



Oakville Gymnastics Club

Recreational COVID-19 Health and Safety Guidelines

Updated: August 28, 2020

To our Members,

In order to help you feel more comfortable dropping your child off at Oakville Gymnastics Club we are providing you with information on a variety of new Health and Safety Protocols that we have implemented. Our programs are designed to have lower capacity, physical distancing, mandatory health screening, and enhanced facility cleaning. Please note all protocols are subject to change, as the situation arises. Please take your time to read through the following information.

Your child's coach will complete additional training on the New Rules and Protocols for the gym. This will ensure that your child is kept safe and healthy during their time spent in our facilities. With all the new changes and protocols that will be implemented, recreational programming may be a little different this year but our coaches are ready and excited to make your child's experience fun! All staff have received additional training and all coaching will be hands free. Please ensure that you take the time to review what physically distancing is with your child prior to the start of class. Safety of our athletes and staff is our top priority.

No refund will be given once the program has started, unless Oakville Gymnastics cancels the class or your registration due to illness or physical distancing noncompliance.

Carpooling: It is suggested that carpooling is limited. Only members of the same family (or those living together) should be in a vehicle together.

At the entrance:

Physical Distancing Outside of the Gym: Physical distancing markers will be placed outside of the entrance. Stand spaced apart at the markers as indicated. If the line exceeds the number of markers, please assume 2 meters between you and the next person in line.

Hand Sanitizing at the Entrance: Hand sanitizer will be provided at the entrance to the gym. All entering the gym must stop to sanitize their hands. Then refrain from touching your face and follow hygiene rules as outlined on the posters at the entrance to the gym.

Mandatory Mask By-Law: Wearing a non-medical mask or face covering is mandatory in certain enclosed indoor public places in Halton region. For more information on the Region's by-law visit <http://ow.ly/EEXG50ACVvD> or call 3-1-1. Some individuals are exempt. Please indicate on your registration if your child is exempt.



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Allergy to Sanitizer: Please indicate on your registration if your child has an allergy to sanitizer(s). Additional protocols will be shared with those who have allergies to sanitizers. Please request further information.

Feeling Ill Prior to Arriving at the Gym: If your child is feeling ill do not bring them to the gym. Contact the office at 905-847-7747 ext. 10 to let us know that your child is ill and will not be attending class that day.

Parents must remain at the club until the athlete has been given permission to enter the club.

Entrance Health Screening:

A Daily Health Screening questionnaire will be conducted for all athletes and staff.

Athletes will have their temperature taken with a non-contact thermometer. If the temperature is 38°C or 100.4°F the athlete will not be permitted into the gym

The following screening questions will be asked:

- Are you or anyone in your household feeling ill or experiencing any 'flu-like' symptoms?
- Have you or anyone in your household travelled outside of Canada in the last 14 days?
- Have you or anyone in your household or anyone who you have been in close contact with test positive for COVID-19?

If the athlete answers 'yes' to any of the screening questions the athlete will not be permitted into the gym.

Athletes must arrive with the following items for training (please label all items):

- Arrive in gymnastics attire (comfortable active clothing – no skirts, jeans, belts, buckles or zippers), no jewellery.
- Have hair tied back (this is a requirement for safe gymnastics and the club will not be providing hair ties).
- Large refillable water bottle.
- Gym slippers, gymnastics shoes, socks with rubberized soles are not required but athletes are permitted to wear these if they choose.
- A non-medical mask or face covering (please provide a small labelled bag for your child to store their mask).



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*Parents will not be permitted inside the gym. **The viewing area is closed until further notice.*** If you need to speak with supervisor or administration staff at the office please connect via phone at 905-847-7747 ext. 10 or email at info@oakvillegym.com.

In Gym Protocols for Equipment Use: A separate document will be circulated indicating the new protocols for using each area or apparatus in the gym.

