



## Restore Illinois Gymnastics

Flips Gymnastics phase 3 reopening Plan will include the following

### Facility Standards and Gymnastics Training Protocol

- Practice and limited class offerings that will be spread out throughout the week allowing proper time to disinfect common areas, as well as areas of the gym where practical.
  1. 6 groups of 8 max
  2. Lysol air sanitizer in areas of equipment and bathroom stalls 3 times per day
- Two separate entrances of the facility to limit contact.
- Screening questions at the door. Dated and initialed upon each entry.
- Limit one family member per gymnast (as necessary) allowed to enter the facility. Although, we are asking team families (Level 4 and up) to drop off at the door. There will be designated drop off stations at each entrance.
- Four separate zones for belongings that will be designated to specific groups
- 3 separate viewing rooms that limit occupancy to 8 persons per 1000 square feet.
- Out door viewing stations at our Overhead doors.
- Limit 2 people in the bathroom at a time
- Hand washing/sanitizer after each rotation
- All adults that enter the facility are required to wear a mask.

- Separate staff entrance with screening station, in addition to no-contact temperature checks.
- Groups limited to 8 per approximately 1800-2000 square feet. (The CDC recommends 8 people per 1000 square feet). We have 9000 square feet in our main gym and 3600 in our bar gym.
- Additional distancing measures include separate chalk buckets (2 sets of 8) to avoid congregating. Separate stretching stations. All gymnasts will be required to have their own personal spray bottle and sanitizer. All drinking water bottles will need to be labeled. The water fountain will be closed. Beam stations will be 6 feet apart. Lines for awaiting turns marked in 6 feet increments.
- Overhead doors and standard size doors (as well as bar gym exhaust fan) and industrial fans will remain open to allow fresh air exchange throughout the entire facility.
- Standard doors will remain propped to avoid multiple use of the handles.
- Coach contact will be limited to safety only spotting.
- No food will be allowed in the facility. The water fountain will remain closed. Vending will offer beverages only.



RECOVERY PHASE