



THE CHILDREN'S GYM

RETURN TO IN-PERSON CLASS

FACTS AND POLICIES

Please review the below facts and policies regarding in-person classes in response to the current Covid-19 pandemic. Compliance with all policies is critical to ensure the health and safety of our TCG community. Those who disregard or violate policies will have their memberships revoked. Policies may be added or adjusted as time goes on. TCG will notify families of any new policies when they become available. If you have any questions regarding any of these facts or policies, please reach out to our front office via email or phone.

ARRIVAL TO CLASS

- Check-In Windows Start 10 minutes before class time until class starts.

Weekday Times:

- **3:20pm Class Check-In Window:** 3:10pm-3:20pm.
- **4:30pm Class Check-In Window:** 4:20pm-4:30pm.
- **5:50pm Class Check-In Window:** 5:40pm-5:50pm.
- **7:00pm Class Check-In Window:** 6:50pm-7:00pm.

Saturday Times:

- **9:00am Class Check-In Window:** 8:50am-9:00am.
- **10:10am Class Check-In Window:** 10:00am-10:10am.
- **11:30am Class Check-In Window:** 11:20am-11:30am.
- **1:15pm Class Check-In Window:** 1:05pm-1:15pm.

Students will NOT be permitted into class late. At this time TCG is not staffed with extra employees which would make late arrival screening possible. Once class starts a sign will be posted on the door stating that check-in is now closed. Coaches will begin their classes on time which will make it impossible for any of them to check students in late.

- Check-in will take place at the main entry door on the corner of 17th & Sandy Blvd.
- A parent or guardian is required to be present for check-in.
- At the start of your child's check-in window please line up outside the door forming a line along the windows on Sandy Blvd. There are window decals for social distancing as well as cones to indicate where to stand.
- A coach will permit students in one at a time, ask the parent/guardian to confirm they are professing no to the below screening questions, and perform temperature checks. Only registered students will be permitted into the facility. Parents and siblings must remain outside.
- Students will be instructed to apply hand sanitizer as they walk in.
- By sending your child to class you are professing that your child does not have the following:
 - **New or worsening cough** not related to an existing medical condition such as asthma.
 - **Any Covid-19 symptoms over the past 14 days.**
 - And that they or anyone in your home **has not been in known close contact with anyone with Covid-19 symptoms or someone diagnosed with Covid-19 in the past 14 days.**

Upon arrival a TCG staff member will ask that your answer is no to the above screening questions. Once you have answered your child will be permitted into the facility for their temperature check.

WHAT TO BRING TO CLASS

- Students must wear a mask **(without a vent or valve)** at all times during lessons including before and after and while checking-in. We recommend **bringing a second mask** in case a child wants to switch them out during their class. If a student's mask is noticeably wet we will ask them to replace it with a clean and dry one.
- Drinking fountains are closed during this time so students should bring their own water bottle labeled with their name.
- Optional: If you would like to send your child with their own hand sanitizer you are welcome to. Hand sanitizing stations are located throughout the facility for easy access.
- Students must follow standard TCG dress code for classes including wearing comfortable athletic clothing, clothes that are not baggy, clothes that cover midriffs, and hair that is long enough to be pulled back must be. Leotards are preferred. Students can not wear jeans to class.

DURING CLASS

- Students will work within one area of the gym. TCG has created "Mini Gyms" that contain a variety of equipment in a larger area than past apparatus rotations. Instead of rotating through different rotations, classes will spend the whole lesson in the mini gym to limit exposure to other classes. Each week a class will go to a different mini gym.
- Students will be instructed to sanitize their hands frequently throughout the lesson.
- Should a piece of equipment become potentially contaminated coaches will discontinue the use of that piece of equipment, disinfect, and not utilize it again until proper dwell time has been completed.
- Class structure will be set-up to adhere to physical distancing between students.
- **STUDENT EXPECTATIONS:** Due to the current unique nature of classes it is imperative that students follow all TCG staff member instructions. Students must also be able to self-regulate through the required safety procedures and class structure to ensure a safe experience for everyone. If the class structure is not working for a child jeopardizing the safety of other students and staff, TCG will call guardians to pick their child up early.

AFTER CLASS/CHECK-OUT

- Upon the completion of class staff will line students up within the facility for check-out.
- Check-out will be held for 5 minutes after class. Please remember classes are 45 minutes in length.

Weekday Times:

- **3:20pm Class Check-Out Window:** 4:05pm-4:10pm
- **4:30pm Class Check-Out Window:** 5:15pm-5:20pm
- **5:50pm Class Check-Out Window:** 6:35pm-6:40pm
- **7:00pm Class Check-Out Window:** 7:45pm-7:50pm

Saturday Times:

- **9:00am Class Check-In Window:** 9:45am-9:50am.
- **10:10am Class Check-In Window:** 10:55am-11:00am.
- **11:30am Class Check-In Window:** 12:15pm-12:20pm.
- **1:15pm Class Check-In Window:** 2:00pm-2:05pm.
- **Parents must pick-up their child within 5 minutes of classes ending.**
- Parents/guardians will line up outside like check-in and proceed to the door one at a time.
- A staff member will send children to their adult when the adult is next in line.

- TCG will not be checking ID for check-out due to the short nature of the class service. Students will be sent to their parents similar to how they have been at the end of class in the past, except now one at a time to ensure safe physical distancing.

OTHER IMPORTANT NOTES

- In case of emergencies please make sure there is a contact number on file for your family should we need to call you during your child's lesson.
- Restrooms will be available for students to use during classes however we strongly encourage students to use the restroom before arriving for class.
- Students must arrive in their class apparel. Changing will not be permitted within the facility.
- If your child is sick, do not send them to class. Please contact the front office to excuse them from class and receive a make-up class.
- TCGs makeup policy will be flexible to accommodate students needing to miss class due to illness. So long as TCG is notified prior to class starting, absences will be marked as excused and eligible for a make-up class. You may call or email to excuse your child from class.
- Between classes TCG will disinfect and sanitize all mini gyms, high touch surfaces, and restrooms.