



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

## TEAM PROGRAM

Good News!

Youth Sports is happy to have you back!

We have opened team practices during Phase 3. These schedules are temporary for Phase 3. And are updated by Mindy through email. 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 in person and complete a Youth Sports Safe Return Wellness Agreement. Team members will not be permitted to practice until we have a signed form on file. 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. Please note that facemasks are required for entry into the building per Phase 3 requirements.

### THINGS TO REMEMBER:

- The return schedule is temporary and will increase to the original times as we progress through the COVID-19 Phases.
- 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. Youth Sports will provide, as necessary.
- To help keep our numbers at 50%, team parents may be in the building during practice as long as there is room in the bleacher area following the 6-foot rule as indicated on the bleachers with a red X. Please note preschool and younger class student's parents have priority in the bleacher area. We have a working "bleacher view" Zoom app. camera secured with a password so parents can view the practices on their personal devices. Links and password will be provided upon request. Of course, parents may also view through the front windows.
- The "Safe to Return Wellness Agreement" MUST be agreed to in person before your child can participate.
- As per Phase 3, 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.

## TEAM PRACTICE PROCEDURE:

(Class students will have a slightly different entrance protocol which will be communicated to class parents separately)

Upon arrival to the gym, a Youth Sports staff member will take the student's temperature with a touch-less thermometer before they enter and verify the Wellness Agreement answers verbally. Students will need to sanitize their hands as soon as they enter the building. If no one is scheduled at the front door, please complete temperature check and sanitizer at the front desk.

### 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

Team members may not be dropped off more than 5 minutes before their scheduled workout time.

Once cleared, competitive team members will enter the gym through the hallway door to the left of the main entrance. They will proceed through the hallway past anyone who may be waiting in line and enter through the door at the end of the hallway into the appropriate locker area outside the party room. Jump Rope team members will proceed directly to the FX jump rope floor. (a staff member will be there to guide them). As per Phase 3 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.
- Team members may use their personal lockers. (No Sharing of lockers)

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

## Reminders:

- You have a revised team practice schedule.
- Arrive no more than 5 minutes before your team practice schedule.
- Enter through the hallway to the left of the main entrance.
- Team members do not wait in line in the hallway. Proceed directly into the gym using the door at the end of the hallway after temperature check and sanitizer. Stage in your locker area while wearing mask. Mask may be removed during practice with parents' permission.
- Bring filled water bottle.
- May bring personal hand sanitizer.
- We will have a one-way entrance and exit flow during Phase 3.

## What will practices look like:

- Youth Sports will be following mandated requirements for social distancing. The ropes and cargo net will be off limits until after Phase 3 due to the challenge of cleaning.
- 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. The balance beams, all bars, vault table, and pommels will be scanned with UV disinfectant light wands between each use.
- Coaches are not allowed to spot in Phase 3.

## Cleaning:

- To ensure the safety of our team members, we will be cleaning the gym, lobby, and bathrooms extensively during and after practice. 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 the building are required to wear masks.

## EXIT PROCEDURE:

After class, team members 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.