

Southern Michigan Gymnastics

COVID-19 Customer Agreement

Doing my part to keep Southern Michigan Gymnastics and my favorite gymnast safe.

I want to do my part to help SMG keep my child(ren), her teammates, the coaches, other families and everyone else at the gym as safe as possible under the Covid-19 pandemic. Please discuss social distancing with your child(ren) prior to every practice. I have read, understood and agree to follow the following policies and procedures.

I understand and agree that:

- Athlete will not come to practice if he/she has a temperature, cough, runny nose, sore throat or stomach problems in the last 72 hours, and Athlete will not come to practice if a member of the family is sick.
- If athlete or family member tests positive for Covid 19, the athlete may not return to practice until they have tested negative for the virus and have been 14 days symptom free.
- I will have my child(ren) use the restroom and wash their hands at home (or wherever they are coming from), before arriving at SMG and be ready for class to cut down restroom use at SMG.
- Please do not line up at the door to come into the building more than 5 minutes ahead of your class time.
- SCHOOL-AGE STUDENTS - Only 1 athlete at a time will be allowed to enter the building. Parents are to park and walk to the door with the student to be sure they clear the temp screening. Students will line up on the sidewalk 6 feet apart and wait in line to enter through the main front doors. Please walk your child to the door, once they pass screening you can leave or wait in your car. Arrangements may be made for certain classes to enter a different door (The Monday 4:10 Advanced Kindergym class will enter the North East side door one at a time with their instructor who will do temp checks there), this is to stagger arrivals. The side door will normally be locked and the front main doors are only entry for all other students at this time. School-age students that are dropped off will remain distanced in the first waiting room on floor markers until the class instructor takes them into the gym.
- PRESCHOOL & HOTSHOT PARENTS ONLY - one parent or non-participating individual will be allowed to enter the building at the main entrance. During the first phase, we ask that parents of school-age children (over the age of 6) in classes that are 45 minutes or more please DROP OFF. We have very limited availability in the waiting rooms. Once parent & preschool age child pass screening please wait in the first waiting room staging area for your child's instructor to pick up your class, then you may proceed to the second waiting room area until your instructor releases your child to you at the end of class.
- I will observe social distancing at SMG inside & out.
- SMG requires hand sanitizing for everyone who enters the building. Gymnasts will have regular opportunities to use the hand sanitizing stations available in all areas of the facility.
- Masks are required for everyone over the age of 5 (this will change w/state requirements).
- My child(ren) cannot leave any personal belongings in the lobby, including shoes, non-gymnastics clothes, and jackets. I will limit the number of items brought in to the gym. If you drop off your child, they must carry their belongings with them in a personal bag. We recommend a string bag, back pack, or gym bag. Bags should be large enough to zip / cinch easily with everything inside. Students will enter SMG and store their shoes and clothes in their bag. We recommend wearing only flip flops and a t-shirt over your leo if weather allows. School age students will put their clearly marked bag near the bleachers upon entering the gym for their class (or where their teacher designates them to put their bags). Students will need to place their shoes, coat, hand sanitizer and any other items they bring in their bag.
- Preschool parents will keep their child's belongings with them in the 2nd waiting room area.

- **WAITING ROOMS:** For the time being, our water fountains will be shut off and majority of chairs have been cleared out. For the safety of our staff and students we need to limit the number of people viewing. Only 1 PRESCHOOL AGE CLASS parent may enter the facility per family. NO additional siblings or spectators may enter the building at this time. If you have more than one child in classes that are back to back please wait outside with the other sibling if at all possible while you wait for the second class to begin. It is for the safety and health of our entire SMG family. All of the children's toys in the tot room lobby will be removed. Parents MUST wear masks and social distance at all times.
- The first waiting room (upon entry into SMG) will be used for staging class arrivals. Preschool & Hotshot class parents (1 adult per child) are to wait in the second waiting room during class. Chairs have been cleared for social distancing. Since class sizes have been reduced so greatly and that we are asking that only preschool parents stay at this time the waiting room should not have very many people viewing at any time.
- **EXITING THE BUILDING:** The following classes will leave from the 2nd waiting room area in the hall to the Northeast side green door. There is a hand sanitizing dispenser at the exit door, please be sure to use that as you leave and assist your child with sanitizing as well: Mini-Gym, Preschool, Kindergym, Advanced Kindergym, Ballet / Gym Combo classes (ages 3-4, 5-6) Preschool Hip Hop class, Grasshopper ninja classes AND Hotshot class.
- School-age classes exit: We will space out our students in our dance room, and will release students out the dance room doors which are the white doors in the front on the West side. Parents please walk up to pick up your child. For safety we ask that you not DRIVE up to pick up since there will be many students walking in this area when departing. Please do not ENTER the building when picking up. SMG Staff member will have students use touchless hand sanitizer dispenser then dismiss students to parents at the pick up doors one at a time. Please allow time for this pick-up procedure. All parents MUST BE ON TIME for this system to work, otherwise it will affect other students, classes, families and SMG Staff if a parent is late for pickup!
- I will have my gymnast wash hands and feet thoroughly upon arriving back home and her bag will be cleaned upon arriving home and again before she brings it back into the gym.

I understand and agree that these procedures will change and evolve over time and that I will follow any new standards required by the State of Michigan and/or Southern Michigan Gymnastics.

I understand that the coaches and everyone at the gym will make a strong effort to maintain social distancing but that there will be times when incidental contact and less than prescribed physical distancing will occur. I am aware and agree that spotting is an essential part of training my gymnast in order to keep her safe and to prevent injury. I will allow my child to be spotted when spotting is necessary. I further understand that I am voluntarily allowing my child to participate in programs and activities offered by Southern Michigan Gymnastics, LLC., knowing that it is impossible to keep her, myself or anyone else who enters the gym completely safe from exposure to the Covid-19 virus. I accept that risk.

I attest that the student(s) and any/all family members entering SMG: Parent/Guardian Initials

_____ Are not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.

_____ Have not traveled internationally with the last 14 days.

_____ Have not traveled to any highly impacted area within the United States in the last 14 days.

_____ Have not been exposed to someone with a suspected and/or confirmed case of COVID19.

_____ Have not been diagnosed with COVID19.

Signature: parent or guardian

Date

Student's Name

Class Day / Class