

Flipside New Policies & Procedures for Gymnastics

We remain committed to protecting Flipside Gymnastics families and staff by creating guidelines to help prevent the spread of viruses.

Before Gymnastics	Parents, please have students wash hands & use the bathroom before bringing them to gymnastics. Students should bring with them only shoes (slip on sandals recommended), a coat if necessary, a backpack or bag for their belongings to be kept in their cubby.
Entering	School age parents drop student(s) off at the back of the gym in a drive line, a staff member is waiting at the door to greet them. Floor markers appropriately space students in the lobby. Preschool families who wish to walk their child in are limited to 1 parent per child, and should they choose to stay and view the class, are asked to reserve a seat ahead of time. Masks required inside.
Line up	Staff member usher students in and direct them to a cubby. Each student & staff is required to use hand/foot sanitizer prior to class and as they move throughout the gym.
Staff Work Habits	Staff will be required to wash or sanitize hands before & after every class. Staff will adhere to PPE requirements as set by the Board of Health. Staff will avoid direct physical contact with children whenever possible (spotting is limited to necessity for all classes.) Staff will be diligently trained on procedures and prepared to enforce any distancing protocols.
Equipment Standards	Increased gym cleaning. Cleaning stations will be at every apparatus to ensure ample cleaning supplies are available. Porous surfaces such as cloth props will be temporarily taken out of use.
Scheduling	Gym Managers will be responsible for scheduling classes to accommodate the student to facility ratio. Class times may be adjusted appropriately to ensure families can enter and leave the facility without too many people overlapping.
Class Ratio	Class sizes will be in accordance with any Massachusetts & USA Gymnastics guidelines.
Group Spacing	While attending class, athletes are required to stay at a 6 foot distance from one another & wear a mask when unable to maintain distance. Tape or Velcro floor markers will be provided for established distancing.
Lobby Maintenance	Office personnel are to sanitize all entry surfaces regularly. Food & drink not permitted in the lobby.
Exiting	Staff Members are to line students up using the floor markers for space-distancing. Hands will be washed or sanitizer will be distributed upon their departure. Students will use the exit by the umbrellas.
Wellness Standard	All Staff Members are to adhere to a 24 hour wellness standard. Should they feel fatigued, or obtain a fever, within 24 hours of a shift, they are required to call-out from the shift. We ask that if your child or a member of your family is not feeling well please do not attend class, we will be offering a flexible make up policy.
Additional Sanitizing	Disinfectant and Virucide or an EPA registered cleaner is to be used on surfaces. No touch faucets have been installed in the restrooms.