

Updated COVID-19 Protocols

Participant may not attend if

If your child is experiencing any of the following symptoms, they may not attend practice until they are seen and released by a doctor. A doctor's note is REQUIRED if...

1. Fever over 100.3
2. Cough (combined with #1, 3 or 4)
3. Sore throat
4. Loss of smell or taste

** MUST be Fever free for 3 days BEFORE you can return to the gym and released by a doctor to return to activity with a clean bill of health.

If a COVID test is ordered by your Physician

1. The participant may NOT return until the test results come back NEGATIVE
2. If the COVID test results are found POSITIVE you may NOT RETURN until 2 weeks from the day you received notice of the POSITIVE results

What if someone you know has tested positive for COVID

If YOUR child, ANYONE in your immediate family or anyone they have been in close intimate contact with has tested positive please read the instructions below. We require that you inform gym tiME's designated Covid Point of Contact, Meghan Ibach, immediately.

****UPDATED**** If your child has been in DIRECT contact with someone who has tested POSITIVE with COVID - You are REQUIRED to follow the steps below BEFORE you can return to gym tiME.

1. If you choose to test your child
 - Test on Day 7 from exposure (not sooner, even though CDC says Day 5. There has been cases of negative results on Day 5 due to the virus not being live yet)
 - If your child tests Negative - your child can return to class on Day 8. Please provide a copy of your negative test results
 - If your child tests Positive - your child can return on the date approved by your physician or the Department of Health
2. If you wish to NOT test your child after exposure
 - Your child can NOT return to class until 14 days post exposure quarantine is complete
3. If someone in your home has tested positive, CDC guidelines requires anyone living in the home to quarantine 10-14 days after the positive person complete their last day of quarantine.

Quarantine Options during Vacations Season

As we continue to safely enjoy our summer months many families are looking forward to upcoming vacations or visits with family and friends. As of right now many states are currently on a travel restricted list with a recommended 14-day self-quarantine upon return. There are many different circumstances, outside of just

vacations, that may cause individuals to come into contact with someone from one of these states. Since we cannot monitor every individual family circumstance, we ask that you make these decisions based on your own personal interactions. We appreciate you helping us keep gym time as safe and clean as possible.

If you need to self-quarantine:

Team: Contact your Head Coach to request an at-home Training Program

Classes: Contact the Front Desk: 610-250-7755 to schedule ONE make-up which will need to be made up within the SUMMER session.

OPTIONAL: FACE MASKS may be worn During Practice

As of now children will be allowed to wear a face mask during practice - their mask must be extra form fitted as to NOT slip or shift during activity. Practice, however, will be modified and they are required to follow our safety requirements while they choose to attend practice wearing a mask.

Gymnasts may not perform any skills that require them to flip upside down in a dynamic fashion on floor, they may not transfer from low bar to high bar, or perform any salto dismounts off high bar. Gymnasts may not perform any acro skills, dismounts or certain jumps on High Beam. Some vault drills will be acceptable, however, going over the vault table will not.

Ninjas, Pre-school and additional campers will have required safety modifications when using equipment that requires participants to be lifted off the ground, upside down and fast dynamic movements that may shift their mask causing vision impairments.

Our goal is for all participants to attend each practice in a safe environment and hope that wearing a mask might help parents feel more comfortable while families are vacationing and transitioning back in order to help quarantining. Even with the restrictions we feel it would be more beneficial for them to attend then to remain home.

Another important practice will be that they will need to be MORE diligent when TOUCHING THEIR MASK they MUST WASH THEIR HANDS as the spread of germs are much higher wearing a mask due to the collection of germs on the material. Hand sanitizer is at every station throughout the gym for convenience.