

Cobb Challengers ~ Reopening Presentation

*Please review the presentation in
preparation for practice in our facility.*



We understand that this plan does not cover all possibilities. The purpose of this plan is to create a proactive, clear, and sustainable method to reduce the spread of COVID-19 within the facility and keep our Cobb Challengers staff and gymnasts safe.

Please note we utilize a Cobb County facility and must adhere to their guidelines at a minimum and are subject to facility closures, schedules, etc. if another major outbreak occurs in Georgia, Cobb County, and/or our facility.



Disclaimer

Overview

The purpose of this presentation is to provide practice guidelines for Cobb Challengers gymnasts, coaches, and parents.

Things that will be covered:

- Entrance Procedures
- Facility Usage
- Cleaning Procedures
- Practice - what does it look like?
- Access to the facility
- What happens if?...
- Waiver Requirement



Entrance Procedures – Carpool Drop-Off



Please have your gymnast exit your vehicle and come to the Screening table. Please remain on premises until your gymnast has been approved for entry.

At the Screening table, the following will occur (each day):

- **Attendance**
 - Attendance logs will outline all people entering the building
- **Temperature Checks**
 - Touchless thermometers will be used
 - Temperatures must be below 100.4 degrees Fahrenheit
- **Health Check Questions**
 - Are you experiencing cough, shortness of breath, difficulty breathing, or other respiratory problems?
 - Have you been around anyone who has tested positive for COVID-19?
- **Signed Waiver presented** (one-time only)

*** If your child is unable to answer the health check questions, please escort him/her to the screening table to answer the questions.*

If your gymnast clears the temperature check and health check question, they will be permitted into the facility.



Portable Plastic Shield

Touchless Thermometer

Social Distancing Signage



What if...

What if... If your gymnast does not pass the temperature or health check questions, they will not be allowed entry into the facility and will be returned to your vehicle.

If your gymnast fails any portion of the screening they will need to be quarantined 14 days and a doctor's note will be required before returning to the gym.

**Payment of half tuition will be required to keep your spot.



Facility Usage

To reduce the contact spread, the following areas/equipment have been closed until further notice:

- Water Fountains
- Kitchen
- Lockers
- Foam Pit Areas

The training schedule during the summer hours will limit the number of teams in the facility. The morning hours will be dedicated to Cobb Gymnastics. In the evening, an outside team (Cartersville Gymnastics) will utilize the facility and will adhere to the same requirements.

In addition, the recreational classes (county classes) will not begin utilizing the facility for the first few weeks. No other groups will be utilizing the facility; all training groups have been canceled until further notice.





Designated Seating for Viewing

Directional Signage - One-Way





Doors propped to reduce contact touching

Directional Signage (One Way In & Out)



Cleaning Procedures



The following cleaning schedule will be followed in the facility:

- **Morning Cleaning**
 - Prior to the gymnasts entering, the restrooms, carpet, and mats will be sanitized.
- **Rotation Cleaning**
 - After each rotation, the equipment (bars, beam, vault) will be sanitized.
- **Evening Cleaning**
 - At the conclusion of use all mats and equipment will be sanitized.
- **Deep Cleaning**
 - Cobb County will utilize a large disinfecting fogger to clean all surfaces in the gym.
- **Sanitizing Stations**
 - Sanitizing stations have been posted in the training area which consist of hand sanitizer and paper towels.

The cleaning procedures will be supervised by the Program Director and Gymnastics Coordinator.



Hand Sanitizer
Paper Towels
Tissues

Mops
Large Sprayers
containing NDC
(COVID-19 approved
cleaning solutions)
for surfaces



Practice – how will gymnasts stay safe during practice?



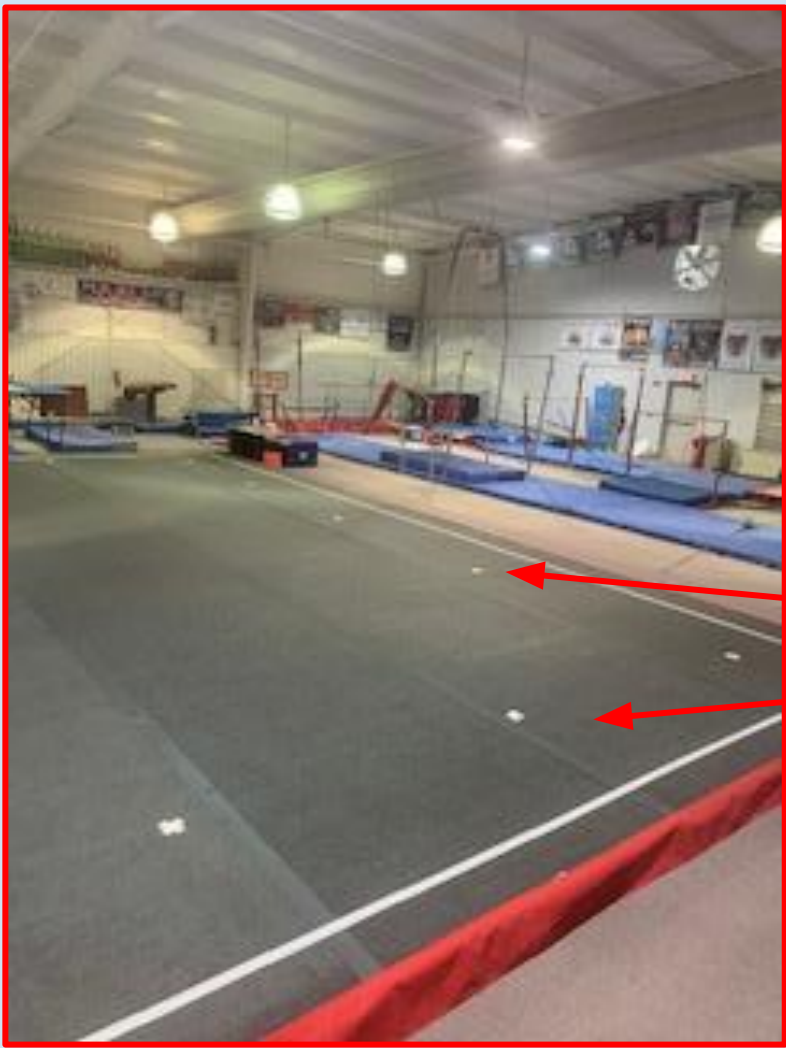
Parents,
Please remind
your gymnast
daily

