

**AVIATOR GYMNASTICS
OPERATING GUIDELINES FOR COVID-19**

General Considerations

- Aviator will adhere to the guidelines described in Attachment A – USA Gymnastics Member Club Considerations for a Safe Reopening, except as described in this document.
- Notify participants, prior to any in-person programming, about the cleaning process being implemented at the gymnastics facility and additionally by coaches and administrators.
- Host an online meeting with the families to run through plans and allow them to ask questions as it relates to
 - What they can expect
 - Planning for the first session
 - Precautions being taken to keep the facility clean and safe
- Share our facility's protocol for pacing/limiting the number of patrons entering at one time
- Communicate and follow the guidelines for the amount of people that are allowed to be in the facility.
- Participants with risk factors or illnesses should not attend in-person training sessions.
- Participants with symptoms or signs of illness are strictly advised not to enter the premises and to seek medical assistance.
- A coach should be prepared to require that an athlete exhibiting signs or symptoms of illness will need to leave practice (this applies in the same way as a suspected concussion).
- Programs or coaches can send a short one-page flyer based off CDC medical recommendations about expectations, self-monitoring for symptoms of illness, the athletes should stay home if they have any symptoms and that coaches will remove athletes if they exhibit any symptoms.
- Patrons must register and pay online prior to arriving. No Aviator personnel will be available in the facility for these purposes.

- Athletes will not be penalized for missing training sessions.
- Aviator will ensure that appropriate infection prevention supplies (i.e. hand sanitizer, facial tissues, facial coverings) are present in multiple targeted areas.
- Aviator will post approved signage reminding people of social distancing requirements and other appropriate COVID-19 precautions.
- All persons, including athletes and coaches, must wear masks at all times in the gymnastics area and while entering and leaving the facility.
- Lockers and locker rooms will not be used. Athletes should bring a grip bag to hold their possessions and take it with them when they leave.

Hygiene, Cleaning, and Disinfection

- Aviator will ensure adherence to hygiene and cleaning and disinfection requirements as advised by the CDC and DOH, including “Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19,” and the “STOP THE SPREAD” poster, as applicable. Aviator will maintain logs that include the date, time, and scope of cleaning and disinfection.
- Aviator will provide and maintain hand hygiene stations on site, as follows:
 - For handwashing: soap, running warm water, and disposable paper towels.
 - For hand sanitizing: an alcohol-based hand sanitizer containing at least 60% alcohol for areas where handwashing facilities may not be available or practical.
 - Aviator will make hand sanitizer available throughout the gymnastics area for use by employees and patrons (e.g., entrances, exits, appointment desks, next to workout stations). Touch-free hand sanitizer dispensers will be installed where possible.
- Aviator will place signage near hand sanitizer stations indicating that visibly soiled hands will be washed with soap and water; hand sanitizer is not effective on visibly soiled hands.
- Aviator will place receptacles around the gymnastics area for disposal of soiled items, including PPE.
- Aviator will encourage patrons to bring their own equipment (e.g., towels, yoga mats, hand weights used in group classes), to the extent practicable.

- Aviator will conduct regular cleaning and disinfection of the gymnastics area and more frequent cleaning and disinfection for high risk areas used by many individuals and for frequently touched surfaces. Cleaning and disinfection will be rigorous and ongoing and will occur frequently throughout the hours of operations and whenever needed.
 - Aviator will not rent equipment to gymnastics patrons.
- Aviator will ensure regular cleaning and disinfection of restrooms. Restrooms will be cleaned and disinfected at least every two hours, or more often depending on frequency of use.
 - Aviator will ensure distancing rules are adhered to by using signage, occupied markers, or other methods to reduce restroom capacity where feasible.
 - Athletes will use only the restroom next to the gymnastics area, not the ones in the other parts of the building.
- Aviator will ensure that shared workstations (e.g., check-in desks) are cleaned and disinfected between use by different employees.
- Aviator will ensure that equipment is regularly cleaned and disinfected using registered disinfectants after each gymnastics session.
- Because cleaning or disinfection products or the act of cleaning and disinfection would cause safety hazards to athletes and degrade the material or equipment, Aviator will put in place hand hygiene stations between use.
- Aviator will provide for the cleaning and disinfection of exposed areas in the event an individual is confirmed to have a positive case of COVID-19, with such cleaning and disinfection to include, at a minimum, all heavy transit areas and high-touch surfaces (e.g., fitness equipment, machines, handrails, check-in desks).
- Aviator will follow CDC guidelines on “Cleaning and Disinfecting Your Facility” if someone is suspected or confirmed to have COVID-19, which are as follows:
 - Close off areas used by the person suspected or confirmed to have COVID-19.
 - Operations do not necessarily have to be closed entirely, if the affected areas can be closed off.
 - Open outside doors and windows to increase air circulation in the area.