In Gym Protocols for Cleaning and Disinfecting of Areas and Equipment: A separate document regarding the cleaning and disinfection of each area or apparatus in the gym will also be circulated to you separately.

Increased Sanitization: We will enforce additional cleaning/disinfecting of high traffic and high -touch surfaces. Bathrooms will be cleaned and sprayed with disinfectant every 30-minutes.

Handwashing/sanitizing: Handwashing and sanitizing procedures will be heightened for all coaches and athletes and will occur regularly.

Hands Free Coaching: There will be no spotting for gymnastics skills at this time.

Picking up your child at the end of training:

Please be on time.

Parents may gather at the appropriate exit in a physically distanced fashion. A coach will be present at the door and will wave or speak to you that your child is ready, and they will be let out of the gym one at a time.

Please do not linger around the facility to talk. If you want to speak with other parents back away from the entrance so that other families can pick up their child and maintain your physical distance.

Onset of Illness or Injury during training:

If a child becomes ill or injured during a training, an area has been prepared in the gym near the exit for the athlete to wait in isolation until a family member can be contacted to come pick up the athletes. If the injury is severe regular protocols for first aid will be followed.

After Gymnastics:

Athletes should have a warm/hot shower with soap to clean any other body parts that have come in contact with equipment. Put all training attire worn at the gym in the wash.



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Do ~~no~~ wear your gym training attire for repeated trainings. Fresh, clean training attire should be worn to every practice.

Personal Protective Equipment: Staff will be required to wear a non-medical mask, when physical distancing of at least 2-metres cannot be maintained (i.e., issuing first aid).

Foam Pits: The foam pits will be off limits. All foam pits will be covered with vinyl landing mats. Athletes can still land on the vinyl mats which can be cleaned after each user.

Rope Climb: No rope climbs for REC until further notice.

Vinyl Mat Cleaning/Disinfecting *UPDATED***:** the former practice was to clean the vinyl landing mats/blocks/etc. in between each user. The updated practice is to clean/disinfect the vinyl surfaces after a group (cohort) has completed using that piece of equipment (e.g. a group of gymnasts may use the fast track, all gymnasts in the group land on the vinyl landing mat one after the other, once the group is done and moving to a new apparatus the coach will clean/disinfect that vinyl mat). Exception to his rule is if a gymnast's face comes in contact with the mat or if the gymnast spits/drools on the mat then it needs to be cleaned/disinfected immediately. If coaches feel the need to clean the mats more frequently they are welcome to do so.

Cloth Equipment: We will not be using any cloth mats at this time (e.g. yellow beam mats, throw in mats at tramp, slide in bar covers)

Trampoline Surfaces: We will be cleaning/disinfecting the trampoline surfaces at the end of each night using the fogging machine.

Outbreak Emergency Closure Procedure: In the event of an outbreak of COVID-19 at OGC the gym will shut down for three days for a deep clean. An Outbreak Emergency Procedure Plan has been created and will be enacted in the event of a confirmed case of COVID-19. If you would like to review the Outbreak Emergency Procedure Plan please contact OGC.

If you have any questions that are not addressed in this information package please send an email to info@oakvillegym.com Updates to this document will be shared with the membership.



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Drop-off and Pick-up Procedures

OGC Main Gym (Glen Abbey Community Centre – GACC) Main Doors (the sliding glass doors entrance from the Community Centre):

Arrival:

- Please wear cloth face covering or face masks when approaching the gym club or when waiting to enter.
- Follow the physical distancing markers as indicated outside of the gym doors.
- Wait until the next marker becomes available then move forward.
- Please send only one parent/guardian drop-off the child.
- Athletes will be invited to the door one at a time. Health and temperature screening will be conducted for all athletes. Submitting self-assessment online will create a smoother sign-in process. If self-assessment is not submitted online parents will be required to complete it at the door before the athlete is signed-in and will enter the facility.
- A coach will be waiting at the door until 5 minutes after the designated drop-off time. If late please contact the front desk at 905-847-7747 ext. 10 and wait patiently at the front door.
- From the main entrance the athletes will follow directional arrows and physical distancing markers one at a time inside the facility to the lower lobby.
- The changerooms will be closed for the time being. Have the athlete arrive in their training attire or wear training attire under their outer clothes.
- In the lower lobby there will be individual stations clearly labelled for the athletes to keep their personal items. Once the athlete has placed all their belongings in their spot, they will wait for further instruction to line up and enter the gym. All external surfaces will be sprayed with disinfectant.

