

## Mill Creek Activity Center: Updated Gymnastics Procedures

### Before Arrival:

- Please wear clean clothes and wash hands before arrival.
- We recommend parents/guardians take each child's temperature and check for any cold- or flu-like symptoms before attending class. Please stay home if you are sick.
- Each family will need to pack a water bottle with their child's name clearly labeled on it, as well as a drawstring bag or backpack that participants can store their belongings in. Lockers, cubbies, and water fountains will be closed. The touchless water bottle filling station will remain open.

### Arrival:

- Upon entering the parking lot, families will follow the marked traffic pattern and park in the west lot. Please review the map at the bottom of this document.
- MCAC is striving to ensure social distance between patrons, therefore limited viewing space for parents/guardians is available. **Please no more than one adult per participant entering the building at this time.** Siblings will not be permitted to sit and watch class.
  - Due to the limited seating availability, MCAC will be live-streaming gymnastics classes to our private JCPRD virtual gymnastics page. Check it out at <https://www.facebook.com/groups/347517066210642>. If you are wanting access to this page, please request to join and a page administrator will approve parents/guardians with a participant registered in an MCAC gymnastics class.
- All participants must have an adult accompany them into the facility to assist with check in procedures.
- A staff member will greet families in the lobby and complete a brief wellness questionnaire with each participant before they enter. The wellness questionnaire includes the following questions:
  - *Have you traveled within the last 14 days internationally or been in a group of 500 people or more?*
  - *Has anyone been diagnosed and/or exposed to someone diagnosed with COVID-19 in your household or non-household?*
    - *If yes, is the individual currently symptom free and has everyone completed the required quarantine timeline?*
    - *If no, the participant cannot attend class until able to answer "yes" to all questions.*
  - *Is your child, or anyone in the household, showing signs or symptoms such as the following:*
    - *Fever of 100.4 or greater*
    - *Cough*
    - *Shortness of breath or difficulty breathing*
- Participants that have traveled internationally and/or to designated hot spots in the last 14 days, have been exposed to someone diagnosed with COVID-19, are showing signs of illness, or have a member of their household showing signs of illness, will not be permitted in the program area and will be sent home with their parent/guardian.
- After completing the wellness questionnaire, families will make their way into the Vista View Room and class participants will wash their hands at one of the two sinks. Children

needing to use the restroom may do so first, wash their hands there, and then return to designated waiting area.

- After washing their hands, each child will find a marked square on the floor in the Vista View Room/lobby. Parents/guardians will wait on the same spot as their child(ren).
- Participants will remove their shoes, any jewelry, and all other clothing items they will not wear onto the gym floor and place them in their bag or backpack. Please make sure long hair is secured in a ponytail. Socks are optional.
- All participants will remain in the waiting area until their gymnastics instructor comes to get their class.
- Once an instructor has called their class, participants will exit the Vista View Room/lobby and bring their water bottles with them into the gymnastics area. They can bring their bags as well, or a parent/guardian can keep these for the duration of class. Instructors will take each class to a designated space either upstairs in our preschool gymnastics room, or to the gymnastics floor, and students will be instructed where to leave their belongings.
- Once all participants have entered the gymnastics area with their instructor, parents/guardians will make their way to the parent viewing area by following the orange arrows on the floor. Please continue to maintain social distance in the walkways. For upstairs classes, one family member/adult per family can accompany each child and remain to observe class.
- Adults are welcome to remain for the duration of their child's class to observe, or they may exit through the side door at the northwest corner of the gym.
- If leaving and returning for pick up, parents/guardians must reenter through the main door, and immediately walk to the parent viewing area; do not stop in the lobby. Students will be dismissed at the northwest corner of the gym to their parent/guardian.

#### Class Procedures:

- Masks are required for participants and patrons over the age of 5 in all public spaces (waiting and viewing areas, restrooms, etc.). **School-age participants will be required to wear a mask while entering/leaving the facility and during warm up and stretching activities. However, they be permitted to remove their masks once they begin skill instruction on the apparatuses.** Children ages 5 and under in a preschool-age class remain except under the current mask policy and may remove their masks during class.
- Different classes will have their own designated floor, beam, and vault stations. Participants in the same group will use the same mats and balance beams during a class period. Bars and vaulting equipment will be sanitized between rotations. Precautions will be taken to keep participants appropriately distanced during their class.
- Instructors will have ready access to hand sanitizer and cleaning supplies at each event. All participants and staff will sanitize their hands between event rotations.
- A cleaning schedule is in place that allows staff to sanitize any previously used equipment between classes.
- The gymnastics area has been rearranged to remove unnecessary auxiliary equipment, and the foam pit has been temporarily closed to ensure the health and safety of all participants.

Departure:

- If parents/guardians opt to leave the facility/parking lot during their child's class, they should plan to return at least 5 minutes early for pick up. Classes activities end on the quarter hour (ex: 5:15 pm for the 4:30 pm classes; 10:45 am for the 10:00 am classes, and so on) to allow ample time for participants to gather their belongings and leave the facility, as well as for staff to clean all equipment.
- At the end of class, instructors will take participants to pick up their belongings, put their shoes on, and exit at the northwest corner of the gymnastics area.
- Parents should remain seated and/or appropriately socially distant until their child is dismissed.
- Parents/guardians will meet their children in the viewing area and exit together through the side door at the northwest corner of the facility. **Please do not exit through the main door.**

*Mill Creek Activity Center will continue to adhere to recommendations from local, state, and national governing bodies regarding health and safety protocols. Updates to our policies and procedures will be made based on best practices from health experts.*

# GYMNASTICS

Please follow the  
**NEW** one-way  
parking lot signage

- Park in designated area
- Line up on north sidewalk using purple squares to maintain distance
- Staff member will greet you outside and give you further instruction

