

Safety Procedures

Premier Gymnastics is committed to safeguarding the safety of our Members

If you have any questions about the items mentioned below, please do not hesitate to contact us.

Steps Premier is taking to keep your child safe

- The mats and equipment will be sanitized between each class and professionally cleaned every evening. Doorknobs, light switches, and bathrooms will be sanitized multiple times throughout the day.
- Premier is allocating cleaning/sanitizing time that will take place between each class.
- The number of gymnasts in the gym area will be greatly reduced so that we may easily maintain 6 feet social distancing.
- Your child will enter at the front of the building on time for their class. There will be designated spots in the lobby for your child to stand. If the gym is still being cleaned by the coaches your child will wait on their designated spot until they are called by a coach.
- When the children enter into the gym, they will go directly to their assigned space to prepare for their lesson. When practice ends, gymnasts will exit through the lobby and come out to the drop off point at the front of the building. Please be on time for pick up so that children are not spending unnecessary time in the lobby area or in the drop off area.
- Parent pick up will flow from the East entrance (front of buildings) to the west exit (back of building) to ensure that pick up and drop off runs as efficiently as possible.
- There will be limited designated spots for viewing so that parents can maintain social distancing. Therefore, we must request **no more than one family member per child in the lobby area.** Please respect these guidelines, if there is not an open spot kindly wait outdoors until a space becomes available. We have removed all tables and chairs in the lobby.
- Masks will be required for anyone entering the building for the protection of all our families, gymnasts, coaches, and spectators.
- The use of the drinking fountain will be prohibited. Please bring a water bottle labeled with your child's name. **Water will be the only beverage allowed in the gym.**

- Gymnasts will wear masks while warming up and rotating through the gym. Masks can only be removed while actively doing gymnastics skills. If you feel your child must wear a mask, please let us know. Their activity may be adjusted by the coach for safety reasons.
- Initially Coaches will not be spotting for shaping and will **only utilize spotting when absolutely necessary.**
- Coaches and students will be required to wash their hands, have their temperatures taken, and have their health status checked by a staff manager at the beginning of their workday.
- Coaches and office staff will be required to wear masks while on Premier premises.

Steps to prepare your child for their return to Premier

- All students should have their temperature checked at home by a parent before going to the gym. If your child is not feeling well or even has a mild temperature, please keep them home. If in doubt, we prefer you error on the side of caution and keep them home.
- All students should wash their hands or use hand sanitizer before arriving at Premier.
- The use of cubbies to store personal items will not be available.
- Gymnasts **must bring a small personal bag** to hold their required items to participate. Gymnasts will keep all needed items in that bag: water bottle, hand sanitizer. All items should be labeled with your child's name. This bag will travel with the gymnasts to each event.
- **Please arrive on time, not early.** If you arrive early, we ask that you kindly wait in your car until the start of your child's class. Please enter from the front door of the building and use the same front door to exit. Pick up will follow the same guidelines as drop off.

We understand that there are a lot of changes to adapt to, but we guarantee you will be returning to the same happy, healthy, energetic atmosphere you know and love, and to our incredible Premier coaching staff!