

Return to Sport Safety Guidelines and Protocol

Upon government approval, PMG plans to open with the following phases in mind while strictly following recommendations, guidelines and mandates from the Minnesota Department of Health and the Governor:



Phase 1

- Facility is cleaned and prepared for opening -
- PMG opens with strict protocol in place to reduce transmission of Covid-19 -
 - Competitive teams only -
- No open gyms, recreational, preschool or ninja classes, camps or birthday parties -



Phase 2

- Examine protocol to determine what changes can be made -
(relaxing of policies)
- Limited recreational and ninja classes resume -



Phase 3

- Further relaxing of policies *(in line with state mandates and recommendations)* -
- Preschool and tiny twister classes resume -



Phase 1

Entering the Facility

- Drop-off/pick-up is encouraged with a maximum of 1 adult per student in the building, no siblings
 - Masks are required to be worn by observing adults
 - Touchless temperature monitoring of all people entering the building
 - Anyone appearing ill or with a temperature above 99.5 will be sent home
 - Everyone will be required to sanitize/wash hands upon entering the building
 - Athletes will sanitize or wash just before entering the gym space for training
- Everyone will use the designated entrance (main entrance) to help regulate traffic flow
- Please use restroom at home prior to and after class whenever possible

Facility Maintenance

- CDC recommended products will be used throughout the day for regular disinfecting of surfaces
- Commonly touched surfaces will be cleaned multiple times throughout the day-When possible, doors will be propped open
- Hand sanitizer will be available throughout the facility
- Drinking fountains will be closed, but students can bring water bottles to class
- Vending machines will be closed off from use

Guidelines for Parents and Students

- Please check temperature prior to departing for our facility
- Please stay home if you/your student or household members have Covid-19 symptoms or have been exposed to such symptoms
- Please arrive no sooner than 5 minutes prior to class and exit the facility immediately after class
- Student's hair must be pulled back neatly in a braid, bun or ponytail if shorter hair

Facility Preparation

- All carpets steam cleaned
- All non-porous surfaces sanitized with CDC approved products, other surfaces sprayed with disinfectant
- Bathrooms sanitized
- All handles, knobs, and other commonly touched surfaces disinfected
- Plexi glass shield at front desk

Employee Guidelines

- Staff will adhere to illness policy including wellness and temperature checks
 - Staff will wash hands before and after each class
- Staff will not have direct contact with students (will follow 6 foot distancing policy)
- Staff will monitor and ensure that students are following distancing and handwashing requirements
- Staff will follow any PPE requirements set by MDH or PMG (above or beyond MDH recommendations)
 - PMG will follow MDH recommendations regarding all employee travel



Phase 1

continued

Training Guidelines

- Athletes will be monitored and supervised to ensure proper and thorough sanitizing/washing of hands
- Instructors will prompt athletes to sanitize/wash
- Athletes will keep personal items with them in a small backpack or drawstring bag including grips, wrist guards, tape, chalk, water bottle, etc.
- Lesson plans will be modified to exclude partner activities, minimize sharing of props and maintain physical distancing between training areas/stations
- No physical spotting in phase 1
- Gymnastics will be limited to drills and skills that can be done safely without the need for spotting
- Porous surfaces such as bean bags and foam blocks will be taken out of use until further notice

Facility Ratio

- Occupancy will be limited and monitored to comply with MDH guidelines
- Group size will be limited to no more than 10 gymnasts

Physical Distancing

- Lobby will have limited seating with chairs placed a minimum of 6 feet apart.
- There will be markings to indicate allowable places to wait/observe
- Gymnasts will train using physical distancing of 6 feet
- Athlete training will be staggered and/or spaced out with time between so that traffic flow can be controlled, and facility cleaning can take place

Immediately Following Training sessions

- Everyone in Woodbury will exit from the party area door
 - Everyone in Blaine will exit from the side door
- Employees will begin disinfecting all surfaces used by athletes, coaches, parents and staff in preparation for the next group