



COVID 19 Procedure

# COVID 19 Procedure

This protocol provides the proper procedure for attending classes, practices, or events at or hosted by Elite Gymnastics & Aquatics (hereby referred to as “attending Elite”)

Please refer to this protocol every time you plan to attend Elite.

# COVID 19 Symptoms

When evaluating yourself and/or your family in regards to attending Elite, please consider the following as symptoms of COVID 19.

- Fever of 100.4
- Cough, shortness of breath, difficulty breathing
- Fatigue, Muscle/Body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting, diarrhea

# Group 1

No symptoms or fever AND no exposure to a positive COVID 19 case with the last 14 days

May attend Elite as normal with no restrictions. Masks are required for all humans able to wear them while entering the building and may only be removed during athletic activities. Masks are encouraged for gymnasts who are able to wear them during activity if it is deemed safe to do so.

## Group 2

Displays symptoms of COVID 19

### Option 1: Get Tested

Tested Positive:

Refer to Group 4

Tested Negative:

May return after all of the following

- A negative test result
- A full day of no fever achieved without medication
- Symptoms have improved

### Option 2: Do Not Get Tested

May return after all of the following have happened

- 10 days of quarantine
- A full day of no fever achieved without medication
- Symptoms have improved

## Group 3

No symptoms. Has been exposed to a COVID Positive person within 6 ft for 10+ minutes

### No Symptoms

May return to Elite after 14 days of quarantine and no onset of symptoms.

### Has symptoms within 14 days of exposure

Tested Positive:

Refer to Group 4

Tested Negative:

May return after all of the following..

- 10 days of quarantine from onset of symptoms
- A full day of no fever achieved without medication
- Symptoms have improved

# Group 4

Tested Positive for COVID 19

## Has Symptoms

May return to Elite after the following have happened:

- 10 days of quarantine from onset of symptoms.
- A full day of no fever achieved without medication
- Symptoms have improved

## No Symptoms

May return to Elite after the following have happened:

- 10 days of quarantine from date of the positive test

## Family

If someone living in the home with your child is displaying symptoms, but your child is not, please do not have them attend Elite.

## Travel

If you travel via plane or to a high risk area where you were out in public, you must quarantine for 14 days before attending Elite.

# Make Ups

If you are forced to miss a class or practice per Elite's COVID protocol, we will provide you with one of the following of your choice per class missed to be used once it is deemed safe for you to return.

- Make up class (to be used when COVID 19 is under control and we feel safe offering make ups again)
- Open gym pass
- Parent's Night Out pass

# Containment

We are doing everything in our power to prevent the spread of COVID inside and outside the walls of Elite while still allowing our business to function and serve our community & employees. Below is a non-exhaustive list of what we are doing to prevent the spread.

- Increased cleaning before, between, and after classes
- Masks required for all patrons not actively participating in athletics
- Masks encouraged for those who can safely don masks during athletics
- Separate entrances for swim & gym students when weather allows
- Only 1 parent/guardian per family allowed in building during lessons
- Front desk is closed to all current customers. All questions and requests should be handled via phone or email
- Encourage parents to drop students off during class if they are comfortable doing so
- Allowing temporary viewing from the pool deck in order to increase social distancing during parent viewing
- No make ups in order to decrease the number of people our students and staff are exposed to on a weekly basis