



Participant Agreement

Listed below are policies and procedures that will be in place for Scamps reopening and will remain in effect until further notice. Parents must agree to all the items listed below for their athletes to be allowed to participate.

- Staff members with symptoms (i.e. fever, cough, shortness of breath, body aches, chills, loss of taste/smell, etc.) will be instructed to stay home as well as notify supervisor of symptoms and follow CDC-recommended guidelines regarding what to do if you are sick. Sick employees will be required to consult with healthcare providers and state/local health departments to determine when they can return to work.
- All staff will have temperature screenings daily upon arrival and data (name, time & temp) will be kept on file in an employee log. Staff with temps above 100.4 will not be permitted to remain in the building.
- Employees will monitor and immediately report any symptoms that develop while at work to their supervisor and be immediately separated from other employees, customers and visitors.
- Employees with household family members diagnosed with COVID 19 will not be permitted to report to work.
- Employees will wash hands upon arrival and often with soap and water for at least 20 seconds and/or used hand sanitizer (minimum 60% alcohol) and will avoid touching their eyes, nose, and mouth.
- Staff will be trained on social distancing procedures in the gym and be prepared to enforce them
- All staff will be required to wear face masks when within 6 feet of athletes and will be trained to properly put on, use, and take off masks and when to wash/properly dispose.
- Sandy Brinkman and Lori Rios will service as Scamps' "Workplace Coordinators" responsible for COVID-19 issues and their impact at the workplace as well as act as a point of contact with the local health department.
- Scamps Staff will frequently monitor public health communications re: COVID-19 recommendations for the workplace.
- The following will be provided at Scamps for staff/families/athletes:
 - Tissues
 - No-touch receptacles
 - Hand soap & hand-washing stations (bathroom sinks and in gym)
 - Alcohol-based hand-sanitizer in multiple locations
- Frequently touched/commonly used surfaces (front desk, doorknobs, door handles, countertops, etc.) will be routinely cleaned/disinfected by employees using EPA recommended products
- Common areas (entryways, lobby, bathrooms, viewing areas, base mats) will be cleaned/disinfected by staff at the end of each night.
- Small shared props/equipment (panel mats, foam beams, small matting, vinyl spots, floor bars etc.) will be cleaned/disinfected by users & coaching staff between groups.
- **Parents must check their child's temperature and for any signs of illness before bringing them to practice each day.**

- Athletes with symptoms (i.e. fever, cough, shortness of breath, body aches, chills, loss of taste/smell, etc.) will be instructed to stay home as well as notify Scamps office of symptoms if they develop symptoms within 72 hours of their last visit to Scamps. Sick athletes will be required to consult with healthcare providers and state/local health departments to determine when they can return to Scamps.
- Staff will be instructed to identify participants who are showing signs of illness and notify parents to have them picked up.
- Athletes will train in the same, pre-determined groups for every training session to limit exposure.
- Athletes must wear masks during training until further notice.
- Athletes will arrive no more than 10 minutes prior to their scheduled training time and will leave Scamps at their designated finish time.
- We are encouraging parents/guardians to “drop off & pick up” rather than enter the building with their athlete in order to limit the number of individuals in the facility. Scamps will permit one adult family member (no extra siblings) per athlete to enter the building.
- Parent/Guardians who do enter the building must adhere to the 6 foot social/physical distancing guidelines and wear a mask. You may watch from the viewing areas if space permits (6-7 people).
- Parents are asked to communicate with coaches through email and not at the gym. Coaches primary responsibility will be supervising and maintaining proper safe procedures with athletes prior to and after workouts.
- To promote adequate social distancing and keeping our lobby open for arriving athletes, we request that all payments be made online. Please avoid stopping at the front desk if possible.
- Athletes must wash hands (20 seconds!) upon arrival at Scamps and between event rotations and/or after coughing/sneezing/etc.
- Athletes will arrive at Scamps with their leotard/training apparel already on to limit use of the restrooms for changing prior to practice. Bathrooms will be limited to 1 occupant.
- Athletes are to wear sandals to the gym so they can quickly be taken off and put on during the arrival and departure process.
- Athletes will bring their team backpacks with all necessary personal equipment/training aids:
 - Water Bottle
 - Personal mask with separate storage bag
 - Grips/tiger paws/personal equipment (clippers)
 - Small towel to use for hands/feet/sweating during workout
 - Ziploc Bag of Chalk – Designated Teams Only (issued by Scamps on Day 1)
 - Spray Bottle for Water
 - Personal Hand Sanitizer
 - Plastic bag for wet sandals on rainy days
 - Grip brush
 - Band Aids
 - Hair Ties
- Sandals/clothing will be put into backpacks upon arrival. Athletes will not be permitted to access cubbies for storage.
- Athletes must bring their own water bottle to practice, already FULL of ice/water, to limit the use of the water bottle filling station. Athletes WILL NOT be permitted to share water bottles.
- Athletes will be assigned their own gallon Ziploc bag with a chalk block (additional chalk blocks must be purchased) to be kept in their team backpack. Athletes are asked to bring their own spray water bottle. Athletes will not be permitted to share chalk bags and/or spray bottles.

- There will be no scheduled snack breaks until further notice. Athletes should avoid bringing/eating snacks during scheduled practices times while at Scamps.
- Athletes must wash hands prior to exiting Scamps. Doors will be propped open so athletes will not have to touch anything on their way out of the building.
- Athletes will be released out the side entrance doors exactly at the end of their prescribed workout time. Parents are to wait outside (not in cars) in the designated roped off pick up area. Staff will supervise the release.
- Athletes should follow “front line responders” protocol when they return home following practice:
 - Travel directly home from the gym (no stops on the way)
 - Practice apparel goes immediately into the wash
 - Athlete goes directly into the shower/bath prior to eating, interacting with family members, etc
 - Personal items brought to and from the gym daily must be properly cleaned by athlete before entry to the gym and upon arrival at home after each practice.

Please sign:

I am aware that while gymnastics is an individual sport, but there will be times when incidental contact will occur. Scamps Gymnastics is operating in a social and physical distancing environment but even with the best efforts and intentions, there will be times when the children will breach the prescribed (currently 6’) distancing recommendations. Spotting our students and athletes is often necessary in order to teach skills safely, to help athletes perform skills correctly, and to prevent injury. In addition, our teaching and coaching staff will spot (physically assist) when the circumstances require. Staff members will wear a mask when within 6 feet of an athlete. I understand and agree that spotting will be part of the learning process at Scamps Gymnastics and I agree to permit my child’s coach to physically assist my child when needed. Direct assistance will also be provided in the event of injury. I also understand that accidental contact between children is always a possibility.

I have read and understand the above listed policies & procedures and I acknowledge that I am sending my athlete to practice voluntarily and understand that even with the extra precautions, athletes in attendance may still risk exposure to Covid-19 and/or other illnesses.

I understand that parents or athletes failing to adhere to the policies listed above will be asked to leave the facility.

_____ Printed Name of Athlete

_____ Printed Name of Parent/Guardian

_____ Signature of Parent/Guardian

_____ Date