During Class:

- Athletes will move from apparatus to apparatus following movement pathways and physical distancing with guidance from their coaches.
- Additional health and safety protocols for each apparatus will be shared in a separate document.
- If you need to pick-up your child early from camp please call 905-847-7747 ext. 10 prior to arrival.

Departure:

- Athletes will exit through the loading dock (driveway to the left of the main entrance).
- Please wear cloth face covering or face masks when approaching the gym club or when waiting to enter.
- Please send only one parent/guardian pick-up the child.
- Athletes will be lined up at the physical distancing markers with all of their personal belongings, at the exit.
- Parents/guardians should wait at the physical distancing markers, and we will call each parent/guardian up one by one and will sign-out their child. The coach will escort them to the parent/guardian.
- Athletes will be let out of the gym one at a time.
- A late fee of \$15.00 will be applied for any late pick-ups.
- Please do not linger around the facility to talk. If you want to speak with other parents, back away from the entrance so that other families can pick up their child and maintain your physical distance.



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Hand Sanitizer Allergy or Sensitivity

Hygiene Guidelines

All athletes and staff will be required to sanitize and handwash frequently throughout the day.

If your child has a SENSITIVITY or ALLERGY to hand sanitizer products, ensure that you have clearly stated this on the registration forms.

Remind staff and coaches that your child has a sensitivity or allergy to hand sanitizer products.

Prior to coming to the gym, wash your hands for 20 seconds with soap and warm water. Dry with a clean towel.

Wear sterile medical grade gloves if possible. The athlete may remove the gloves for gymnastics activities.

Between equipment use, the athlete will be permitted to go to the washroom to wash their hands following the safe movement pathways as outlined in the gym.

It is suggested that the athlete bring additional sterile gloves to be worn when possible.

There will be garbage bins throughout the club for disposal of used gloves.

These are guidelines. If the family has additional suggestions regarding how to manage this situation, we are happy to work with each individual athlete that this affects in order to create an individualized plan that both the family and OGC are comfortable with.



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New Rules for Recreation Coaches

Staff Illness: If you are feeling ill you must stay home. Contact the gym first and then your direct supervisor to let them know as soon as possible. Supply coaches are limited at this time, please ensure that you get a hold of someone.

All rules are based on the following assumption:

***That you have the virus and do not want to infect others.
That others have the virus and you do not want to contract it from them.***

Respiratory Etiquette: Cough or sneeze into your sleeve or a tissue. Dispose of tissue immediately and wash your hands.

Hand Hygiene: Follow good hand hygiene. See posters in/near the washrooms and hand sanitizer poster throughout the facility.

Coaches Sanitation Bins: Each coach will carry a Sanitation Bin with them to all stations/apparatus in the gym.

The Sanitation Bin will include:

- hand sanitizer for the coach and athletes
- a supply of gloves
- face masks
- disinfectant spray for the equipment
- cleaner for cleaning the equipment
- paper towel.

The coach must check that a complete supply of the listed items is in their Sanitation Bin prior to starting a session.

Cleaning, Disinfection and Usage Protocols for Each Apparatus: A separate document will be shared outlining the new usage protocols for each apparatus. Cleaning/Disinfection Training will be completed by all staff. Cleaning/Disinfection Checklists will be shared with guidelines and training on how to properly clean/disinfect each apparatus. WHMIS online training will be included in your training days prior to returning to in gym training.

