

## 2022 New & Updated Policies and Procedures (updated 7/27/2022)



These will be in place until it is deemed appropriate and safe to take another step towards full operations.

**This document is subject to change.** These Policies have been implemented to adhere to the State and County Youth Sports, and Youth Camps risk reduction requirements, recommendations, and best practices. Our staff follows these same procedures.

\*Indicates item pending possible changes/mandates

### 1. PARKING LOT

- a. Please be mindful in the parking lot and drop off loop, slow down and watch out for children.

### 2. DROP OFF

- a. Please utilize our drop off loop.
- b. Everyone will enter and exit via main doors.
- c. Please arrive no sooner than 10 minutes prior to class.
- d. For check-in, or needing assistance please stand in line in the red boxes marked in entryway and out front.

### 3. PICK UP

- a. We appreciate you picking up your child on time.

### 4. UPON ARRIVAL IF ENTERING BUILDING \*Face coverings “**strongly recommended**” indoors.

- a. Please do NOT enter the building if child or adult, or any family member (same household) have ANY snuffle, cough, fever, or any other symptoms, including allergies. We cannot differentiate right now. For everyone’s safety and comfort stay home if symptomatic. Assess your health prior to leaving home. Everyone take their own temperature and do home health check **PRIOR to coming to PA**. If any fever or symptoms of any sort, in any member of your household, in last 48 hours, please stay home. We will gladly provide you a makeup class.
- b. High risk individuals and those who live with high risk individuals should not enter the building. Older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.
- c. Daily Health Screening, Symptoms & \*Temp checks.

Prior to coming to PA we require all staff, clients and anyone entering our facility to do a home health assessment. Including but not limited to these symptoms:

- Fever or chills 100F/37.8C or higher
- Dry cough or cough
- Fatigue or tiredness
- Muscle or body aches and pains
- Sore throat
- Congestion or runny nose
- Diarrhea
- Nausea or vomiting
- Conjunctivitis
- Diarrhea
- Nausea or vomiting
- Headache
- Loss of taste or smell
- Skin rash or discoloration of fingers or toes
- Breathing difficulty or shortness of breath
- Chest pain or pressure
- Loss of speech or movement

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Make sure you, your child(ren) and your family (**everyone in your household**) are in GOOD health and have NO SYMPTOMS prior to entering facility.

**This includes temperature checks:** We require you to take your temperature and your child(s) to make sure nobody is running a fever prior to arriving at PA Gym. By arriving at PA Gym you are agreeing and attesting you have done home health screening & temp checks on you and your child(ren), no fevers are present, and all are in good health, including those in your household. If someone in your house is sick or symptomatic, please do not come to PA until everyone is in good health. As we mark your child present for roll, this roll mark is your attestation that everyone present and in your household are in good health and have no fever and have been so for the past 48 hours. Employees required to do as well. If you or anyone in your household has COVID-19 symptoms or has possibly been exposed to COVID-19 please follow the [CDPH instructions for self-isolation/quarantine.](#)

**NOTE:** Please educate yourself on [WHEN TO TEST](#). Regarding **Covid negative test** results and common cold- as mentioned above- please do not come to PA until everyone in your household is feeling good and symptom free for at least 48hours. Masking is appreciated if you are within five days of feeling better from a non covid related illness. [If you test Covid positive, procedures and masking can be found here.](#) PA requests that you wait the full 10-14 days or have a negative test result after day 5, and are symptom free prior to your return and continue to wear a mask for the full ten days.

