

## Exxcel Gymnastics and Climbing Covid-19 Plan

BEFORE YOU LEAVE YOUR HOUSE	We urge everyone to use the restroom and wash hands at home. Bring enough water for camp and come ready to do activities. Anyone entering the building must have a mask on. Please take campers temperatures before leaving the house. No one with a temperature of above 100.0 will be admitted into the gym! Please be thoughtful when sending your child to the gym. We count on the good decisions of parents, campers, and staff during this time to keep our Exxcel families safe.
DROP OFF	Please enter the driveway and drop campers at the front door. Campers will proceed to the entrance door with masks on by way of the X's spaced 6 feet apart. To minimize the risk of exposure, all parents MUST drop the campers off at this time.
ENTERING THE BUILDING	Upon entering the building, their temperatures will be checked and recorded and screening questions will be asked. Anyone with a temperature of 100.0 or above will be sent home. Campers will follow the X's to the gym door. Shoes need to be taken off at the gym door and placed inside their bags. There campers will sanitize hands and feet with spray sanitizer and find their way to their square on the floor! Campers will wear masks when inside the gym at all times.
EVENT ROTATION AND FLOW	Campers will follow a one-way floor plan for all events. Campers will follow the X's clearly marked on the floor at all events and the pathway from event to event. They will remain 6 feet apart on all events. Campers will sanitize hands after each event (except after bars where they will wash hands with soap and water). Campers should spray hands and feet before beam and floor! Climbers will wash their hands before and after using the climbing wall. There will be no field trips or special events from the outside brought into the gym this year. Our foam pit is closed and there will be no water slide use. We will intend to use the outdoor spaces as much as possible.
PICK-UP PROCEDURES	In good weather, campers will line up 6 feet apart outside along the back of the building. Parents will drive through the circle on the back of the building and pick the athletes up and proceed around to exit the driveway. In inclement weather, athletes will line up inside gym B, 6 feet apart and will be called as you arrive. Please place your last name on your dash.
GROUP SIZE	Campers will be in groups of 7 or less (including coaches). The schedule is staggered so that there are not more than 3 groups in the gym at the same time. Groups will be spaced far enough apart to maintain social distance. This number is significantly less than the guidelines suggest.
COACHES	All coaches will wear masks throughout the workout during this time. They will be required to wash hands thoroughly between groups and sanitize their hands periodically

	throughout. At this time, spotting will not occur (unless in an emergency situation) as we will begin by assessing the campers physical and mental readiness and doing basics until they are ready to do more. Coaches will sanitize equipment after each group.
BATHROOMS	Campers just arriving, on the warm up floor, or beam will use the bathroom in the lobby. Campers on floor or bars will use the bathrooms inside the gym. All bathrooms will be cleaned after each group daily. One gymnast will be allowed in the bathroom at a time and X's are on the floor to designate where to stand and social distance while waiting.
CLEANING PROTOCOLS	Coaches will clean appropriate equipment after each group using Mark 11 Disinfectant (EPA #10324-93-3640. The gym will be fogged using CDC/EPA approved disinfecting electrostatic spray products. Exxcel will be using SmartTouch, an EPA registered/ CDC approved hospital grade cleaner/ sanitizer nightly. (EPA #82972-1-88566). The gym was industrially cleaned and fogged after we closed. All high touch surfaces will be disinfected each hour throughout the day. Bathrooms will also be cleaned each hour daily using Clorox Wipes (EPA #5813-79); Lysol Disinfectant Spray! (EPA #777-99).
SANITIZATION STATIONS	There will be sanitizing stations set up throughout the gym for camper and staff use. Campers should have their own small bottle of spray hand sanitizer (at least 60% alcohol) to spray hands and feet in order to maximize their time.
TRAVELING LOCKER	There are no changing rooms or cubbies available at this time. Each camper should have their own bag that is easily wiped down to bring each day. Inside that bag, they should a nut-free snack and nut-free lunch and enough water in pre-filled water bottles with their name for the whole camp day, as the water fountains are closed. All campers should have a grocery type bag to put their shoes in to put into their gym bag when they enter the gym. A small package of lysol wipes or tissues as well as a small bottle of hand sanitizer spray or gel will help your gymnast save time as well.
HEALTH REQUIREMENTS	Please stay home if you or a household member are experiencing Covid-19 symptoms as described by the CDC. Individuals with temperatures higher than 100.0 are not permitted in the building. We will require a 14-day quarantine for anyone that has tested positive for Covid-19 or has been in contact with someone diagnosed with Covid-19. All staff and campers that choose to fly to another state with increasing reported cases of Covid-19 or internationally will be urged to quarantine for 14 days as is suggested by the state during phase 2. In the event that a camper, staff member or family member tests positive for Covid-19; Exxcel should be contacted immediately. Exxcel will begin contact tracing and will notify everyone of the occurrence. Exxcel will follow all state and CDC guidelines and state and local health departments will be notified. The gym will be closed and disinfected.