- Wait 24 hours before you clean and disinfect. If 24 hours is not feasible, wait as long as possible.
- Clean and disinfect all areas used by the person suspected or confirmed to have COVID-19, such as bathrooms, common areas, and shared equipment.
- Once the area has been appropriately cleaned and disinfected, it can be re-opened for use.
 - Individuals without close or proximate contact with the person suspected or confirmed to have COVID-19 can return to the area immediately after cleaning and disinfection.
 - Refer to DOH’s “Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure” for information on “close or proximate” contacts.
- If more than seven days have passed since the person suspected or Confirmed to have COVID-19 visited or used the gymnastics area, additional cleaning and disinfection is not necessary, but routine cleaning and disinfection will continue.
- Aviator will prohibit shared food and beverages among employees (e.g., self-serve meals and beverages), encourage employees to bring lunch from home, and reserve adequate space for employees to observe social distancing while eating meals.
- Aviator will ensure that the facility’s central HVAC system filtration meets the highest rated filtration compatible with the currently installed filter rack and air handling systems, at a minimum MERV-13.

Arriving at Training Sessions

- Each session will have a designated time for arrival. There will be a 15-minute time period that athletes will have to arrive. If athletes miss their time slot they will not be allowed into the facility – they will have missed the session.
- Coaches and athletes must answer the COVID-19 questionnaire and have temperature check in accordance with procedures established by New York State. See Attachment B – COVID-19 Screening Questionnaire.
- Coaches and athletes must also provide their names and contact information (address and telephone number) for tracing contact purposes.

- In accordance with privacy requirements of State and Federal law, Aviator will not retain questionnaires or temperature information, but it will retain names and contact information for 30 days and will provide that information to appropriate governmental authorities upon request.
- Number of participants will be limited in accordance with New York City guidance on reopening gymnasiums and health clubs. The total capacity of the facility (gymnastics room plus former cross-fitness room) under normal non-COVID-19 conditions is 360 persons (athletes and coaches). Thus, when NYC authorizes gyms and health clubs to reopen at 33% capacity, our number of participants will be limited to 120; at 50%, we will be limited to 180 persons, etc.
- Upon arrival, participants will be assigned to a specific area of the facility. They will proceed to their assigned area and conduct all of their activities at that area.
- Water fountains will be closed. Athletes need to bring and label their own water bottles and towels. No sharing of water and towels.
- Athletes must have all necessary equipment to participate. Aviator will not be giving or lending any type of equipment. Athletes may not lend or share equipment with each other.
- If an athlete does not have all of their equipment, they will not be allowed to participate and must leave the area to wait for pickup or equipment drop-off.
- Locker rooms will be not be used for dressing. Athletes must arrive dressed in full equipment.
- Athletes who must use the rest rooms will use only the one next to the gymnastics area, not the ones in the other parts of the building. Only one person in the rest room at a time. No lining up at the door to the rest.
- Aviator will set up chairs at a social distance for putting on and taking off shoes.
- Athletes will use the main entrance into the building. Separate doors will be used for entry and exit. Markers will be placed at the entrance at 6 feet intervals to help the athletes maintain social distance while waiting before practice.
- No spectators will be allowed in the building. Parents will wait in their cars or in the parking lot at a distance from the entrance during practice.

- Parents who have questions should use email or telephone. They will not be permitted to talk directly to coaches at the entrance or at training sessions.
- Promote strict hand hygiene (hand-washing and sanitizer dispensers) before and after training.
- Athletes need to be prepared to disinfect their equipment immediately after use.

During Training Sessions

- Athletes and coaches must observe social distancing recommendations while in the facility – 6 feet social distance to be enforced at all times.
- When designing practice, utilize station-based practices and have athletes/coaches spread around to maintain needed physical distancing.
- Aviator will make hand sanitizer available throughout the gymnastics area for use by employees and patrons (e.g., entrances, exits, appointment desks, next to workout stations).
- Coaches will monitor athletes to ensure that they employ the hand hygiene stations frequently and in particular after each use of shared equipment.
- The foam pit will not be used.
- Aviator will minimize the number of drills that require coaches to “spot” athletes (i.e., to catch falling athletes). However, if those exercises occur, an employee wearing a face covering will be available to spot. In either case, spotting will be conducted within the least amount of time possible (i.e., no lingering or socializing).
- When conducting drills that require athletes to stand in line, use especial care to ensure that athletes maintain proper social distance.
- Coaches need to be cognizant to avoid talking within close proximity of athletes’ faces.

