

Revised 5/29/2020

Dear CGA Families,

We are excited to have kids back in the gym! We have missed all of you!!

We have always ensured that our gym is clean and sanitized, and we are upping our cleaning game and sanitizing policies in response to COVID-19.

- We will have extra staff and volunteers on site to clean and sanitize all equipment, entrance and exit points, and office areas before, during, and after classes.
- We will continue to have hand sanitizer stands throughout building that are easily accessible and will be refilled on a regular basis.
- There will be sanitization stations for students to use between events during class.
- Classes will be run in a POD system with a 5:1 student to coach ratio.
- Start and end times will be staggered to control flow and allow for appropriate distancing.
- At this time, parents are not allowed to stay in the viewing area during practice. We hope this will change with the next phase.
- If you are sick stay home. If you have questions or need clarification give us a call!
 - Be fever free for 24 hours without fever reducing medication

What can you expect to see when you come to class:

Before you leave home:

- Ensure you are ready for gym by coming dressed for gymnastics.
- Bring only exactly what you need.
 - Please leave backpacks, tablets, headphones or any other extras at home or in the car.
 - Consider easy to slip off shoes, and no socks.
- **Pack a water bottle with your name on it (water fountains will not be in use)**

Arriving at CGA for gymnastics: State requirements and avoiding Child Traffic Jams!

- Drop Off encouraged:
 - No more than 1 parent/guardian per child in building. Due to NM state mandates, parents are not allowed in the gym, and we have limited space inside the office area, so we are asking parents to wait in their car, or return at the end of class to pick up your child.
 - Due to current NM state mandate for youth sports, parents are not allowed to stay in the viewing area of the gym during class.
 - We have limited space inside the office area, so we are asking parents to wait in their car, although you are welcome to leave and return at the end of class to pick up your child.

- Arrival Time
 - Please note there are now separate doors for entry and exit.
 - A staff or volunteer greeter will be just inside the door to ensure your child gets to class.
 - Children should enter the building for class no earlier than 5 minutes before class start time.
 - If you arrive earlier, please wait in your car or outside as children will not be allowed in the building until ~5 minutes before their class start time.
- “No Touch” temperature
 - Coaches, students, volunteers and staff coming into the gym will have “no touch” temperatures taken as per the youth programs mandate set by the state of NM.
 - If you are just dropping off, you don’t need your temperature taken.
 - While we hope that none of our students are sick, if their temperature is 100°F or greater, they will be sent back home with you.
- Face Masks:
 - Coaches, students, and parents will be required to wear face masks upon entering the building per the state of NM mandate regarding face coverings in public places.
 - Students will not be required to wear masks during class.
 - Once in the gym, students will take off their mask, place it in a paper bag (one bag per child – we will provide these) and put it in a designated area until practice is over. We will not be using cubbies or shared lockers for the foreseeable future.
- Hand washing
 - Everyone will be required to wash their hands with soap and water upon entering the building.
- Pick up
 - No more than 1 parent/guardian per child in the building.
 - You can come in to pick up your child or they may be brought out to you if requested.

During Class

- Keeping clean and cleaning up
 - Athletes will have hand wipes and sanitizer to use (supervised by coach) after every rotation.
 - Equipment will be sanitized between each group.
 - Hard to clean items (foam blocks) will be temporarily taken out of use.
- Keeping our distance
 - Lesson plans have been modified to omit partner activities and to limit use of props.
 - Stations and activities have been modified for appropriate distancing.

- Keeping hydrated
 - Drinking fountains have to be covered but water bottles can be refilled!
 - Everyone is encouraged to bring an individual labeled (with name) water bottle. We will have bottled water available for purchase if you forget yours.

After Class

- Cleaning up
 - Students will be asked to wash their hands with soap and water after class.
 - Staff/volunteers will begin cleaning/sanitizing all areas used immediately to get ready for next class.
- Concessions
 - We will have limited concessions with water bottles and some snacks but in order to reduce hand-to-hand transmission we will require that all concessions purchased be done through a snack account for the time being. You may open a snack account with as little as \$5, paid for in cash only.
- Leaving the building
 - A separate exit door will be used to allow for appropriate distancing.
- If you would like to talk with your child's coach, please talk to the our front desk staff and they will help you get in touch with them.

This is an evolving situation and we will make adjustments as necessary, keeping everyone updated along the way. We are doing our best to follow the recommendations and mandates set by the CDC, the New Mexico State Health Department, and the New Mexico State Government.

Sincerely,

Cruces Gymnastics Academy