



MPRB Youth Gymnastics COVID-19 Safety Procedures

Arriving and Leaving the Facility-

- All participants arriving at the gym will be required to self-check their own temperatures prior to coming to their game or practice.
- All individuals arriving at the gym will be required to be cold/flu/COVID-19 symptom free for 14 days prior to entrance
- Participants should arrive no more than 15 minutes before their meet or practice.
- At the end of the meet, participants should leave the gym in a timely fashion and not congregate outside or inside the playing area.

Facilities –

- All participants (players, coaches, officials and staff) will be required to wear masks at all times when in the gym. This includes while playing and officiating.
- Frequently touched/commonly used surfaces (doorknobs, door handles, etc.) will be routinely wiped down by staff as well as common areas and hard surfaces will be cleaned/disinfected by staff in between all scheduled practices
- Equipment (beams, bars, vaults, floor, large matting areas) will be cleaned/disinfected in between all scheduled practices (this will be several times a day)
- Practice social distancing (minimum of 6') as often as possible.
- Participants should bring their own water bottles. Drinking fountains will not be available.
- Bathrooms may be available but discouraged and should only be used if necessary.

Coaches –

- Coaches will wear masks when spotting at an “active” coaching station (standing under bar set for safety, etc.)
- Conduct daily symptom check of self and stay home if experiencing symptoms.
- Take attendance each practice and game and keep record in the case MDH needs it for tracing.

Athletes –

- Athletes may wear masks/PPE during training but will not be required so. Please be aware that wearing masks during gymnastics may put your child at risk if the mask was to come loose, it could interfere with their vision or cause additional distraction. Masks must be worn around the gym when not training (walking to the bathroom, waiting for your turn on event, icing, etc)

- Athletes with symptoms (i.e. fever, cough, shortness of breath, body aches, chills, loss of taste/smell, etc.) will be instructed to stay home as well as notify their lead coach of symptoms if they develop symptoms within 72 hours of their last visit to the gym.
- No sharing of water bottles.
- Athletes must wash hands or use hand sanitizer upon arrival at the gym and between event rotations (minimum once every 45-60 minutes) and/or after coughing/sneezing or coming into contact with another athlete.
- Athletes will arrive at the gym with their leotard/training apparel already on to limit use of the restrooms for changing prior to practice.
- Shoes/clothing will be put into the locker upon arrival and when leaving. Athletes will not be allowed going in the locker area/hall during practices/meets
- Avoid any physical contact (outside of game) with teammates, opposing players or coaches.
- Try to maintain 6 feet of distance outside of your game time whenever possible.

Spectators –

- One spectator for each athlete will be allowed in the gym during competition
- Spectators from different households will be asked to socially distance.

When an Athlete has a lab confirmed COVID-19 test result

- Certified Recreation staff contacts MDH 651-201-5414 and informs them of a confirmed COVID-19 case.
- Certified Recreation staff will contact the team coaches and parents of potential exposure during a practice or game.
- Any team exposed through practice or game will be put on hold until the Department of Health has traced the potential exposures and given their guidance on further team activities.
- Certified Recreation staff will inform supervisor and Athletic Program Manager of exposure.