

Chantilly Academy proudly welcomes all children to join us for our Live In-Gym Class Programs Offered. We are currently in our Blue Operational Status which includes both Live In-Gym and Live Virtual Classes. We want all of our member families & students to be informed, prepared and partner with us to keep CA OPEN for all the children. Please see below helpful guidance for our families to prepare their children for participation. Our goal is to stay Active, Happy, Strong & Together using our established Wellness, Health & Safety Protocols.



### **Gym Community Wellness**

- CA is so pleased to be open & provide children in our local community with the necessary activity & interaction needed for proper growth & development for both their bodies & minds.
- In an effort to provide the safest, cleanest & best organized opportunities for our youth we ask that anyone participating understand & cooperate with all health, wellness & safety guidelines based on the recommended guidelines set forth by the Centers for Disease Control & VA Department of Health, as well as the cooperative guidance of our local health departments in Fairfax & Loudoun Counties.

- Currently, the main office CLOSED for in person services. Upon reopening we have rearranged & installed Sneeze Guards and proper spacing allowing one person at a time in the office.
- LIMITED OCCUPANCY - Currently our lobby/viewing areas are CLOSED to allow for maximum number of active participants in the gym & reduce risks associated with social gathering.
- Birthday Parties & Open Gyms are suspended indefinitely.
- Water fountains are closed indefinitely.
- There shall be no congregating of children, parents or staff inside or outside the building to assure that the most safe social distancing is followed at all times. Face Coverings are required.
- SPOT TV - VIEWING OPTION -As a Member of USA Gymnastics, CA follows all SafeSport guidelines. SpotTV has been approved for gyms to provide closed-circuit, secure viewing of classes for parents/caretakers via the SPOT TV Mobile App. Our new virtual viewing area will keep you connected and involved while allowing us to save our approved capacity of students. Access for viewing is gained through an APP linked to your Customer Portal & your child's specific gym time. See website for details.
- Cleaning & Disinfecting Protocols for ALL Gym Areas & frequently touched surfaces have been established & are followed on a regular schedule before, during & after all scheduled classes/practices and general usage.
- Touchless soap, faucets & paper towel dispensers are located in all areas where hand washing takes place.
- Hand Sanitizing Stations are located at each event & throughout the facility for student & staff convenience.
- CA Gym Layout & Lessons have been modified to meet the needs of accommodating required social distancing.
- Bathrooms for staff & students are separate and marked for proper use.
- Props which may not be cleaned & disinfected are stored indefinitely.
- Foam Pit is currently covered & not being used until further notice.
- Review of COVID-19 Prevention throughout classes & practices.

**Chantilly Academy Guidelines & Protocols to Aid in the Prevention of COVID-19 spread and keeping our members and staff as safe as possible.**

- Wash Hands thoroughly for 20 seconds.
- Do not touch face or eyes.
- Stay 6-10 feet apart at all times in the gym. Wear a mask when you cannot be 6 feet apart.
- If cough or sneeze use the elbow technique & wash hands; and if a tissue is used, immediately place it in the trash receptacle and wash hands.

- Avoid social gatherings outside of your immediate household.
- Reduce the number of activities to decrease exposure risk.
- Do not travel unless essential.
- Other CDC Youth Sports Recommendations - see website link.

