

Rainbow Gymnastics Academy

Developmental Program



Successful Technique for All-Around Rewards – in a safe, confidence building family environment

GUIDE TO RETURN TO CLASSES- Policies and Procedures

Rainbow parents, together as partners, we take important steps forward to return to practice.

These steps are crucial to resuming business and getting your child back in the gym. New implemented procedures are specific to the health and safety of RGA students, family and staff. Prior to returning to Rainbow, please review the procedures with your child with awareness that these necessary steps allow us to keep our gym doors open. Understand that these procedures will change and evolve over time following any new or revised guidelines by the State of Hawai'i or Rainbow Gymnastics Academy.

Parent Guidelines	<ul style="list-style-type: none"> -Parents should ensure their child and immediate household members are free from illness before coming to RGA. -Family must take athlete's temperature the day of assigned class and only allow child to participate if they have no fever (without medication) and are free of any airborne illness symptoms. -Parents should provide their child with personal items needed for training and reminding them not to share personal items. -Parents should visit with their child, confirming understanding social distancing and other gym rules. -Parents should refrain from gathering in groups while in parent waiting area/lobby/entry ways.
Employee Guidelines	<ul style="list-style-type: none"> -Staff will follow wellness policy including temperature checks, self-assessments and 24 hour no-symptoms standard. -Staff will wash/sanitize hands prior to and at the conclusion of class and practices and in between rotations. -May wear mask but not required within the facility as face mask may interfere with their ability to perform coaching/teaching tasks. -Staff will have limited or no physical contact with children for first month, followed by spotting as needed for safety. -Staff will be thoroughly trained and will practice establishing and maintaining distancing and cleaning standards. -Staff will follow all PPE requirements set by the State of Hawaii Dept. of Health. -Employees travel will be monitored, with 14 day isolation, following travel according to the State of Hawaii regulations.
Facility Preparation	<ul style="list-style-type: none"> -Staff will disinfect and deep clean equipment and surfaces several times during the day and the end of each day. -Staff will disinfect and clean high touch areas. -Cleaning Stations located in main areas of gym. -Hand sanitizer will be available and located throughout the gym for children to use during training. -Drinking fountains are closed, replaced by additional handwashing stations. -Cubbies are available only for slippers and water bottle. Please have student bring a small bag to carry personal items.
Drop Off and Pick Up	<ul style="list-style-type: none"> -Students will enter/exit from the Makai (Main) Side of the gym and check in at the front desk. -Drop off and Pick up Curbside only to limit the number of people in the facility. no more than 10 minutes before class time -payments to be taken one at a time in office. Please wait for staff member in the front lobby. -Limit ONE accompanying adult (may enter AFTER drop-off) No siblings Please. -Hand sanitizer/Hand washing is required when entering and exiting RGA. -Face masks are required for all parents and students above the age of 5. -Families please pick up on time, in order to assist management of number of people in the facility.
Wellness Checks	<p>RGA Illness Policy will be Strictly Enforced</p> <ul style="list-style-type: none"> -Students, guest and employees perform wellness assessment upon entry; temperatures may be taken. -Any person exhibiting flu-like symptoms will be sent home; must be fever free (without medication 72 hours prior to return). -Families agree to monitor the activities of their child and will not allow them to participate in classes if they have been exposed to COVID19 or those with symptoms of COVID 19 within the prior 14 days. -Families agree to notify Rainbow Gymnastics if a residing family member is home quarantine for travel/COVID etc. -If any RGA staff member or student/visitor has a positive COVID19 result, RGA will follow all Health Dept. Guidelines for notifications and cleaning.
Physical Distances	<ul style="list-style-type: none"> -Number of athletes in any one division of the gym will be limited to coincide with recommended regulations. -Parents in viewing area, common area & desk are asked to maintain safe distance from others. -Parents, students and employees will maintain safe distance of 6' from others whenever possible. -Parents are encouraged to wear face coverings when entering the building and in common areas..
Student Guidelines	<ul style="list-style-type: none"> -Students will use hand sanitizer/wash hands prior to entering/departing Rainbow Gym -Students will wash hands between events. -Students are required to inform parents/coaches if they are experiencing cold/flu/illness/injury immediately. -Students are reminded to cough or sneeze with elbow around nose/mouth facing downward. -Students are reminded to use hand sanitizer after coughing or sneezing. -Students will take individual breaks for water/bathroom.
Student Supplies	<ul style="list-style-type: none"> -Students are asked to bring belongings in a small bag labeled with name. -Dress appropriate. Leotard/shorts/slippers. -Cubbies will be open for Recreational students, to store personal bag slippers/lite clothing/personal water bottle. -Please bring personal water bottle labeled with name. -Please leave valuable items at home. RGA coaches/staff will contact parents immediately in the event of an emergency.
Training Guidelines	<ul style="list-style-type: none"> -Lesson planning will reflect 6' – 12' physical distancing between individual students and coaches. -Classes will be staggered, and class size will be reduced to limit congestion in the common areas. -Equipment layout adjustments, access to equipment, maintaining 6' distance. -Water/bathroom breaks will be allowed. individual students permitted one student at a time. -Physically assisting students (spotting) when required, is necessary to teach skills correctly, safely avoiding injury. -In the event of an injury, physical assistance is necessary.
Ongoing	<p>These policies reflect current requirements and best practices. The standards will evolve and change. Subsequent modifications will be publicized by the gym and will be in effect at that time.</p>

This Guide is designed for: Rainbow Gymnastics Academy – Novice Foundations of Gymnastics (November 2, 2020 v1)