No Physical Contact: There is to be no physical contact between the coach and athlete or between athletes. This also goes for celebrations of achievement, greetings and good-byes (e.g. no high fives, shaking hands, fists bumps or elbow bumps).

No Physical Contact for Acrobatic Gymnastics: For the Acrobatic Gymnastics discipline there is to be no partner or group skills where the athletes come in contact with each other at this time.



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No Physical Contact for Conditioning: During conditioning or drills there is to be no partner work or physical contact of any kind (e.g. no holding of legs for arch ups, handstands, rings strength skill supports). All conditioning, drills and skills are to be hands free.

Hands Free Coaching: No spotting is permitted unless for a safety reason. Please keep all coaching to drills, circuits and skills that the athlete is familiar with. Seeing as coaches might have to step in for the safety of the athlete, coaches will be required to wear a face covering or face mask where their assistance is needed. Long sleeved tops are also suggested to minimize skin contact with athletes. Be sure to safely remove apparel worn while coaching when you arrive home and take a shower using soap.

In Case of Injury: In case of injury regular First Aid Protocols are to be used. Coaches are required to wear a cloth face covering or facemask while administering First Aid. If the coach must touch the athlete, the coach is required to wear gloves.

Physical Distancing: All athletes/staff/administrators/guests must remain at a minimum of 2 meters apart at all times.

Physical Distancing with Regards to Movement Pathways: Athletes/Coaches to follow the movement pathways as laid out on the floor when entering, exiting and while inside the gym.

Face Masks and/or Cloth Face Covering: Coaches/employees should arrive wearing a face mask. Coaches/Employees should wear their face mask when physical distancing is not possible (staff rooms, hallways, entrances, when standing in for safety of athletes, when administering First Aid). If coaches/employees are physically distancing properly face covers and masks are not required to be worn. A face mask must be worn when cleaning and disinfecting in between rotations and end of day

Gloves: Must be worn for cleaning equipment between rotations, cleaning at the end of the day or during deep cleans. Hands must be washed between each new set of gloves. Gloves must be worn when administering First Aid where the coach is required to touch the athlete. Gloves are not required while coaching.

Observing Proper Hand Hygiene: Coaches must observe the athletes washing their hands or using hand sanitizer prior to entering the gym and between using apparatus/equipment/workout gear/etc. Coaches will have hand sanitizer in their Sanitation Bins which they will be required to take with them from station to station (apparatus to apparatus).

Gym Floors: No more than 8 athletes per group and each group of 8 athletes will be kept separate from each other. Movement pathways need to be kept clear. The movement pathways take up some of the floor space.



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Maximum Number of bodies training at Oakville Gymnastics Club: 48 athletes, 12 coaches (6 groups of 8 athletes), and up to 3 additional administrators/cleaning staff/Health Screening attendants. These rules are as per Gymnastics Ontario Guidelines of 1 person per 144 square feet and movement pathway allocation.

Washroom Use: Washrooms will be sanitized after each child uses the bathroom. A deep clean of all washroom surfaces will be completed at the beginning and end of each camp day. See the Office Areas Cleaning Checklist for a list of cleaning/disinfecting protocols.

Complete the Cleaning Checklists as scheduled and sign off, place in binder:

Office Area Cleaning Schedule:

- prior to use by each staff person
- midday, after lunch break
- end of day

Gym Area Cleaning Schedule:

- prior to use by all groups
- after each apparatus has been used for a rotation/station/group
- end of Day

Water breaks: The water fountain will be used as a filling station only. Athletes/coaches/staff are to bring their own labeled, water bottle from home already filled. No sharing of water bottles. Coaches will be required to sanitize hands before and after filling water bottle.

Lunch and Breaks: Please eat your food outside and use a cooler bag when storing food at the gym. Limit the amount of access you will need for the fridge. If/when you need to access the fridge please follow all cleaning procedures and wear your mask.