### **Gym Attendance Guidelines:**

- CA Curbside Contactless Drop Off/Pick Up Only
- See YouTube Recordings Prior to Attending:
  - **TEAMS:** Use the back "K" Door for Entry where staff will meet your child at the Kiss & Ride Wellness Screening Station and guide them into the gym. <https://www.youtube.com/watch?v=0xBszw1XiSM>
  - **CLASSES & CAMPS:** Use the Front Center Doors for entry and exit where staff will meet your child at the Kiss & Ride Wellness Screening Station and guide them into the gym. <https://www.youtube.com/watch?v=dUSaSMCVItg&feature=youtu.be>
  - **PRESCHOOL:** Enter and exit through the main preschool entrance.
- Carpools: CDC states that carpooling is NOT recommended for participants who do not live in the same household.
  - Carpools: If families choose to carpool, the following guidelines are strongly encouraged:
  - Keep the number of individuals in the car as low as possible.
  - Wear masks at all times.
  - Keep the individuals in the carpool as consistent as possible - same students in the same carpool every day.
  - Wipe down the car before and after use.
    - The carpool driver should ask all passengers before entering the car if they have completed the health screening tool (see below, "At-home Health Checks") and only accept passengers who are cleared to go to the gym.
- Wellness Screening & Healthy Practices & Guidelines:
  - Wellness Screening Questionnaire must be answered with all NO responses and a maximum temperature of 99.5F to enter the building.
  - Required Social Distancing Markers on floors and on signage are placed for your convenience to guide you safely throughout CA while in the building or in class. Please follow social distancing guidelines both inside and outside the building.
  - Face Coverings are required upon entry, exit and if the participant is not in the gym area. If there are special circumstances please notify the

teacher or a staff member immediately and be sure to enter on your child's emergency information especially any breathing problems or other conditions pertinent to keep your child safe.

- Added 11/20/2020 - Please consider the following in relation to mask usage:
  - 1 - Be sure to follow all CDC, VDH & Fairfax/Loudoun County mask guidelines.
  - 2 - Student's 5 years and older should have a clean, comfortable and well fitted 3 layer mask.
  - 3 - We ask you to review this with your child and help us make sure masks are worn from the time they pull up in the Drop Off Line, during entry, class time and until they exit from the gym in the Pick Up Line.
  - 4 - Please notify CA if your child has any respiratory conditions which may prevent them from wearing a mask. We support the most safe and healthy situation for each child.
  
- Hygiene/Hand Washing/Touching Face/Laundrying:
  - Members should come to the gym freshly bathed with newly laundered clothing. It is recommended that students wipe the bottom of their shoes & feet with the provided disinfectant wipes.
  - Gymnasts and staff should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds,
  - Use alcohol-based hand sanitizer (with at least 60% alcohol),
  - Abstain from touching their face (mouth, eyes, or nose), refrain from spitting
  - Cover cough or sneeze with a tissue and throw tissue away immediately in a trash receptacle followed by washing/sanitizing hands.
  - Following gym activities, clothing should be removed and laundered right away. Athletes should shower and put fresh clothes on prior to going outside to play, sitting down on furniture, in the kitchen or in other shared areas of your household, etc.
  - Clothes should be laundered after all workouts.
  - Participants should carry a small drawstring bag to keep their own small bottle of alcohol-based disinfectant or hand wipes when hand washing facilities are not available.
  - **Healthy Practices:** All gymnasts and staff should practice healthy habits including adequate hydration to keep mucous membranes moist, consume a varied, vitamin-rich diet with sufficient vegetables and fruits, and get adequate sleep.

- **Notification:** Notify local health officials, staff, and family members immediately of any lab confirmed case of COVID-19. Privacy and confidentiality guidelines to be followed.
  
- Schedules:
  - Classes, camps, team levels and programs will be on split schedules throughout the week allowing for a maximum number of gymnasts in a time period in the gym based on current county & state guidelines.
  - Training Groups, Classes & Classrooms will run with lower ratios based on allowable space to follow social distancing and local state and national Youth Sports and Child Care Guidelines.
  
- Travel:
  - Any travel will require a mandatory 14-day quarantine.
  - Travel to other communities, states or attend large gatherings or high population events where a member or family member is unable to follow all COVID-19 preventative recommendations must be communicated to the main office or your head coach/coaches and we ask that you not attend the gym until approval is given.
  - All exposure guidelines set forth by VDH and CDC must be followed.
  - Parents & Families who travel frequently please consider the safety of your gymnast, our athletes and our staff. For frequent travelers, we recommend isolation within the household from your athlete who is coming into the gym for live in-gym practices. We appreciate your cooperation during these unprecedented times.
  
