



Youth Sports Virginia Training Center, Inc 14023 Noblewood Plaza Woodbridge, VA 22193

## CLASS PROGRAM

Youth Sports is happy to have you back!

Good News!

We have opened registration for our classes during Phase 3. These classes are temporary for Phase 3. When we can open at full or mostly full capacity, we should be able to go back to the normal schedule. Please read all information below so there is no confusion. If you still have questions, you can email us at [youthsportsgymnastics@gmail.com](mailto:youthsportsgymnastics@gmail.com) or call the gym at 703-590-8400. We also understand that some families will not feel ready to return.

Thank you for your patience while we navigate Phase 3 of the Covid-19 safety standards for Northern Virginia. Please follow all the guidelines listed below along with other important information regarding Phase 3.

### HOW TO SIGN UP:

Please come to the gym and register in person. The gym's entrance has been temporarily moved to the door directly to the left of the usual entrance. The long hallway provides safe social distancing and a single traffic flow. During the registration process, you will be asked to sign our new wellness agreement, a waiver, and a couple of other things. Children will not be allowed in class without the above process. To minimize long lines, it is recommended to stop by the gym the day before your child's class to register. Registration will begin Monday June 15, beginning at 10:00 am. Please note that facemasks are required for entry into the building per Phase 3 requirements.

### THINGS TO REMEMBER:

- These classes are weekly, just like our normal classes through the Phase 3 mandated by the governor.
- There will not be cubbies available, so please have your child bring a small bag for their belongings, which they will keep with them during class. Label if possible.
- The water fountains will not be available so please have a water bottle for your child with enough water for the entire duration of the class.
- Your child can bring their own hand sanitizer if they would like.
- To help keep our numbers at 50% occupancy, parents are asked to be aware social distancing is required while in the building. The bleacher area has red X marks indicating the 6 ft space requirement. Preschool parents of young children have a priority in this area. When this area is full please wait outside.
- Parents who choose to stay must have their temperature taken and sanitize hand with provided sanitizer at the front desk. We have a "bleacher view" Zoom app. camera secured with a password so parents can view the classes on their personal devices outside the gym. Links and password will be provided upon request at the front desk and posted in the front window area. Of course, parents may also view through the front windows.
- The updated "Waiver/Release" and "Safe to Return Wellness Agreement" MUST be agreed to in person before your child can participate.
- As per Phase 2, a mask is not required during workouts. (parents may choose to have their child wear masks but must bring their own PPE).
- All Youth Sports Staff will be wearing masks.

## CLASS ATTENDANCE PROCEDURE:

(Competitive team members will have a slightly different entrance protocol which will be communicated to team parents separately)

Upon arrival to the gym, a Youth Sports staff member will take the student's temperature either at the front door or at the front desk with a touch-less thermometer before they enter the gym area and verify the Wellness Agreement answers verbally. Students will need to sanitize their hands as soon as they enter the building.

### Wellness agreement questions:

Due to the spread of COVID-19, we need to make sure all those coming into the building are well. Please check through this list below and if your child can answer YES to ANY of these then they will not be able to participate. We will be checking temperatures at the door and confirming that they are free of the following symptoms. Please do not drive away until the child is cleared.

- FEVER over 100.0°F in the last 48 hours.
- NAUSEA, VOMITING, or DIARRHEA in the last 24 hours
- CONTACT with a confirmed case of COVID-19
- HOSPITAL STAY and/or E.R. VISIT
- SHORTNESS OF BREATH
- COUGH, SORE THROAT, or LOSS OF TASTE/SMELL

Parents please follow the rules listed above giving pre-school and special needs parents priority in the bleacher area while following social distancing rules.

Once cleared, pre-registered class students will enter the gym through the hallway door to the left of the main entrance. They will proceed through the hallway entering through the red door to the right, past the registration desk to the bleacher area. (a staff member will be there to help them). Once in the bleacher area, they will be staged by class until the class begins. As per Phase 2 rules, masks are not required during workout. (Parents may choose to have their child wear a mask but must bring their own personal mask). All Instructors and Coaches will be wearing masks.

Things the students should bring with them: (labeled if possible)

- Drinking Water Bottle: The water fountains will not be available to drink from or refill. Please make sure they bring enough water for the entire practice time.
- Personal Hand Sanitizer: Can be used between each event. Youth Sports will supply as needed.
- Finally, they will need a bag to keep everything in. They will NOT be using cubbies or sharing anything. They will keep the bag with them during class.

We are doing absolutely everything we can to ensure a safe return and continued safe training for our athletes. We love them dearly!

## Reminders:

- Pre-register your child for class.
- Enter through the hallway to the left of the main entrance. We will maintain a one-way enter and exit flow during Phase 3
- Classes will end 5 minutes early (Phase 3) to allow staff cleaning between classes.
- Bring filled water bottle and bag for their belongings.
- May bring personal hand sanitizer.

## What will classes look like:

- Youth Sports will be following mandated requirements for social distancing. The ropes will be off limits until Phase 3 due to the challenge of cleaning.
- Students will bring their bags with them from event to event. Each event will run with stations to keep everyone separated. The students will wipe equipment down before switching. In between each event, gymnasts will wash hands or use sanitizer.
- Preschool classes for children 4 and under will require a parent in the bleacher area to provide bathroom and water breaks. (please have water available)
- Coaches are not allowed to spot in Phase 3.
- Sanitizing mats and equipment between stations.
- To ensure the safety of our students, we will be cleaning the gym, lobby and bathrooms during and after classes. The carpets will get sprayed, mats will be wiped down, bathrooms cleaned, and bars and beams zapped with UV light sanitizing wands.
- We use CDC approved sanitizers in the gym. Signs are posted throughout the entrance and are listed below in this document.
- All coaches, staff, and any parent who must enter and stay in the building are required to wear masks.

**Please note that all classes will end 5 minutes early to allow staff to clean and disinfect all equipment between classes and during warm-ups of the next class.**

## EXIT PROCEDURE:

After class, students will be staged in the bleacher area using mandated social distancing procedures where you can see them. You may knock on the window or wave. A Staff member will escort and release students through the main entrance to parents who will be waiting outside.

Please be patient with us at first as we work through all these new procedures. It will help to go over these changes with your students before they come so they have an idea about what to expect when they return.

If there are any questions, just let us know.

We are very excited to see everyone again!

## WHAT WE ARE DOING TO KEEP YOUTH SPORTS SAFE

### CLEANING PRODUCTS:

Daycon KBQ-32 EPA# 1839-168 Disinfectant Cleaner -Sanitizer on all floor, carpet surfaces and on all mats, 80% Sanitizer on all shared workout surfaces, Premium Hand Sanitizer (80% Alcohol), Clorox/Lysol Wipes, UV Light Sanitizing Wands on all bars and beams

### OVERVIEW:

To ensure the safety of our students and staff, we will be cleaning the gym and lobby extensively during and after classes and camps. Our coaches will also ask students to wash hands or use personal sanitizer between events. Foggers will be used after hours if a student or staff member is suspected to have been in possible contact with a case of COVID-19

### STAFF RESPONSIBILITY:

Our staff is dedicated to keeping your children and our Youth Sports family safe and healthy. Our coaches are wiping down all surfaces between rotations and throughout the practice. They will also thoroughly clean the gym during the 10 minutes between classes. Staff will be disinfecting the lobby, restrooms, and sitting areas hourly.

### HOW YOU CAN HELP:

Use proper handwashing technique—20 seconds with soap and water.

Use elbow when coughing or sneezing.

Keep hands away from face.

No high fives or handshaking.

And most importantly, STAY HOME if you or a family member is sick.