- d. \*Masks. Please wear a well-fitting face mask that covers your nose and mouth (regardless of vaccination status) when physical distancing is not possible.
- e. \*Masks are required for all coaches and athletes while spotting/shaping. PA Spotting form must be completed. Your spotting form gives consent for ALL PA Staff to hand spot/shape your child, (beyond safety purposes) ex: training up, skill building, confidence, technique and form corrections.
- f. We ask for physical distancing throughout the facility, including but not limited to; the lobby, coaches room, offices, viewing areas and bathrooms. As much as possible.
- g. Wash In and Wash or Sanitize Out. Everyone (children and adults) entering the gym must wash up as the first thing they do. Wash with soap and water for at least 20 seconds. \*Restrooms are designated Co-Ed.
- h. Handwashing, good respiratory etiquette, and avoiding touching face always apply.
- i. Bring in only your essentials. Limited cubby space.
- j. \*If anyone shows symptoms while present, we will make sure there is no emergency and then they will be asked to leave until well. If a child shows symptoms and no parent is on site, we will isolate and care for the child until parents can pick them up.

## 5. OFFICE

- a. In the case of future shutdowns we cannot offer any refunds. Account credit will be applied to athletes who train/paid for three or more time per week. Makeups will apply to athletes who come two or fewer days per week, make ups due to a shut-down situation have no expiration date.
- b. Please wait in red boxes until the office can assist you.
- c. Payments can be made in person, on the phone, mail in, credit card, cash or check, and or payment box on wall near rec room (checks only for payment boxes).

## 6. ADDITIONAL WAIVERS AND FORMS

- a. \*COVID reporting policies and action: We are following the policies set forth by SLOPHD & Cal/OSHA.
- b. \*PA Registration Form & waiver. Clients read & sign.
- c. \*PA Hand-Spotting Waiver. Clients & Coach read & sign. When applicable/as needed.
- d. \*State/County Infectious disease flyers available and posted.
- e. Staff and Clients will report any Covid exposure to supervisor/office.
- f. Leslie is our COVID point person should you have questions or concerns.  
Leslie@PerformanceAthleticsSLO.com

## 7. CLASS STRUCTURE AND SCHEDULES

- a. Camps & Classes are scheduled to help maintain physical distance, and reduce lobby congestion.
- b. Class & Camp capacity- we abide by state and county capacity requirements.

8. FACILITY & VIEWING AREA

- a. We have redone our viewing areas to accommodate for physical distancing. Please keep the chairs where we have them. Only a limited number of people can be in lobby/viewing area at one time. Limited seating available. One parent/guardian is welcome to stay on site and watch class, if desired. If possible, please avoid bringing additional siblings and family members. Parent/Guardian remaining onsite is not required.
- b. Upstairs is closed (available for Silks only during scheduled Silks program w/teacher present).
- c. The study hall is closed.
- d. Adult fitness area is closed.
- e. We have excellent fresh air flow via our roll up doors and those will be open as much as the weather permits.
- f. Hand sanitizer stations wall mounted throughout entire facility, and on office counter top.

9. CLASS & CAMP PROCEDURES

- a. Athletes will wait in marked orange boxes at black fencing until coach greets them and begins class.
- b. Bring a water bottle.
- c. We suggest coaches & athletes shower soon as they get home after participation.

10. BATHROOM

- a. Both PA bathrooms are Coed.
- b. No drinking fountain. Bring a water bottle. Drinking fountain can be used for water bottle refills.
- c. Vending machines available

11. EQUIPMENT & ROTATIONS

- a. Shared equipment, stations and circuits are is back in play, as needed.
- b. Loose Foam pits are back in play. Inform the office if you do NOT want your child utilizing the loose foam pit.

12. CLEANING & DISINFECTING: \*Coaches clean & disinfect equipment used after EACH class.

***This JULY 2022 Policies and Procedures document is subject to change.***

*We look forward to seeing your children flipping and smiling in the gym!*

*Please proceed to the final signature page of this document.*

**PLEASE RETURN ONLY THIS SIGNATURE PAGE OF THIS POLICY DOCUMENT TO THE OFFICE.**

**HARD COPY OR DIGITAL VERSION BOTH ACCEPTED.**

*Please PRINT YOUR NAME, SIGN YOUR NAME, and LIST THE DATE*

**PRINT**

**SIGN**

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