Personal Items: Athletes/coaches/employees are not permitted to share personal items or training equipment (e.g. grips, slippers, wrist bands, scrunchies, hair elastics, wrist supports, ankle braces, tape, phones, etc.) Coaches please bring only what you will need for the day and remember not to leave any items in the gym or common areas to ensure an efficient deep clean.

Chalk Usage: No communal chalk dishes will be provided. Recreational athletes are able to complete all skills safely without the use of chalk.

Rope Climbs: There will be no rope climbs for Rec at this time.

No using any cloth mats (e.g. yellow beam pad mats)

Use of Handstand Pegs:

- The club pegs must be wiped down and sprayed with disinfectant, before and after use of an individual. Give the handstand pegs 30 minutes to dry after being sprayed with disinfectant. Only one set of handstand pegs can be used by an individual for the duration of the practice.



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COVID-19 Outbreak Emergency Protocol

Chain of Events in case of a confirmed case of COVID-19 at Oakville Gymnastics Club

If an athlete begins to experience symptoms of COVID-19 while attending gymnastics training:

- Stop training
- A symptomatic gymnast will be immediately separated from others and placed in boardroom until they can go home. Coach or OGC staff should maintain a distance of at least 2 meters. If 2 meters cannot be maintained from the ill gymnast, advice from the local Public Health Unit will be necessary to prevent/limit virus transmission to those providing care/supervision.
- Contact the Halton Public Health unit by dialing 311. Notify them of a potential case and seek advice regarding the information that should be shared with other parents/guardians of gymnasts in OGC.
- While contacting the Public Health Unit, the gymnast and staff member should wear a surgical/procedure mask (if tolerated) and the staff member should also wear eye protection (goggles or face shield).
- Gymnasts should be reminded of hand hygiene and respiratory etiquette while waiting to be picked-up.
- Tissues should be provided to the gymnast to support proper respiratory etiquette, along with proper disposal of tissues.
- Environmental cleaning/disinfection of the boardroom, the gym space and the apparatus that the gymnast used should be conducted once the gymnast has been picked-up.
- confirmed case of COVID-19 is reported to OGC.
- Gymnasts with symptoms should be tested. Contact Halton Public Health for COVID-19 testing.
- OGC requires a 14 day self-quarantine of the infected gymnast. OGC requires that they do not return until they have had two consecutive negative test results of COVID-19. This is to ensure that the affected individual has fully recovered from the virus.

For those gymnasts who are in a group with a gymnast who begins to experience symptoms of COVID-19 while attending gymnastics training:

- Stop training and prepare athletes for departure.
- Contact the parents/guardians of the gymnasts to come pick them up.
- Move athletes to outdoor waiting area with proper physical distancing. Gymnasts may wait indoors if the weather does not permit athlete to wait outside.
- Additional communication will be sent to families of the gymnasts in the group once Halton Public Health has been consulted.
- Other gymnasts and staff who were present while the gymnast began experiences symptoms should be identified as a close contact and further cohorted (i.e. grouped together). The local Halton Public Health Unit will provide any further direction on testing and isolation of these close contacts.
- Gymnasts or staff who have been exposed to a confirmed case of COVID-19 will be required to self isolate for 14 days and OGC requires that they do not return until they have had two consecutive negative test results of COVID-19. This is to ensure that they are safe to resume attending OGC.



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Close the gym for 3 days for an extensive deep cleaning.

- Observe all Cleaning Checklists.
- Review all Cleaning Protocols looking for areas that could be improved to safeguard against another outbreak.

Communication will be sent to the staff, OGC families of both competitive and recreational programs., The Town of Oakville, Halton Public Health and Gymnastics Ontario.

OGC will prepare a contact tracing list based on the gymnast's contacts over the past 14 days.

Log a record of the outbreak in the Health Screening Documentation Record

Contact Halton Public Health of our outbreak

- Seek consultation on next steps

Contact Gymnastics Ontario of our outbreak

- Seek consultation on next steps

Inform the property management for the OGC location where the outbreak is located: OGC Main Facility.