- CA Staff & Instructors/Coaches:
  - Follow recommended wellness, cleaning & sanitizing & social distancing guidelines before, during & after practice.
  - Must not come to the gym, if they are not feeling well.
  - Come to work freshly showered, clean clothing & proper face covering.
  - Are required to wear a cloth face covering. If they touch their cloth face covering, they must wash their hands.
  - Face coverings should be laundered daily and encouraged to be changed between practice groups.
  - CA provides supplemental PPE for their employees if needed (Gloves, visors, disinfectants, wipes, etc).
  - Wellness Screening, upon arrival and intermittently throughout the day:

- Temperature
  - Wellness Questionnaire
  - If Travel - Mandatory 14 day Quarantine Required
  - COVID-19 Awareness Training
  - Follow all COVID-19 Guidelines for coaching, cleaning, hygiene & social distancing.
  - Follow a reduced spotting guideline. Spotting necessary for safety and necessary teaching protocol will be used.
  - Use Staff Only Bathroom and Clean
  - Are asked to take proper care to get enough rest, stay away from crowds, restaurants, bars & stores if proper social distancing and face mask use is not possible.
  - Follow all gymnastics & youth sport governing body recommendations & guidelines to benefit the health and well being of your athletes and fellow coaches.
  - Follow and stay aware of local, state and national COVID-19 information & mandates.
  - Can do planned ways of celebrating, BUT No hugs, high fives or elbow bumps at this time with any of the athletes/children.
  - All CA staff are certified in CPR & Basic First Aid and trained to use CA's onsite AED. Emergency Services are less than a mile away. CA calls 911 as part of our Emergency Action Plan.
- Gymnasts and Equipment Use:
    - Follow recommended wellness, cleaning & sanitizing & social distancing guidelines before, during & after practice.
    - Do not come to the gym, if you are not feeling well.
    - Drawstring bag large enough to fit:
      - Water - 32 oz. (water fountains at CAG are not available)
      - Chalk Bag
      - Plastic Bag to place Flip Flops into upon entry
      - Plastic bag for Mask
      - Grips, Spray Bottle for bars (please label), Hand Sanitizer, Hand care items, tape, prewrap, etc.
    - Face Coverings: Gymnast's should wear face coverings in close contact areas and situations where applicable. Players should be allowed to wear face coverings during practice/competition if they choose to do so as long as they don't compromise the safety of themselves or any and all participants.
      - Note: Gymnastics is primarily an anaerobic sport which involves short, quick spurts of exertion generally not lasting more than 10-20 seconds

or less at a time while practicing skills and drills and 35 seconds to 1 minute 30 seconds for routines.

- Don't touch your cloth face covering. If you do, clean your hands.
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    - 3 - We ask you to review this with your child and help us make sure masks are worn from the time they pull up in the Drop Off Line, during entry, class time and until they exit from the gym in the Pick Up Line.
    - 4 - Please notify CA if your child has any respiratory conditions which may prevent them from wearing a mask. We support the most safe and healthy situation for each child.
  - Stay 6-10 feet apart while in the gym and/or on equipment.
    - \*Health Department Note: Risk increases in youth sports when athletes are less than 6 feet for more than 15 minutes.
  - Participants must wash their hands before each event
  - Hand sanitizer is used/available if taking turns on equipment. Hand sanitizing stations are located throughout the gym and on high usage events.
  - Disinfectant Wipes for equipment and hands are available throughout the gym for use by staff or athletes as needed.
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- Specific Event or Team Parent Communication:
    - Bars:
      - Chalk is not shared, but each gymnast brings her chalk bag with her to events it is needed.
      - Sanitized empty chalk buckets are used as holders of individual chalk bags and the gymnast uses her chalk only in her chalk bag.
      - Equipment, like bars, which are shared between bar set rotations, are spritzed with a 70% Alcohol & Water Solution between turns and events.
      - Note: There is NO Spitting allowed on hands or on the bar.
      - Water Spray Bottles are allowed if each gymnast has their own. We recommend an additional small ziploc to store it in their gym bag.