Upon entering the facility, gymnasts and coaches must:

- Wash /sanitize hands prior to entering the training area.
- Keep all belongings in a bag (this includes grips, tiger paws, chalk, snacks, water, etc.) Lockers will not be utilized.
 - All belongings must be labeled

During Practice, gymnasts and coaches will make best efforts to:

- Maintain social distancing during practice. Markers have been placed on the floor to assist with spacing.
- Limit touching face with hands.
- If you have to cough or sneeze, please use your elbow and sanitize.
- After each rotation, the gymnasts will sanitize their hands.



Floor Markers for Social Distancing



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 12:00	Optional Team	Xcel Silver/Gold (Stacy)	Optional Team Xcel Platinum Xcel Silver (Desni)	Xcel Silver/Gold (Stacy)	Optional Team Xcel Platinum Xcel Silver (Desni)
12:30 - 2:00	Developmental Team 12:30 - 2:30 Training Team		Xcel Gold (Desni) 12:30 - 3:30 Developmental Team 12:30 - 2:30 Training Team		Xcel Gold (Desni) 12:30 - 3:30



The Program Director has created a rotation schedule for teams to follow. This schedule will help teams remain distanced during training.



Practice Schedule

Facility Access is limited...

In an effort to limit the potential for virus spread, the following will occur:

- All visitors, parents are strongly encouraged to remain outside of the facility; however if you wish to enter the building the following will occur -
 - Temperature Checks
 - Health Check Questions
 - Attendance of Entrance
 - Mandatory wearing face masks
 - Remain in the downstairs viewing area on a designated viewing spot
 - No upstairs seating will be permitted.



What if... Notification Procedures



What if... If a gymnast, coach, or visitor has contracted the virus and potentially exposed your gymnast?

- If you or someone your gymnast has come in contact with tests positive for the virus (indirect) OR you or your gymnast has tests positive for the virus (direct), notify the Program Director immediately.
- The Program Director will notify the coaches and parents of all those people in the gym immediately.
- The person exposed (indirectly or directly) must quarantine (remain outside of the gym) for 14 days OR produce medical documentation stating he/she is virus-free.


Participation Understanding & COVID -19 Acknowledgement of Risk (Liability Release Waiver...

Please print, read, sign
this waiver and give to
your gymnast on their
first day returning to the
gym.

*Waivers will be available
at the screening table as
well.



Any Cobb Challengers gymnast/gymnast family entering the facility must read and sign a waiver acknowledging the risk of COVID-19 associated with the usage of the facility and continuation of programming at Cobb Challengers.


Cobb Gymnastics Parent Center Club - Cobb Challengers

Acknowledgment of Risk Relating to Coronavirus(COVID-19) and Liability Release Waiver

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregations of groups of people.

While COVID-19 can cause no symptoms or only mild symptoms in some individuals, it can lead to severe illness and even death in others. Adults over age 65 and people of any age who are immunocompromised or who have serious underlying medical conditions including, but not limited to, chronic lung disease or asthma and other respiratory conditions, heart conditions, obesity, diabetes, chronic kidney disease, or liver disease may be a higher risk for more serious complications from COVID-19.

Cobb Gymnastics Parent Center Club (Cobb Challengers) has put in place preventative measures to reduce the spread of COVID-19; however, Cobb Challengers cannot guarantee that your child and/or your family will not become infected with COVID-19 and participation in the Cobb Challengers program could increase your family's risk of contracting COVID-19, particularly given that the nature of gymnastics requires close personal contact with the children.

By signing below, I acknowledge the contagious nature of COVID-19 and acknowledge the risk that my child, myself, or my family may be exposed to or infected by COVID-19 by participating in the Cobb Challengers program and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 by participating in the Cobb Challengers program may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Cobb Challengers employees and children and their families. My decision to continue using the Cobb Challengers program is exclusively my own and made in full understanding and acceptance of the foregoing risks to myself, my child, and my family. I agree to indemnify, defend, and hold harmless the Cobb Challengers Organization (employees, staff, and board of directors) from and against any and all costs, expenses, damages, lawsuits, and/or liabilities or claims arising whether directly or indirectly from or related to any and all claims made by or against any of the released party due to injury, loss, or death from or related to COVID-19.

Signature of Parent _____ Name of Child (gymnast) _____
Print Name of Parent _____ Date _____

CDC Guidelines– Considerations for Youth Sports



Please visit the following link (embedded in the email) to thoroughly read the considerations for Youth Sports that assisted our decisions.

The following factors help to reduce the spread of the virus during youth sports activities, such as:

- Limiting contact to team-based practice, not competition
- Social Distancing during practice (avoid clusters)
- Keep the same groups/cohorts working together rather than switching or mixing groups
- Clean surfaces between group/cohort use
- Limit nonessential visitors, spectators, volunteers

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

*Thank
You*

Thank you for viewing this presentation. We look forward to a safe reopening.