

 CAROL STREAM Park District
Gymnastics

The health and safety of our gymnasts is paramount and we're implementing a modified operations plan in accordance with the latest Illinois Department of Public Health (IDPH) guidelines. Although there will be changes to our traditional class format, we're optimistic about this opportunity to meet the needs of our gymnasts and hope you're excited about returning to the program. The following highlights are subject to change based on further guidance from local, state, and federal authorities.

Participant Expectations:

- "Participants" includes gymnasts and parents/guardians in a parent-child class.
- Participants must conduct a wellness check prior to coming to class.
 - Current symptoms include: Fever of 100.4+ degrees or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
 - Refer to the CDC website as the list of symptoms is updated occasionally.
- Participants cannot attend if they:
 - Are displaying any COVID symptoms.
 - Tested positive for COVID-19 or are awaiting test results.
 - Have been in close contact with someone who has tested positive for COVID-19.
 - Close contact includes a person in their household or someone they were within 6' of for 15+ minutes.
- **Participants must wear a face covering over their nose and mouth at all times, even while practicing in the gym.**
- Participants need to be able to maintain 6' of distance between other participants at all times.
- Participants should come dressed for gymnastics. Use the washroom before leaving home. For increased safety measures, we ask that you limit restroom and locker room usage as much as possible.
- **Participants should eat before or after practice. Snacks will not be allowed.**
- Bring a backpack with the following:
 - Large towel, beach towel, or small blanket
 - Water bottle (filled). Drinking fountain is not available.
 - For team members only:
 - Chalk in a ziploc bag (we will provide)
 - Grips, wristbands
 - Spray bottle filled with water (for Shooting and Super if applicable)
 - Hair ties
 - Recommended items:
 - Plastic bag for shoes
 - Paper bag for mask

Modified Operations:

- Parents are not allowed in the building (except those in a parent-child class).
 - Parent watch opportunities are suspended until further notice.
- Curbside drop-off and pick-up procedures are now in place, located at the northwest doors nearest the gymnastics room.
 - Parents must remain in their cars during drop-off and pick-up.
 - Do not arrive earlier than 5 minutes before class start time.
 - Coaches will be waiting for gymnasts outside until the class start time.
 - Please be prompt for pick-up as our coaches need to prepare for their next class.
- If you are late dropping off, call (630) 784-6122 to reach a staff member.
- If you are picking up early, call (630) 784-6122 to reach a staff member who will bring your child outside.
- Practice start and end times will be staggered to ensure time for the gymnasts to get in and out of the gym safely.
- Fewer classes will take place at the same time in order to reduce capacity.

- Classes will maintain distance between them while in the facility at the same time.
- Sanitizing of hands and feet (if barefoot) upon entering gymnastics room and between each equipment station is required.
- Staff will wear masks when spotting. Spotting is an essential part of gymnastics in order to keep participants safe and to prevent injury.
- Participants will lay on their own towels/blankets for stretching.
- For registration questions, the front desk will be open Monday-Friday from 10:00am-2:00pm. The registration team can also be reached by phone at (630)784-6100 and email at info@csparks.org.

New Cleaning & Safety Measures:

- Frequent cleaning and disinfecting of the building and high-touch surfaces will be conducted.
- Gymnastics staff will be cleaning equipment and supplies between each group's use.
- Bathrooms are sanitized every two hours.
- End of day cleaning of recreation center will be performed with electrostatic misters for additional disinfecting.
- Participants displaying any COVID symptoms will be isolated until pick-up and can return with a note from a medical professional stating they acknowledge the symptom displayed in class but that the participant is approved to return to the program.
- Participants who are suspected of having COVID-19, test positive, or have come into close contact with someone who is COVID-positive in the last 14 days must report this information to the Recreation Supervisor so proper protocol can be followed.

Please note, these procedures and requirements may change or be enforced at any time in order to maintain the safest environment possible for our participants and staff. We appreciate you abiding by all guidelines as we work together to resume operations.

Thank you.

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Recreation Supervisor

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