



COVID-Guidelines

To best protect the health and safety of all Granite State Gymnastics staff, coaches, gymnasts, and their families, we have implemented the following policy and procedure changes in compliance with the NH Economic Reopening Task Force's Universal Guidance, Amateur & Youth Sports Guidance and Health & Fitness Guidance -

(Note: These policies and procedures were last updated on 2/22/2021)

SOCIAL DISTANCING 6-Feet:



To the greatest extent possible, all members of GSG should maintain safe social distancing, which means keeping a distance of at least 6 or more feet between each other. Classes and practices will be structured to allow for physical distancing whenever possible. Minimal spotting is permitted for safety reasons. Exception: Members of the same household need not maintain the 6-foot requirement.

MASKS:



All staff members and coaches of GSG are required to wear a reusable/washable cloth face always covering in our facility as are all spectators. Gymnasts over the age of 5 must also always wear a mask inside the facility EXCEPT when they are actively engaged in a physical activity during class or practice. During such times, the gymnast may remove his/her mask or face covering temporarily but must put it back on following completion of the activity. Gymnasts or other children 5 years of age or younger are NOT required to wear masks or face coverings but may choose to do so if desired. For safety reasons, masks may not be worn when performing certain gymnastics or tumbling skills (please ask your coach for clarification). If desired, you may choose not to have your child perform these skills if you are uncomfortable with removing his/her mask.

CLEANING PROCEDURES:



To help further mitigate the risk of COVID-19 transmission in our facility, GSG has taken additional steps to clean, disinfect and sanitize the gym, bathrooms, and lobby areas. We also have multiple hand sanitizers around the gym and at our entrance although we still recommend you keep a personal supply on hand. Our coaches will also be spot cleaning the mats and the equipment they use for class and practice and a general cleaning is performed after close of business each night as well.

SCREENING PROCEDURES:



By entering GSG, all persons are attesting that they can answer "NO" to the following Covid-19 screening questions:

1. Have you traveled by plane, train, or bus outside of NH in the last 14 days?
2. Had any prolonged contact* with anyone with a confirmed or suspected Covid-19 in the last 14 days? With or without masks. *NH DHHS defines prolonged contact as less than 6 feet for 10 or more consecutive minutes.
3. Had a fever or chills in the last 72 hours without using fever-reducing medicine?
4. Have any of the following symptoms? New onset of cough, shortness of breath, muscle pain, sore throat, loss of taste or smell, vomiting or diarrhea or a headache that is atypical for you. If you answer YES to any of the above, please do not come into our facility. Contact us and we can schedule a makeup of your class. We also recommend you contact your health care provider.

HAND SANITIZER:



Everyone should hand sanitize their hands before and after class while also avoiding touching their face, eyes, or mouth as much as possible. There will be hand sanitizer dispensers throughout the gym. The CDC recommends that hand sanitizer should be at least 60% alcohol by volume to be effective against the coronavirus.

DROP OFF/PICK UP PROCEDURES:



There are no spectators allowed in the facility (except for our AM weekday classes, and tiny tot & tumbling tot Sunday classes). Drop off is at the front door of the building. Gymnasts should arrive to class fully dressed in the appropriate attire. No gymnast will be allowed to enter the warmup area until a coach has signaled for the class to begin. Pickup will be at the double doors on the side of the building.

WHEN TO QUARANTINE:



1. We ask that those exposed to someone with COVID-19 remain out of the gym for the appropriate 10-day quarantine period (while monitoring symptoms for the full 14-days). We have adopted the NH department of Public Services guideline, which is guided by the CDC and NH state responses. We will be following the [Self-Quarantine Guide](#).
2. We ask that families that have traveled outside New England, quarantine for the appropriate 10-day period (regardless of method of transportation)
3. Do not come if you are pending COVID test results.