted to use hand sanitizer at the start and finish of class, and before/after bathroom use. Touchless soap dispensers have been installed in all bathrooms.
Masks	Students and coaches are required to wear masks upon gym entry and exit, and in the bathrooms. As per USAG policy, students and coaches are not required to use masks while actively exercising. However, if you prefer your child to wear one, they can. Coaches are required to wear a mask when within 6 feet of a gymnast.
Social Distancing	Kids will be spaced at least 6 feet apart during class using boxes that they stand in. Coaches will keep a close eye on gymnasts to ensure social distancing.
Spotting/ Stretching	Coaches are not allowed to spot or assist children without prior written permission via email from the parent.
Staff work habits	Staff will be required to sanitize hands before and after every class. All staff members are to agree to adhere to a 24-hour wellness standard. Should they

	experience Covid symptoms, they are required to stay home and provide proof of a negative test before returning to the gym.
Equipment cleaning	Coaches are required to sanitize all contact surfaces before and after each class. Cleaning stations will be mounted throughout the gym to ensure ample supplies are available.
Facility cleaning	Facility cleaning procedures have been updated, including but not limited to: door handles, faucets, shoe cubbies sanitized, carpets vacuumed, bathrooms sanitized between classes, and equipment sanitized.
Rhythmic equipment	All gymnasts are required to have their own rope, ball and ribbon. Hoops and clubs can be provided by the gym and sanitized after each use. Team coaches might require additional personal equipment (weights, yoga blocks, bands, etc)
Scheduling	We will schedule classes to accommodate the student to facility ratio required by regulations. Classes shall be time-spaced appropriately to ensure students can enter and leave the facility without overlap whenever possible.
Facility ratio	Managers are to uphold the student to square-footage ratio at all times. No more than 9 kids + 1 coach per class. Kids will stay with the same group and coach the entire class.
Water and food	Each student needs to bring a personal water bottle, labeled with her name. Bottles left behind after class will be disposed and will not be stored. All water fountains are off limits at this time. Food is not allowed in the gym at this time.
Lost and found	Lost and found clothing items will not be stored at the gym and will be donated to a local homeless shelter.
Traffic in, out and around the gym	Whenever possible, different exit and entry routes will be followed through the gym's side doors. Separate drop off and pick up procedures will be communicated to parents at each gym. Parents are not allowed to watch classes in the gym. While inside, gymnasts please respect all signage around the gym. After class, the coach will line up students at the exit, using the floor markers for distancing. Hand sanitizers will be distributed upon their departure and gymnasts will exit the building one at a time.

Updated as of 9/8/2020