



P.O. BOX 3308
HAGATNA, GUAM 96932
(671) 649-3547 / islandtwisters@yahoo.com

CONTROL AND PREVENTION MEASURES FOR REOPENING DURING COVID-19

PHASE 1: OPEN WITH PRIVATE CLASSES FOR JULY AND AUGUST 2020.

ISLAND TWISTERS WILL OPEN IN PHASE 1 WITH ONLY PRIVATE GYMNASTICS CLASSES.

Island Twisters will offer "1 hour" private classes to intermediate & advanced gymnasts that range from ages 8 – 17 yrs. old. Private classes will involve having only 2 - 4 students in the 5000 square foot gym at the same time with 2 coaches coaching them. No other classes will be going on in the gym at the same time as the private class.

Below is the schedule for private classes that are available; students must stick with the same day and time for the 4 weeks. 15 minutes is allowed between each class for cleaning, wipe-down and transition of one group leaving and the next group coming in. Gym will also be thoroughly cleaned at the end of each day.

Monday: 3:45-4:45 (level 3,4) / **Monday:** 5:00-6:00 (level 4, 5, 6)

Tuesday: 3:45-4:45 (level 3, 4) / **Tuesday:** 5:00-6:00 (level 4, 5, 6)

Wednesday: 3:45-4:45 (level 3, 4) / **Wednesday:** 5:00-6:00 (level 4, 5, 6)

Thursday: Closed for cleaning and used for making up missed class.

Friday: 3:45-4:45 (level 3, 4) / **Friday:** 5:00-6:00 (level 4, 5, 6)

Saturday: 3:30-4:30 (level 3, 4) / **Saturday:** 4:45-5:45 (level 4, 5, 6)

Sunday: Closed for cleaning.

Students and Parents will have their temperature checked upon entering the facility. (Needs to be 99.5 or lower to come inside.) They will also need to wash or sanitize their hands.

We have a total of 6 hand-washing sinks. Below is the placement of the sinks inside and outside of the gym:

1 portable sink by the entry front door.

1 portable sink in the reception area.

2 portable sinks in the gym.

2 permanent sinks that are in the gym bathrooms. (We have 2 bathrooms.)

Coaches will wear masks. Students will wear masks coming into the gym but then will take them off when they start working out. Students will workout on separate gymnastics events that are spaced out more than 6 feet apart. (The gym is 5000 square feet and with only 2-4 students in it this will be easy to space them out.)

There will be no sharing of the chalk bowl for bars. Gymnasts need to bring their own chalk in a plastic container with their name on it. Apparatus will be wiped-down after each rotation.

Students will be asked to wash or sanitize their hands between the rotations and at the end of class. Students that have any flu like symptoms such as fever, cough, sneeze, body aches etc. will not be permitted to come to class. A make-up class by appointment may be scheduled when they feel 100% well.

Parents will be asked to drop off their child and leave. When dropping off their child they will be asked if they or anyone in the family at home have any Covid-19 like symptoms and if so they will not be permitted to enter the facility. If the parent needs to come inside, we will take their temperature and ask them to wash or sanitize their hands. Parents are asked to not hang out too long in the reception area or viewing room. Only 4 people are allowed in the reception area (600 square feet) at one time and only 2 people are allowed in the viewing room (96 square feet) at a time. No children will be allowed in the reception area or viewing room to “hang out” if they are not signed up for the private class.

There is a plexiglass divider on the reception cashier desk. We have signs posted on the front door, reception desk barrier, and throughout the gym and facility that reminds customers in keeping the 6 feet social distancing, washing the hands and wearing your face-mask.

Below is a checklist for the general cleaning procedures and a checklist for each apparatus event that has more specific detailed cleaning instructions.

Cleaning Procedures:

Wipe-down and disinfect commonly touched areas.

(Door handles, light switches, table surfaces, matting, etc.)

Clean the bathrooms between classes.

Make sure hand-sanitizer is full and dispersed throughout facility.

Clean the apparatus and fill in cleaning log sheets that is by each apparatus.

Deep cleaning that involves washing and air-drying, along with steam cleaning will be done after gym hours at night.

Vault Cleaning:

Tidy up the area to eliminate any hazards.

We will put a panel mat over the top of the vault table for students to use to vault over the vault.

(The vinyl mat covering will be easier to clean than the leather vault top)

Wipe down the panel mat that is on top of the vault table with a cleaning supply and disinfectant.

Vacuum the vault area.

Vacuum the vault runway and vault board tops.

Steam clean the vault runway and vault boards.

Wash the vault column and vault base

Wash vault mats around the vault with cleaning supplies.

Allow area to dry before use.

Fill in cleaning log sheet.

Bars:

Tidy up area to eliminate any hazards.

Wipe rails with damp cloth with TRUCE chalk remover and disinfectant or similar product.

Sweep or vacuum chalk from mat and floor.

Wipe down apparatus with disinfectant.

Apply cleaning to all matting using a sprayer or microfiber mop or cloth.

Allow area to dry before use.

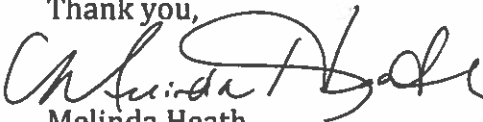
Fill in cleaning log.

Parent/Guardian Responsibilities

- Parent will be informed of the gym's new safety protocols and their family's role in maintaining safety guidelines for themselves and others, including:
 - ensuring their child and immediate household members are free from illness before coming to the gym (when in doubt, stay home!)
 - providing their child with personal items for the gym (gym bag, water bottle, grips, tape, hair ties, pre-wrap, chalk, etc.)
 - talking to their children about keeping a 6-foot distance, washing hands, cleaning equipment and following gym rules.
- Parents will be notified to drop off student and come back in 1 hour to pick up student is preferred instead of waiting in the lobby. Parents will be asked to refrain from gathering in groups while in parent waiting area and the outside entry way. We will remind them of the social distancing 6-foot guidelines.
- Parents will be reminded to use hand sanitizer and to use masks or face coverings at all times while in the facility.

Guidelines will be reviewed on a weekly basis to see if adjustments are needed to ensure safety. Any further questions that you may have, you may contact Melinda Heath at 649-3547 or 678-1182.

Thank you,



Melinda Heath
Owner of Island Twisters Gymnastics
649-3547
678-1182