



Aeon Fitness and Gymnastics COVID Procedures

Aeon Fitness and Gymnastics will be following all CDC and NJ Health Department guidelines with respect to COVID-19.

Aeon Fitness and Gymnastics has and will continue to train our staff on the newest rules, guidelines, and procedures.

Aeon Fitness and Gymnastics staff is fully CPR, First Aid, AED, and gymnastics safety certified. Our staff is willing and able to comply with all COVID-19 guidelines to help protect our athletes, staff, and training center from the virus.

Aeon is equipped with custom signage to be followed in conjunction with the following expectations. The signage includes but not limited to window, wall, floor - to indicate distances, and specific areas. Those who cannot properly follow will be turned away and ineligible from entering the facility areas.

Parents of all athletes are required to assess their child prior to sending them to practice. If your child or another member of your family exhibits the following symptoms, you must keep them home from practice:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Unusual Muscle Pain
- Unexplained headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- A measured temperature greater than or equal to 100 degrees F
- Known close contact with a person who is confirmed to have COVID-19 (in this case, please quarantine at home, away from the gym, for 2 weeks)

Parents must have athletes wash hands with soap and water before leaving the house.

At the front door entry, you will notice that the sidewalk is marked 6ft apart for anyone waiting to enter.

Parents must sign a new and updated release form which includes COVID-19.

Entrance will be one at a time after a consented screening is done. A parent/guardian **MUST** be present at the time of the screening. **DROP OFF and drive away is NOT PERMITTED.**

Screening will include a touch-less temperature check. Temperatures 100.4 or higher will not be permitted inside. All temperatures will be recorded by the Aeon staff. The staff will look for signs of COVID-19 and may ask questions including any indications of the following symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Unusual Muscle Pain
- Unexplained headache
- Sore throat
- Loss of taste or smell

- Diarrhea
- A measured temperature greater than or equal to 100 degrees F
- Known close contact with a person who is confirmed to have COVID-19

Gymnasts must enter with a mask or face covering. Gymnasts must use their own personal sanitizer prior to touching any equipment.

Gymnasts may enter 5 minutes prior to class. You CANNOT be late to enter. They will exit one at a time – you must be ON TIME to pick up your athlete.

There cannot be lingering of any type before or after practice times.

Parents will not have access into the facility space. If an extenuating circumstance is to arise where entry is required, parents/guardians MUST wear a mask.

Please call the coaches directly if there is an emergency during this time as we will continue to have more limited office hours.

Parents are permitted to watch practice from the parking lot/sidewalk. The training center has a large number of windows. All parents must wear a mask when not 6ft apart during viewing. Please know that excessive viewing is a distraction to all gymnasts/coaches and for safety reasons, a coach reserves the right to ask you to view from your vehicle in the case of a distraction. We would like parents to follow our competitive team guidelines of viewing limits to two 20-minute periods per practice.

The Aeon Fitness and Gymnastics air ventilation system brings the air in from outdoors and out from indoors through rooftop units. It is NOT re-circulating air. This is the preferred method of air circulation.

Coaches will be wearing masks when social distancing cannot be maintained. Coaches will have masks available to them at all times.

Coaches will limit spotting to an as needed basis for the return.

Gymnasts/cheerleaders will not be required to wear face coverings when performing gymnastics/cheer movements. Gymnasts/cheerleaders will be asked to wear a face covering when not actively engaged. Gymnasts/cheerleaders are permitted to wear a mask if desired.

Gymnasts/cheerleaders will be 6ft apart / socially distanced all of planned practice time. Gymnasts/cheerleaders will sanitize their hands between each station and event. Each group will remain socially distanced from other groups.

Bathrooms will only allow single occupancy and athletes must wash hands before and after use.

Eating is prohibited until further notice.

Coaches will carry their personal property in a bag with them. They will keep a cell phone on them at all times. Coaches will be washing hands frequently and following all of the same protocol as the athletes are required to follow. Aeon is able to provide all coaches with disposable face masks and gloves.

A gymnast/cheerleader must come to practice prepared with:

- o Personal bags - small clear backpack is suggested - labeled - all items must be able to fit into the bag. The bag will rotate and stay with the gymnast at all times.

- The understanding of social distancing
- Face covering and the ability to wear a mask when entering and when not performing physical activity
- Personal water bottle - labeled - no fountain use will be permitted other than to fill bottles (vending machine will be available)
- Personal hand sanitizer - labeled, sanitizer will be used very frequently and between each station and each event.
- Personal chalk and bucket/bag - labeled
- Personal straps (if coaches require for bars; we will send more information on this) - labeled
- Personal TheraBand (if coaches require) - labeled
- Personal pre-wrap and tape - labeled (available for sale)
- Personal gymnastics/cheerleading training aids - labeled
- Personal tissue packet

Cleaning and Disinfecting:

- Air conditioning will be used with a fresh air intake
- High traffic areas will be sanitized on a regular basis
- Foam pits will temporarily not be permitted for use
- Equipment will be sanitized between each groups use
- Deep cleaning done multiple times per day
- Hand sanitizer stations available
- Touch free foaming antibacterial soap dispensers installed in all restrooms
- Fogging will be done nightly at a minimum - we use a VectorFog sprayer with disinfectant effective in killing the COVID-19 virus (<https://bioblasting.com/>)
- Nightly cleaning service

All gymnasts must be pre-registered. MAKE-UPS are NOT permitted.

What will Aeon Fitness and Gymnastics do if an exposure to a positive case of a gymnast or coach is revealed:

- Report to the health department in order to best follow all guidelines and required procedures
- Full disinfection
- Notification to team members that may have been exposed
- Encourage exposed individuals to get a COVID-19 test

Actions in response to individuals exhibiting signs and symptoms of COVID-19:

- Immediate separation of ill person.
- Notification to parents of ill for immediate pick up.
- Notification to all group members.
- Staff members should be sent home and advised to follow, "What to Do If You Are Sick" from the CDC website

Aeon will be limiting numbers of occupancy until further notice.