



RETURN TO SPORT SAFETY GUIDELINES

TCT is committed to keeping our families, students and staff as safe as possible when we are allowed to reopen. Below is our plan of action to create this environment within our gyms.

Phase 1	Phase 2	Phase 3
<ul style="list-style-type: none"> • TCT opens • Facility prepared • Teams only for initial startup • Next Level virtual classes 	<ul style="list-style-type: none"> • Continue phase 1 policies • Limited Rec classes offered • Next Level virtual classes 	<ul style="list-style-type: none"> • Resume regular programming • Restrictions loosened

TCT GYMNASTICS & NINJA ZONE REOPEN PROTOCOL – PHASE I

Employee Guidelines	<ul style="list-style-type: none"> - Staff will follow illness policy including temperature checks and 24 hour wellness standard. - Staff will wash/sanitize hands prior and at regular intervals. - Staff will have limited direct physical contact with children (spotting is limited to necessity for all groups). - Staff will be diligently trained on procedures and prepared to enforce any distancing protocols. - Staff will adhere to PPE requirements if set by the MN Dept. of Health. - Employee travel will be monitored and isolation following travel will adhere to MDH recommendations.
Building Preparation	<ul style="list-style-type: none"> - Facility Team will be on site to disinfect and sanitize in prep for 'return to work'. - Recommended products that are effective against Covid-19 will be used throughout each day. - Doors that can be propped open will be. Door handles will be wiped and cleaned after uses. - Hand Sanitizer stations throughout building accessible and monitored for refill. - Drinking fountains will be closed and students encouraged to bring water bottles. - Lockers will be taken out of use.
Entering the Building	<ul style="list-style-type: none"> - We ask that all athletes use restroom facilities and wash hands at home prior to coming to practice. - Drop Off/Pick Up encouraged; No more than 1 adult per athlete in building (no siblings). Masks are encouraged to be worn in the lobby. - Everyone will be required to sanitize/wash hands upon entering gym.
Traffic Flow Physical Distancing Facility Ratio	<ul style="list-style-type: none"> - Athletes and parents will use separate entrance and exit to control physical distancing and traffic flow. - Lobby will have limited seating and tables. Occupancy will be limited and monitored to comply with MDH guidelines. Parents that feel the need to stay and view will be told where to stand to control distancing and flow. - Lobby occupancy will be limited based on viewing area and social distancing guidelines
During Practice	<ul style="list-style-type: none"> - Athletes should have their own backpack or drawstring bag to carry with them during practices – coaches will review with their teams as for what to keep on hand. - Athletes will be reminded to sanitize/wash hands regularly. - Lesson plans will be modified to omit partner activities. - Stations and activities will be modified to allow safe distance between athletes. - Porous surfaces in the gym such as bean bags will be temporarily taken out of use. - Additional chalk stations will be added to better allow social distancing. Athletes can use a personal chalk container if preferred
After Class	<ul style="list-style-type: none"> - Everyone will use the designated exit from the building to control flow. - Employees will begin disinfecting/sanitizing all areas immediately to get ready for next group

* All returning families will be required to re-sign our TCT waiver via the Jackrabbit Customer Portal which now includes additional information regarding COVID-19.