



## **COVID-19 RE-OPENING INFORMATION**

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**OUR OBJECTIVE IS TO CONTINUE TO PROVIDE ALL VALLEY ATHLETES WITH A SAFE, FUN, HEALTHY & DISCIPLINED ENVIRONMENT. OUR TOP PRIORITY IS PROTECTING OUR ATHLETES, FAMILIES AND STAFF.**

### **GENERAL INFORMATION**

- ATHLETES, PARENTS, FAMILY MEMBERS, STAFF AND OTHERS THAT MAY HAVE ANY SYMPTOMS RELATED TO COVID-19, A COLD OR VIRUS OR THE FLU ARE ASKED TO PLEASE STAY HOME UNTIL THEY DO NOT HAVE ANY SYMPTOMS.
- EVERYONE ENTERING AND EXITING VALLEY GYMNASTICS TRAINING CENTER WILL NEED TO HAVE A FACE MASK ON AND WILL HAVE TO PASS A DAILY HEALTH SCREENING.
- A TABLE IS LOCATED RIGHT INSIDE OF THE FRONT DOOR IN THE LOBBY. EVERYONE WILL NEED TO STOP AT THE TABLE, HAND SANITIZE AND COMPLETE THE DAILY HEALTH SCREENING.
- ANYONE THAT HAS EXPERIENCED SYMPTOMS OR TESTED POSITIVE FOR COVID-19 WILL NOT BE ABLE TO ATTEND UNTIL A MINIMUM OF 3 DAYS (72 HRS) SINCE THE LAST SYMPTOM WITHOUT THE USE OF A FEVER-REDUCING MEDICATION.

### **DAILY HEALTH SCREENING**

EACH PERSONS TEMPERATURE WILL BE TAKEN PRIOR TO ENTERING -ANYONE'S TEMPERATURE THAT IS 100.0 DEGREES FAHRENHEIT OR ABOVE WILL NOT BE ABLE TO ENTER.

THREE QUESTIONS WILL BE ASKED:

1. HAVE YOU HAD ANY KNOWN CONTACT WITH A PERSON CONFIRMED OR SUSPECTED TO HAVE COVID-19 IN THE PAST 14 DAYS?
2. ARE YOU CURRENTLY EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS?
  - \*COUGH      \*SHORTNESS OF BREATH      \*TROUBLE BREATHING
  - \*FEVER      \*CHILLS      \*MUSCLE PAIN      \*HEADACHE
  - \*SORE THROAT      \*NEW LOSS OF TASTE      \*NEW LOSS OF SMELL
3. HAVE YOU TESTED POSITIVE FOR COVID-19 THROUGH A DIAGNOSTIC TEST IN THE PAST 14 DAYS?

IF YOU HAVE ANSWERED “**NO**” TO ALL OF THE QUESTIONS, YOU HAVE PASSED AND CAN ENTER VALLEY GYMNASTICS TRAINING CENTER.

IF YOU HAVE ANSWERED “**YES**” TO ANY OF THE QUESTIONS, YOU WILL NOT BE ALLOWED TO ENTER VALLEY GYMNASTICS TRAINING CENTER.

### **IF THE HEALTH SCREENING TEST IS PASSED**

- ATHLETES WILL FOLLOW THE SOCIAL DISTANCED FLOOR MARKERS INTO THE GYM.
- PARENTS WILL FOLLOW THE SOCIAL DISTANCED FLOOR MARKERS TO THE FRONT DESK (THERE ARE CURRENTLY TWO PATHS TO THE FRONT DESK AND 1 PATH TO THE MERCHANDISE & FRONT DESK) OR A PARENT VIEWING AREA. **PLEASE NOTE: ALL CHAIRS NEED TO STAY IN THEIR CURRENT SPOT IN OUR PARENT VIEWING AREAS.**

- EMPLOYEES WILL FOLLOW THE SOCIAL DISTANCED FLOOR MARKERS INTO THE STAFF ROOM-WHERE THEY WILL TAKE OFF THEIR OUTSIDE SHOES AND WILL PUT ON THEIR “GYM” SHOES, WASH THEIR HANDS AND REPORT TO THEIR LOCATION IN THE GYM.

- ATHLETES ARE NOT REQUIRED TO WEAR A MASK WHILE THEY ARE PARTICIPATING. HOWEVER, IF ANY ATHLETE WOULD LIKE TO WEAR A MASK THEY CAN AS LONG AS THEY ARE SAFE WHILE WEARING IT.

- STAFF WILL WEAR A MASK IF THEY ARE CLOSER THAN 10FT TO ANY ATHLETE OR ASSISTING AN ATHLETE.

- PARENTS/SPECTATORS WILL NEED TO WEAR A MASK AND MAINTAIN SOCIAL DISTANCING.

### **FACILITY INFORMATION**

- THE GYM, LOBBY AND ALL BATHROOMS HAVE BEEN CLEANED AND DISINFECTED MULTIPLE TIMES IN PREPARATION TO RE-OPEN.

- EACH AREA WILL BE CLEANED AND DISINFECTED BEFORE AND AFTER EVERY CLASS/PRACTICE.

\*\*WE WILL ALSO HAVE ONE/TWO STAFF CLEANING THE EQUIPMENT DURING THE CLASSES.\*\*

\*\*\*RECOMMENDED PRODUCTS THAT ARE EFFECTIVE AGAINST COVID-19 WILL BE USED\*\*\*

- ATHLETES WILL NEED TO HAND SANITIZE OR WASH THEIR HANDS BEFORE AND AFTER EACH EVENT.

- 6-FOOT SOCIAL DISTANCING MARKERS HAVE BEEN PLACED THROUGHOUT THE LOBBY AND GYM FOR EASY DIRECTION.

- THERE ARE MULTIPLE HAND SANITIZING STATIONS THROUGHOUT THE LOBBY AND THE GYM, AS WELL AS TWO BATHROOMS IN THE LOBBY AND TWO BATHROOMS AND A SINK IN THE GYM.

- THE WATER FOUNTAIN UNFORTUNATELY WILL BE OUT OF USE.

- PLEXIGLASS BARRIERS HAVE BEEN ADDED TO THE FRONT DESK.

***THANK YOU FOR BEING A MEMBER OF OUR VALLEY FAMILY!***