

ORLANDO GYMNASTICS' PHASE 3

Orlando Gymnastics wants to ensure the continued safety of our athletes, families, and staff. For OG's phase 3, we will be continuing at reduced capacity with the below protocol. Although the governor has given the go-ahead for gyms to participate at 100% capacity, we will gradually increase capacity when it is safe to do so, by monitoring COVID-19 developments and following CDC guidelines.

REDUCED OVERALL CAPACITY

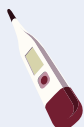
In order to ensure social distancing measures and maintain 80% capacity, we have limited the number of classes offered during each hour. We are also limiting visitors to 1 per athlete to maintain a reduced capacity and prevent unnecessary exposure.

For phase 3, class sizes will resume at their normal capacity.

SUSPECTED ILL

Please be cautious when choosing to send your child to OG. We rely on your responsibility during this time to keep our OG family safe.

- We will continue to temperature check all individuals upon entering the building.
- If your athlete or a family member has travelled or been around a suspected COVID case, please refrain from attending.
- Do not send your child with flu symptoms or fever.
- We reserve the right to send your child home if we suspect illness. We will require a doctor's note to return to OG.
- We require 14-day quarantine for athletes who test positive for COVID or who come in contact with COVID.



SOCIAL DISTANCING

- Athletes will be asked to remain seated in the lobby until their coach calls them at the white gate.
- All skill stations, events, and warm up areas are clearly marked with 6ft separation.
- When possible, athletes will be assigned to their own station (not partnered).
- Athletes will be sent for water individually during an event rather than groups being sent in between events.



CLEANLINESS AND SANITIZATION

In addition to our already stringent cleanliness measures, we're taking the following steps to ensure your safety:

- Hour-long classes will temporarily run 50 minutes long so coaches can clean all mats and surfaces after each use.
- Frequent hand washing is encouraged. Hand sanitizer will be required upon entry to the building. We will also require the athletes and coaches to use it after each station/event.
- Hourly cleaning of lobby, bathrooms, and surfaces.
- Nightly deep cleans of entire building.
- Water fountains closed – please bring a water bottle.
- We have a facility-wide hospital grade air filtration system to ensure the cleanest air for our athletes.

COACH AND ATHLETE INTERACTION

A coach's job is to ensure safety and success for our athletes. While our coaches will be keeping more distance than usual from the athletes, we cannot guarantee that they will not be in contact with your athlete.

- Increased, but limited spotting – only when necessary for safety or technical success.
- No high fives, hugs, or assisting with hair.
- All coaches will wear a mask.
- All coaches will be temperature checked prior to their shift.
- Any coach that suspects illness or has an ill family member will be asked to stay home. If a coach tests positive for COVID or comes in contact with COVID, they will be required to quarantine for 14 days and provide a negative test result to return to the gym.

DROP-OFF AND PICK-UP

In order to limit the bodies in the building, we are highly encouraging drop off and pick up only. We will limit 1 visitor per athlete. Any visitors coming inside must wear a mask.

- We will have **designated** parking spaces for drop-off and pick-up ONLY. We ask parents to remain in their cars. If one of these spots is not available, please park away from our entry/exit doors and wait until one becomes available. We appreciate your patience.
- For drop-off, please plan to arrive 15 minutes prior to your child's class or practice time. For pick-up, please arrive no more than 5 minutes before the conclusion of your child's practice.
- Upon pick-up, please pull into one of our designated check-out spots, and text us (athlete name and parking spot #). We will bring your athlete to you.
- If you plan to stay in your car for the duration of your child's practice, you're welcome to park away from our entry/exit doors. You can view practice through our Zoom cameras from your car or from home.

STAY INVOLVED

- Prepare your athlete by familiarizing them with our new procedures.
- We're setting up a live feed through Zoom so you can take a peek at your child during their workout.
- We're here to help – please contact us with questions.
- As we navigate this new normal, we greatly appreciate your understanding and support.