Resume training with Reopening Protocols.

- Continued daily Health Screening of staff and teammates will be observed.
- Resume training with Reopening Protocols including any additional measures to be implemented.

This COVID-19 Outbreak Emergency Protocol will be enacted for any gymnast, staff, volunteer who begins experiencing symptoms of COVID-19 while at OGC facility.

If any gymnast, staff or volunteer begins experiencing symptoms of COVID-19 while at home, inform your club. Contact your healthcare provider and follow their instructions. If the healthcare provider deems testing is required, get tested and self-isolate until you receive results. Provide the club with a proof of a negative test result prior to returning to gymnastics training. If the test is positive follow the above protocols.



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Cleaning and Disinfecting Checklist:

Gym Location: Recreation Bars

Date: _____

Time: _____

Coaches must wear face masks and gloves when cleaning

Suggested Cleaning Times:

- Prior to use by all groups
- End of day

Cleaned by: _____

Cleaner Used: _____

Athletes hands will be sanitized before they begin and each time they switch bars

IN BETWEEN ROTATION/STATION/GROUP

Checklist of items that must be cleaned:

- All vinyl mats used in stations (trapezoids, stairs, etc.)
- All vinyl landing mats underneath bars
- All bar equipment (posts, wires, knobs, chains)
- All recreational props (pylons, cones etc.)
- Spray waiting stations between groups
- Wipe down any wall surfaces that the athletes might have touched, leaned against, or used for support

END OF DAY ADDITIONAL CLEANING

Checklist of items that must be cleaned:

- All vinyl mats used in stations (trapezoids, stairs, etc.)
- All vinyl landing mats underneath bars
- All bar equipment (posts, wires, knobs, chains)
- All recreational props (pylons, cones etc.)
- Spray waiting stations between groups
- Wipe down any wall surfaces that the athletes might have touched, leaned against, or used for support (bleachers)



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Cleaning and Disinfecting Checklist:

Gym Location: Beam

Date: _____

Time: _____

Coaches must wear face masks and gloves when cleaning

Suggested Cleaning Times:

- Prior to use by all groups
- End of day

Cleaned by: _____

Cleaner Used: _____

Athletes hands will be sanitized before they mount the beam and each time they switch beams

IN BETWEEN ROTATION/STATION/GROUP

Checklist of items that must be cleaned:

- All vinyl mats used in stations (trapezoids etc.)
- All vinyl landing mats underneath beams
- All metal beam equipment (posts, cranks, knobs)
- All Gymnova beams (red and white)
- All recreational props (pylons, cones etc.)
- Spray waiting stations between groups
- Wipe down any wall surfaces that the athletes might have touched, leaned against, or used for support

END OF DAY ADDITIONAL CLEANING

Checklist of items that must be cleaned:

- All vinyl mats used in stations (trapezoids etc.)
- All vinyl landing mats underneath beams
- All metal beam equipment (posts, cranks, knobs)
- All Gymnova beams (red and white)
- All recreational props (pylons, cones etc.)
- Spray waiting stations between groups
- Wipe down any wall surfaces that the athletes might have touched, leaned against, or used for support



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Cleaning and Disinfecting Checklist:

Gym Location: Vault

Date: _____

Time: _____

Coaches must wear face masks and gloves when cleaning

Suggested Cleaning Times:

- Prior to use by all groups
- End of day

Cleaned by: _____

Cleaner Used: _____

IN BETWEEN ROTATION/STATION/GROUP

Checklist of items that must be cleaned:

- All vinyl mats used in stations (trapezoids, vault top etc.)
- All vinyl landing mats used
- All springboards and beat boards used
- All recreational props (pylons, cones etc.)
- Spray waiting stations between groups
- Wipe down any additional surfaces that the athletes may have touched, leaned against, or used for support

