COVID-19 Procedures for Power & Grace

STUDENT HEALTH AND SAFETY PLAN

1. The contact person for the COVID-19 policies shall be Cindi Gendall, Owner.
2. Staff and students who have fever or exhibit symptoms of illness will not be permitted to come to class. Also, if staff, students, or their parents have recently had close contact with a person with COVID-19 within the last 14 days they should stay home until 14 days has passed and they remain clear of symptoms.
3. All students and staff will be asked several questions and receive a touchless temperature check before entering the facility. If a student or staff member is not permitted to enter the building due to contact with Covid-19; they must have a Dr’s note to return to the facility or remain symptom free for 14 days. If they are not permitted due to fever or other symptoms they will not be permitted to the facility until they are symptom free for 48 hours.
4. When entering the facility, students will report to a “star” which are 6 ft apart… in the area outside of the lady’s bathroom where they must put their personal items away. They will be directed by a staff member to their first event (utilizing their 6-foot social distancing guidelines). (See backpack instructions)
5. On the first day of training camp all competitive gymnasts will be issued one chalk block. They must utilize this chalk for their own use (not shared with anyone else). Your account will be charged $3.00. The parent must pay for the chalk through the parent portal.
6. According to PA State Guidelines, Adults will be restricted in entering the facility; and will be permitted entrance only by appointment. We are working with IClassPro to install a program whereby Parents can watch practices on portable devices. This will allow Parents’ of students enrolled to watch only their child’s practice area. Until the TV program is completed, we will permit one adult to observe in each room for practice upon request and appointment. The adults permitted access will be required to wear a face mask; and they are not permitted to have contact with students or staff.
7. The coaches and staff will be trained on all protocols in this Plan; and they will enforce the required procedures.
8. Students may wear a face mask during class; but according to PA State Guidelines, they are not required to wear one.
9. The class/practice start times will be staggered to avoid mass arrivals or departures.
10. Our training is conducted in large open areas that fit very well in keeping with social distancing guidelines of a minimum 6-foot distance between students.
11. Our student-coach ratio ranges between 6 to 8 gymnasts per coach or 6-12 dancers per instructor.
12. The group your child is assigned each practice will remain the same throughout the entire training activities of the Day Camp or Evening Class.
13. The staff will wear face masks when near any student; and they will limit spotting or direct contact with students unless absolutely necessary for safety reasons or instruction.
14. Our operational plan was developed with 10 separate zones, one for each group. These zones are spread out to well exceed the social distancing of 6 feet required under CDC guidelines.
15. Our staff will ensure that the mats and equipment are disinfected after each class.
16. Rotations between events will take place under the supervision of the staff. The rotation between events will take place utilizing the six feet social distancing activities.
17. Our staff will utilize the markings on the floor and carpet to satisfy the social distancing guidelines.
18. Coaches may escort and monitor the students utilizing outdoor space for running as a part of conditioning. provided the students and staff keep with the 6-foot social distancing guidelines and conditions outdoors are favorable. This includes the grassy area at our address as well as portions of the track in the sports complex next door.
19. Touchless Hand sanitizer dispensers are available to each student at the end of each rotation, or they may wash their hands with the touchless faucets in and out of the restrooms.

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1. We will insure the safe and correct use and storage of cleaners and disinfectants.
2. We will provide adequate signage and staff reminding all participants to wash their hands and use hand sanitizer between rotations.
3. We will enforce no personal contacts between students please also inform and educate your child about this policy.
4. Trash will be removed daily, and gloves will be worn.
5. We will ensure that the maximum ventilation shall be provided with open windows, doors, and garage door as much as possible depending on the weather.
6. Gymnasts will bring their own water bottles or purchase from the vending machine.
7. Gymnasts and coaches must bring their own food and drinks. Sharing will not be permitted
8. Attendance and temperature records will be kept and stored.
9. Staff members and gymnasts must notify the COVID-19 point of contact of any potential problems or violations of the COVID-19 policy.
10. In accordance with State and local laws and regulations, camp administrators shall notify local health officials, staff, and families of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act.
11. We will advise those who have had close contact with a person diagnosed with COVID-19 to stay home, self-monitor for symptoms, and follow CDC guidance if symptoms develop.
12. Our number one priority is the safety of our students and staff as well as the communities that we serve.

Please ask for our cleaning procedures if you would like more information