

# Wings SSS Plan

## Opening & Class Procedures

Wings is still proceeding with caution.

1. Class times will be similar, but slightly altered to accommodate sanitization and social distancing of entering and exiting students.
2. We will ALL wear well-fitting masks as long as it is required/recommended. We will alter the curriculum to be sure skills taught are safe with a mask. We will help students adjust their mask if it is not saying put.
3. Coaches & Staff will be trained to follow the CDC, Phase 2 and Wings SSS guidelines prior to opening. They also agree to protect the health of our students and their families to the absolute best of their ability.
4. Students will be provided with a copy of our SSS procedures and asked to sign a release form.
5. We are NOT accepting NEW STUDENTS at his time unless they are siblings of current students.
6. Drop-Off-Upon entering the building, our staff and students will participate in the " SSS Obstacle Course" (parents will be asked to drop off at door and observe safety measures at least for first drop-off):
  - a. Receive a touchless temperature check.
  - b. Sanitize Hands
  - c. Store personal items and water bottles 6ft apart
  - d. All students will wear a mask to and from the facility, and during class if it is still required by local authorities.
7. To enter the equipment area (staff and gymnasts only)
  - a. Stand and rock on our foot sanitizer pad before stepping on the mats.
  - b. Keep your mask on
  - c. If a gymnast or a staff member leaves the equipment area, they will have to sanitize hands and feet before re-entering (i.e. go to the bathroom or reception area)
8. Standards Staff will be on hand to take temperatures and ensure the guidelines of SSS are being followed.
9. All staff will wear masks, gloves when appropriate, and carry a fanny pack that has wipes and hand sanitizer and a first aid kit.
10. Coaches will touch gymnasts with their hands ONLY.
11. All equipment will be sanitized directly after use.
12. All students will have their own chalk zip-lock with their name on it. We will store these bags in individual plastic pockets with the child's name on them that are organized by class.
13. Classes will have a maximum of 3-6 students depending on age. We will have VERY small classes!
14. Pick-Up will be similar to drop off, parents will wait outside, 6ft apart. And the students will sanitize hands and feet on the way out.
15. We will have 20-30 minutes in between each class for social distancing & sanitization/clean. Coaches will wash up and change clothes before next class or going home.

## Camp Procedures & Registration

1. Wings SSS Guidelines for camps are same for Classes, above.
2. Each Camper must bring: Mask, Snack and Water Bottle
3. No shared Arts and Crafts during snack & brake time. Just fun, socially distanced activities.

4. There will not be a parent observation at the end of camp, but we will leave the window OPEN for viewing!

### **Employee Guidelines Overview & Sanitization Between Classes**

I will wear a mask. I will keep my distance from the child as much as possible and only touch the child with hands. I will follow the Wings SSS guidelines as soon as the child walks in the door. The child will be instructed to sanitize hands and feet before the lesson can start. We will both sanitize after the lesson as well. If the child touches their face, coughs, or sneezes, I will make them use sanitizer. I will keep the sanitizer near me at all times.

Bars-I will only use smaller bars if possible, wipe down after use. The child will wash hands before and after use of big bar. Wipe down any mats touched/used.

Beam- I will use small beams mostly because it's easier to clean, wipe down after. Lysol big beam after, if used. Wipe down crash pad mats after use.

Floor- I will vacuum and sanitize the floors after each class.

Vault-I will wipe down with disinfectant, spring board, Vault apparatus, blue crash mat, and any other mats used in that area. I will Vacuum and sanitize blue floor.

Entrance- I will sanitize door touchables. Only I will be allowed to touch entrance door, I will prop it open at the beginning and end of class for drop-off and pick-up.

Bathrooms- I will advise parents to tell their child to use the restroom before coming to the gym for the lesson. I will leave bathroom doors opens with door stop so no one touches it. After use, I will wipe down toilet seat, toilet flush handle, bathroom door stalls, sink, paper towel dispenser, and countertop.

Touchables- There shouldn't be much a child will have to touch/hold with the exception of the equipment. Anything within 6 feet of a child, I will wipe down with disinfectant after.