END OF DAY ADDITIONAL CLEANING

Checklist of items that must be cleaned:

- All vinyl mats used in stations (trapezoids, vault top etc.)
- All vinyl landing mats used
- All springboards and beat boards used
- All recreational props (pylons, cones etc.)
- Spray waiting stations between groups
- Wipe down any additional surfaces that the athletes may have touched, leaned against, or used for support



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Cleaning and Disinfecting Checklist:

Gym Location: Floor

Date: _____

Time: _____

Coaches must wear face masks and gloves when cleaning

Suggested Cleaning Times:

- Prior to use by all groups
- End of day

Cleaned by: _____

Cleaner Used: _____

IN BETWEEN ROTATION/STATION/GROUP

Checklist of items that must be cleaned:

- All vinyl mats used in stations (trapezoids, incline mat etc.)
- All vinyl landing mats used
- All springboards and beat boards used
- All recreational props (pylons, cones etc.)
- Spray waiting stations between groups
- Wipe down any additional surfaces that the athletes may have touched, leaned against, or used for support

END OF DAY ADDITIONAL CLEANING

Checklist of items that must be cleaned:

- All vinyl mats used in stations (trapezoids, incline mat etc.)
- All vinyl landing mats used
- All springboards and beat boards used
- All recreational props (pylons, cones etc.)
- Spray waiting stations between groups
- Wipe down any additional surfaces that the athletes may have touched, leaned against, or used for support



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Cleaning and Disinfecting Checklist:

Gym Location: Acro/Conditioning

Date: _____

Time: _____

Coaches must wear face masks and gloves when cleaning

Suggested Cleaning Times:

- Prior to use by all groups
- End of day

Cleaned by: _____

Cleaner Used: _____

*** Athletes hands will be sanitized before they begin using Acro pegs and regularly throughout the rotation. Athletes will use the same set of pegs for the entire rotation***

IN BETWEEN ROTATION/STATION/GROUP

Checklist of items that must be cleaned:

- All vinyl mats used in stations (trapezoids etc.)
- All vinyl landing mats used
- All weights used
- All recreational props (pylons, cones, skipping ropes etc.)
- Spray waiting stations between groups
- Spray Acro pegs after each group (let dry for 30-minutes before next group)
- Wipe down any additional surfaces that the athletes may have touched, leaned against, or used for support

END OF DAY ADDITIONAL CLEANING

Checklist of items that must be cleaned:

- All vinyl mats used in stations (trapezoids etc.)
- All vinyl landing mats used
- All weights used
- All recreational props (pylons, cones, skipping ropes etc.)
- Spray waiting stations between groups
- Spray Acro pegs after each group (let dry for 30-minutes before next group)
- Wipe down any additional surfaces that the athletes may have touched, leaned against, or used for support



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Cleaning and Disinfecting Checklist:

Gym Location: Lobby

Date: _____

Time: _____

Coaches must wear face masks and gloves when cleaning

Suggested Cleaning Times:

- Prior to use by all groups
- End of day

Cleaned by: _____

Cleaner Used: _____

*** Athletes will wash their hands with soap and water before and after every snack break and lunch***

Checklist of items that must be cleaned:

- Athlete cubby spaces and surrounding bench area
- Tables and chairs
- Water dispenser
- Door handles, door frames and railings
- Garbage and recycling bins
- Hand sanitizer dispenser
- Thoroughly clean and sweep the floor
- Wipe down any additional surfaces that the athletes may have touched, leaned against, or used for support

END OF DAY ADDITIONAL CLEANING

Checklist of items that must be cleaned:

- Athlete cubby spaces and surrounding bench area
- Tables and chairs
- Water dispenser
- Door handles and frames
- Garbage and recycling bins
- Hand sanitizer dispenser
- Thoroughly clean and sweep the floor
- Wipe down any additional surfaces that the athletes may have touched, leaned against, or used for support