North Metro Gymnastics Center Covid-19 Policy Update

As we work through all of the ups and downs of the Corona Virus Pandemic the staff at North Metro would like to put some guidelines in place for the coming days and months ahead. Please understand we do not wish to make anyone’s life more difficult, but we do hold our responsibility to this the entire gymnastics family with a tremendous amount of commitment. We want to ensure our staff, gymnasts, parents and extended family members that we are doing everything in our power to keep everyone as safe as possible. This may seem extreme to some and not enough for others, however, all that we can do is to hope that everyone follows these guidelines and works together as though we are one big family.

1. Camps: (other than NMGC): We ask that if you are sending your children to camp (sleep away or day camp) where there are conditions that social distancing and mask coverings are not required or not closely followed: Please either have your child tested before coming back to practice or wait 10 days before coming back.
2. Vacations: We ask that if you are going on vacation out of state or in-state where you know Covid-19 is on the rise. Please either have your child tested before coming back to practice or wait 10 days before coming back.
3. Social Gatherings of more than 10 people: We ask that if you are attending gatherings that are large scale, indoors and/or seeming to have risky behavior. Please either have your child tested before coming back to practice or wait 10 days before coming back.
4. School: We ask that if your child is attending school this fall please do not send your child to gym if they are not feeling well. We know that school is important, and we encourage you to allow your children to attend school. We are diligently working to make sure NMGC is a safe environment by lowering class sizes and adding weekend classes to allow for social distancing throughout the school year.

NMGC Safety Protocol:

1.Team kids will be picked up in the back of the gym, and class kids will be picked up in the front of the gym. All drop off will take place in front of the gym. Any athlete that drives them selves may leave through the front door.

2. Every individual entering the building (coaches, athletes, parents, siblings) will be required to have their temperature taken with a touch free scanner. If anyone has an elevated temperature they will not be allowed in the gym. We also ask that siblings not come into the gym.

3. Hand sanitizers will be at the entrance and exit of the gym. Everyone is required to sanitize on their way in and out. There will also be hand sanitizers for use between events, and after bars every athlete will be required to wash his/her hands. The bathrooms will have sanitizer mats on the floor as people leave the bathroom. We ask that each person stands on the mat to sanitize feet before re-entering the gym.

4. The water fountain will be turned off as well as all vending machines. Each athlete and coach will be required to bring his/her own water bottle.

5. Every team member will receive a block of chalk for their own personal use. Athletes are required to bring a bag to gym to house their block. If you use a spray bottle during practice you must bring your own spray bottle. All communal chalk containers will be removed from the gym.

6. Designated 6-foot apart standing areas will be placed on the gym floor and all athletes and coaches will be required to use these areas. Spotting by coaches will be allowed.

7. All training stations will be 6 feet apart and designated as to where athletes can stand.

8. Vault: no athlete will be allowed to stand in line for vault. Designated standing areas will be assigned.

9 The foam pit is closed. The only use will be for safety reasons, and only with a 4” or 8” mat placed over the foam.

10. Everyone entering the gym, (coaches, parents, athletes) MUST wear a mask.

11. Any parent staying to view practice must sit in the stands upstairs and only on the marked off spots.

12. Before your child can attend class, you must accept our student policy on our parent portal.

We are aware that these policies are strict and hope that they make everyone feel as safe as possible while living through a pandemic. We also hope that we are not infringing on anyone’s rights and that you as NMGC team members can support us in our efforts to stay open for business and keep our staff and clients healthy.

Thank you

Susan, Igor, Heather, Helen, Jacque and the entire staff