



Return to Sport Safety Guidelines (6-23-20)

Metro is committed to keeping our families, students and staff as safe as possible now that we are allowed to re-open on Monday June 1st. Below is our plan of action to create this environment within our gym.

PHASE 1 EX (June 29th)

- Metro Re-opens
- Facility prepared
- Camps for Team and Xcel, Dance Classes, Summer Camps

PHASE 2 (TBA)

- Limited Rec and Preschool classes.
- Girls, Boys and Xcel Team practices.
- Smaller class sizes

PHASE 3 (TBA)

- Resume regular programming
- Restrictions loosened

METRO GYMNASTICS & DANCE RE-OPEN PROTOCOL – PHASE I (Extension)

Employee Guidelines	<ul style="list-style-type: none"> - Staff will follow illness policy including temperature checks and 24 hour wellness standard. - Staff will be required to wear protective face coverings while teaching. - Staff will wash/sanitize hands prior to all classes and at regular intervals. - Staff will have limited direct physical contact with students (spotting is limited to necessity for all groups). - Staff will be diligently trained on procedures and prepared to enforce any distancing protocols.
Building Preparation	<ul style="list-style-type: none"> - Facility Team will be on site to disinfect and sanitize in prep for ‘return to work’. - Recommended products that are effective against COVID-19 will be used in spray bottles to clean in between classes. - Door handles will be wiped and cleaned after uses. - 4 new hand sanitizer stations have been installed throughout the building and will be monitored for refill. - Drinking fountains will be closed and students will be encouraged to bring water bottles. - Lockers will be taken out of use.
Entering the Building	<ul style="list-style-type: none"> - We ask that all athletes use restroom facilities and wash hands at home prior to coming to practice. - Drop Off/Pick Up encouraged; No more than 1 adult per athlete in building (no siblings). Masks are <u>REQUIRED</u> to be worn by adults. - Everyone will be required to sanitize/wash hands upon entering gym.
Traffic Flow Physical Distancing Facility Ratio	<ul style="list-style-type: none"> - We will use separate entrance (front door) and exit (back door) to control physical distancing and traffic flow. - Parent viewing area will have limited seating 6 feet apart. Occupancy will be limited and monitored to comply with social distancing. Parents that feel the need to stay and view will be told where to stand to control distancing and flow. - Directional arrows will be used throughout the facility to direct the flow of traffic.
During Practice	<ul style="list-style-type: none"> - Athletes should have their own backpack or drawstring bag to carry with them during practices – coaches will review with their teams as for what to keep on hand. - Athletes will be reminded to sanitize/wash hands regularly. - Lesson plans will be modified to omit partner activities. - Stations and activities will be modified to allow safe distance between athletes. - Porous surfaces or props in the gym such as bean bags will be temporarily taken out of use. - Each athlete will be given a zip lock bag (personalized with their name) with chalk for their personal use.
After Class Nightly	<ul style="list-style-type: none"> - Everyone will use the designated exit (back door) from the building to control flow. - Employees will begin disinfecting/sanitizing all areas immediately to get ready for next group - Sanitation and cleaning of gym, dance studio, bathrooms etc will be done by our professional cleaning crew.

* All returning families will be required to re-sign our Metro waiver via the Jackrabbit Customer Portal which now includes additional information regarding COVID-19. (Or you can fill out a hard copy of the form).