After Training Sessions

- Participants should get dressed and put on their shoes using the same socially distanced chair that they used at the beginning of the session.
- Participants should leave the facility immediately after getting dressed and putting on their shoes.

- Participants should maintain social distancing while leaving the facility.
- Wash clothes with high temperature after each training session.

Screening and Testing

- No individual will be admitted to the gymnastics area without first being screened:
 - Screenings will take place at or near the building entrance to minimize the impact in case of a suspected or confirmed case of COVID-19.
 - Aviator will allow for adequate social distancing while individuals queue for screening and/or building entry.
 - Temperature check will be performed using contactless thermometers.
- Aviator will require employees to immediately disclose if and when their responses to any of COVID-19 questionnaire's questions changes, such as if they begin to experience symptoms, including during or outside of work hours.
- Aviator will not keep records of individual employee health data (e.g., the specific temperature data of an individual), but will maintain records that confirm individuals were screened and the result of such screening (e.g., pass/fail, cleared/not cleared).
- Aviator will ensure that any personnel performing screening activities, including temperature checks, are appropriately protected from exposure to potentially infectious individuals entering the gymnastics facility. Personnel performing screening activities will be trained by employer-identified individuals who are familiar with CDC, DOH, and OSHA protocols.
- Screeners will be provided and use PPE, including at a minimum, an acceptable face covering or mask, and may include gloves, a gown, and/or a face shield.
- An individual who screens positive for COVID-19 symptoms will not be allowed to enter the facility and employees who screen positive will be sent home with instructions to contact their healthcare provider for assessment and testing.
- Aviator will remotely provide the employee with information on healthcare and testing resources.

- Aviator will immediately notify the state and local health department about the case if test results are positive for COVID-19.
- Aviator will refer to DOH’s “Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure” regarding protocols and policies for employees seeking to return to work after a suspected or confirmed case of COVID-19 or after the employee had close or proximate contact with a person with COVID-19.
- Aviator has appointed Cheri Peters, Director of Human Resources, as the central point of contact, responsible for receiving and attesting to having reviewed all questionnaires. Ms. Peters is also the party for individuals to inform if they later are experiencing COVID-19- related symptoms, as noted on the questionnaire.
 - Ms. Peters will be prepared to receive notifications from individuals of positive cases and initiate the respective cleaning and disinfection procedures.
- Aviator will designate a site safety monitor whose responsibilities include continuous compliance with all aspects of the site safety plan.
- Aviator will maintain a log of every person, including employees, coaches, athletes and other patrons, and where practicable, contractors and vendors entering into the gymnastics facility; excluding deliveries that are performed with appropriate PPE or through contactless means. The log will contain contact information, including each individual’s full name, address, and phone number, such that all contacts may be identified, traced, and notified in the event of a positive COVID-19 case.
- The sign-in process may be conducted through any means that Aviator may establish to collect the above contact information, including but not limited to a digital application, barcode reader, swipe card reader, and/or paper form.
- Aviator will maintain a record of the aforementioned sign-in data for a period 28 days and make such data available to state and local health departments upon request.

Tracing and Tracking

- Aviator will notify the state and local health department immediately upon being informed of any positive COVID-19 test result by an individual at the gymnastics facility.
- In the case of an individual testing positive, Aviator will cooperate with the state and local health department as required to trace all contacts in the

gymnastics facility and notify the state and local health department of all individuals who entered the gymnastics facility dating back 48 hours before the individual first experienced COVID-19 symptoms or tested positive, whichever is earlier. Confidentiality will be maintained as required by federal and state law and regulations.

- In the case of an individual showing symptoms while in the gymnastics facility, Aviator will notify employees in the surrounding areas or who may have been affected immediately with information on where the individual has been throughout the gymnastics facility and notify them if the symptomatic person tests positive.
- State and local health departments may, under their legal authority, implement monitoring and movement restrictions of infected or exposed persons including home isolation or quarantine.
- Employees who are alerted that they have come into close contact with a person with COVID-19, and have been alerted via tracing, tracking or other mechanism, are required to self-report to Aviator at the time of alert and shall follow the protocol referenced above.