

Perpetual Motion Gymnastics COVID-19 Attendance Policy

Your child must not go to any activities at Perpetual Motion Gymnastics if that child:

- Test positive for COVID-19
- Show symptoms of COVID-19
- May have been exposed (close contact) to COVID-19
- Are waiting to get tested or waiting for COVID-19 test results

COVID-19 Screening questions

1. Does your child have a fever 100.4 fever or higher
2. Difficulty or trouble breathing
3. New cough or cough that gets worse
4. New loss of taste or smell

If a child has **one or more** of these symptoms, that child must stay home from Perpetual Motion for 10 days. Parent(s) should notify Perpetual Motion and consider seeing a medical provider or getting tested. A negative test with no known exposure would be able to return once symptoms have resolved (24 hours symptom-free). Please report any test results so that we can communicate/inform appropriately.

If none of the above symptoms are present, see the next section of symptoms, and keep your child home if presenting with **2 or more** of the following symptoms:

- Sore throat
- Nausea
- Vomiting
- Diarrhea
- Chills
- Muscle pain
- Excessive fatigue
- New or severe headache
- New nasal congestion or runny nose

If 2 or more symptoms are present, that child must stay home from Perpetual Motion for 3 days and are suggested to seek medical attention **if not well** after 3 days. If the choice is made not to seek medical attention, please wait the full 10 days from the start of symptoms and be symptoms are gone for 24 hours before returning to Perpetual Motion Gymnastics. Parent(s) should notify Perpetual Motion and communicate any test results or other pertinent information obtained from a medical provider.

If no symptoms, please see below:

Has your child been diagnosed with COVID-19 since that child last attended an activity at Perpetual Motion Gymnastics?

- If No, the child can attend activities at Perpetual Motion Gymnastics

- If Yes, the child must stay home in isolation for at least 10 days and until fever is gone for 24 hours with out medication and it has been 10 days since the start of any symptoms. **If your child has tested positive but shows no symptoms**, that child can return to activities at Perpetual Motion Gymnastics 10 days from the date of the positive test.

Has anyone in the household been diagnosed with COVID-19 since that child last attended an activity at Perpetual Motion Gymnastics?

- If No, the child can attend activities at Perpetual Motion Gymnastics
- If Yes, the child must not attend activities for 14 days from the date of the most recent close contact

Has the child had close contact (15 minutes within 6 feet, cumulative) with a person known to have COVID-19?

- If No, the child can attend activities at Perpetual Motion Gymnastics
- If Yes, the child must not attend activities for 14 days from the date of the close contact