



COVID-19 Safety Protocol

Phase 1: Team Workouts only

Establish protocols to maintain the six (6) foot physical distance among participants, where possible, and between youth, adult leaders and coaches, and parents or other spectators.

- Consider how to limit the number of participants to allow physical distancing and prevent crowding
Prior to shut down, PEG had a 1:10 ratio for teams and 1:8 ratio for classes. 40-50 participants would be taking lessons per hour.
During Phase 1, PEG will reduce to a 1:6 ratio with a maximum of 12 participants in a 9000 sq ft facility.
Parents are encouraged to drop off participants and not observe workout.
Lobby has been remodeled and updated to allow for more space.
- Limit carpooling to practices, camps, etc. Only members of the same family should be in a vehicle together
Parents will be notified of this suggestion
- Consider how activities may be conducted outside, if possible, and ensure optimal ventilation for inside activities
As the weather become nicer, we will offer outside activities such as biking, hiking, tumbling and conditioning outside.
Doors will be open as weather permits
- Limit spectators as needed to ensure physical distancing
Markings have been placed in the viewing area
Parents are encouraged to drop off participants and not observe workout.
- Limit, where possible, physical contact among participants
PEG has clearly designated individual workout spaces using visible markings
PEG has removed 2 balance beams to ensure proper spacing.
Beams and Bars are located 7-10ft apart
Teaching methods will be modified to limit spotting
Activities modified to limit risk of contact with others.
Cooperative games have been eliminated
Cubbies will not be used
- Prevent youth from sharing cups, water bottles or other items
Team gymnasts are required to bring a workout bag to practice. This includes water bottle and personal workout gear.
PEG will provide each team gymnast with personal workout equipment to eliminate shared usage of items such as jump ropes, there-a-bands, athletic tape etc.
- Keep the youth activities local
Only current members of our competition team will be allowed to attend practice.

Establish protocols to reduce the risk of spread of COVID-19 among adult leaders, youth, and their families

- Organizations should acknowledge and support decisions to not participate among youth, parents, and adult leaders who are uncomfortable participating for any reason
PEG will continue to offer Zoom workouts on a limited basis.
- Have parents / guardians pick up their youth outside. If the youth need supervision while waiting for pickup, adults should be at least six (6) feet apart
Parents are encouraged to drop off participants and not observe workout.

- Consider use of cloth facial covering or masks for adult leaders and youth where possible
Due to the nature of our sport, it is difficult for athletes to wear a face mask while flipping.
Participants should have a mask in their workout bag. It is an individual's preference if it is to be worn in public spaces such as the lobby or restrooms.
PEG coaches will wear a face mask when the 6ft barrier must be broken due to safety concerns.
- Instruct youth and adult leaders to avoid physical contact with one another, e.g. hugs, high-fives, etc.
Cooperative games have been eliminated
Spotting will be avoided in Phase 1
Virtual high fives, happy dance and thumbs up will be used instead of hugs and physical touching.
- Ensure adult leaders, youth and their families are aware that they may not enter the facility or recreational area if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days
Symptoms of COVID-19 can include fever (>100.4) or feverishness, cough, shortness of breath or difficulty breathing, chills or shaking chills, muscle pain, headache, sore throat, and new loss of taste or smell.
Signs are posted on our door, website, lobby, restrooms etc.
Parents will sign a Consent for Participation including the above COVID-19 symptoms
- Screen adult leaders and youth each day prior to the activity for any symptoms of COVID-19 and exclude if ill.
 - * Ideally, greet the youth outside the facility or recreational area at arrival and administer screening questions about illnesses in youth or their household members
 - * Check the youth's and other participant's temperatures, if possible
 - * Adult leaders should self-monitor and stay at home if they have any COVID-19-like illness symptoms
 Before coming to workout, Parents need to take their child's temperature and check for symptoms.
PEG Staff will take their own temperature and check for symptoms each day before work.

Establish plans to provide adequate hand hygiene and sanitation

- Identify how the organization will provide for disinfection of meeting spaces and regular cleaning of high-touch surfaces
- Have youth and adults wash hands or use hand sanitizer before allowing participation, directly after participation, and frequently during the youth activity, including before food preparation and eating, and after touching shared surfaces or items (e.g. shared sports equipment)
- Avoid sharing equipment where possible – Addressed above
- Frequently disinfect items touched by more than one person, e.g. basketballs, Frisbees, other equipment, between groups and at the end of the day
Upon entering the facility, participants must wash their hands.
Individual hand sanitizers will be provided to each team athlete to be put in their workout bag for easy access.
Participants will wash their hands between events.
Cleaning supplies and sanitizer will be located in the gym for ease of use.
As per CDC guidelines, PEG will use a bleach ratio of 1/3 cup bleach to 1 gallon of water to clean large and small mats
As per CDC guidelines, PEG will use approved disinfecting wipes or spray for other high-touch surfaces
As per CDC guidelines, PEG will clean the facility nightly using a fogger and approved disinfectants.

Identify strategies for working with public health to notify adult leaders, youth and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity

- Maintain confidentiality of the COVID-19 infected person
- Develop plans for temporary closure of indoor facilities and cancel outdoor activities or camps to properly disinfect and ensure other adult leaders or youth are not infected
- Consult the local health district for guidance for specific situations
PEG will follow the above guidelines by keeping lines of communication open with the families of our athletes.