

Spirals and Summer 2020 – Combatting COVID-19

This document details the steps Spirals is taking to help keep you and your families as safe as possible from COVID-19 once we re-open on June 1st.

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Our Commitment to our Families

As we have struggled to determine the best way forward, we are reminded that using our core values to guide us is more important than ever.

Hard Work - We are all going to have to work hard to be open to change and adjust to new ways of doing things.

Communication - We will be communicating each step to the best of our ability - there will be many challenges as our world is changing quickly and we will likely have to make adjustments. We plan to adapt as information changes daily to offer the best program.

Responsibility - it is critical we are all responsible in how we conduct ourselves - our collective safety and ability to enjoy all the programs Spirals brings to our lives depends on it.

Support - through mutual support of families, athletes and staff, we know we can successfully navigate the world we find ourselves in today.

Notification – if we become aware of any confirmed coronavirus infected persons at Spirals who have had contact with your child, we will notify you immediately so you can take appropriate precautions (particularly important if a family member is at higher risk).

Your Commitment to us and our Families

In the event that a member of your family comes in contact with a coronavirus case, you **must** do the following to minimize the risks for us all:

- self-quarantine for a period of 14 days;
- notify us immediately that you are quarantining and why;
- you will be credited on your account for any time that you are self-quarantining and your space will be kept in the class.

In the event that you do not notify us and we are then required to shut down a program or class for all our students, credits will not be given nor will your child's spot be guaranteed. Due to the stringent precautions we

are having to take, Spirals is operating at considerably reduced capacity and significantly greater operating expense. Space is limited.

Sanitizing - Keeping the Environment safe for all

We have already executed intensive cleaning of the gym and every surface disinfected with the CDC Bleach/Water ratio. While we think that is a bare minimum expectation you should have of your gym, we didn't feel this was enough.

After considerable research, we have found a Disinfectant and Anti-Microbial treatment that has been in use in Hospitals, Food Service, and Arenas around the country. It is cost prohibitive for a lot of businesses, but we felt adamant that we had to take on this additional expense for the safety of our staff and kids until further notice.

This process is a **two part application**. First we are disinfecting with mPerial™ but more importantly, we are applying mPale™ Anti-Microbial treatment (EPA 83129-1) with the AEGIS Technology. This forms a network of molecular "swords" protecting the surfaces and fighting against microbes, which continues to kill virus for a minimum of 30 days.

mPale™ is unable to be detected by human touch but is highly effective against virtually all viruses, including COVID-19, H1N1, influenza, MRSA/staph, molds and most bacteria. Once it is sprayed on, it bonds to the surface and retains its effectiveness for a minimum of 30 days. More information is available at <https://www.sportsani.com>.

UPDATE: We have sourced a more effective agent called SurfaceGuard90. See <http://surfaceguard90.com> . This professes to protect treated surfaces for up to 90 days using exactly the same technique as described above. In practice we are renewing the treatments every two rather than three months. Each treatment costs several hundred dollars.

In addition, we have procured large stocks of hand sanitizing ingredients. As you may know, hand sanitizer has become scarce and extremely expensive. As a result, we are making it ourselves using 99% isopropyl alcohol, glycerol, hydrogen peroxide and distilled water. See <https://www.wired.com/story/how-to-make-hand-sanitizer/> for information.

- Do not bring any personal belongings to the gym, not even cell phones. Cubbies will not be provided.
- Athletes and campers may bring a bottle of water with them (clearly labeled with their first and last names) to keep with them at all times. No access will be allowed to water fountains.
- All entrants will be provided with sanitizer spray on entry and exit from Spirals.
- Door handles and other frequently-touched surfaces (e.g. toilet flush handles, counter-tops) will be disinfected regularly using a sanitizing spray.
- Spirals staff will be wearing masks at all times.

Directions on entering the facility

- Please do not come to Spirals if you have been in contact with anyone suspected of COVID-19 within the last 14 days.
- Both State and CDC guidelines require that only authorized athletes & staff be permitted inside the facility. Parents must remain outside.
- We have written our own free software, called MyCenterCheckIn, to provide socially-distanced check-in and check-outs. Please go to <http://kennedale.spirals.mycentercheckin.com> or text the word REGISTER to 224-267-8072 to register and set up your account. THIS IS THE ONLY WAY TO CHECK IN OR OUT OF SPIRALS.

- When you arrive, parents should bring your child(ren) to the main front door and text the word IN to 224-267-8072. Please wait for a staff member to come outside to greet you. **Please maintain social distancing when waiting your turn.** The greatest risk of infection is from other adults.
- Each class will not be admitted until the previous classes have left. This is to ensure we keep different classes separate.
- Your and your child's temperature will be taken using a forehead scanning thermometer. This reads in about 1s. If either temperature is above 100°F (37.8°C) your child will not be admitted. This also applies to staff.
- Staff will not be able to enter the gym unless they are working that day and must also be screened.

Directions on exiting the facility

- Please ensure you arrive to collect your child **at least 5 minutes before your class is scheduled to end.** Find a spot to park in the parking lot and wait in your car.
- On arrival please text the word OUT to 817-402-9402. Provided you have registered a pick up vehicle your child(ren) will be brought to your car. If you have not registered a vehicle please come to the front door.

Specific Instructions for Gymnastics, Tumbling, Ninja and Cheer – School-age children

- Athletes may wear masks but they are not required and USAG actually advises against mask use for athletes owing to safety concerns. However, students should wear masks when not in training.
- Each session will be 45 minutes with a 15 minute gap between classes to enable cleaning and disinfecting.
- All training will be via drills, and performing skills and taking verbal corrections.

Specific Instructions for Gymnastics– Pre-school-age children

- One parent may remain with their pre-school age child(ren) during classes. **This is the sole exception to the “no parents” rule on admission to the facility.**
- Parents must wear masks and practice social-distancing at all times in the gym.
- No siblings apart from infants in carriers or strollers. (no toddlers).
- Each session will be 45 minutes with a 15 minute gap between classes to enable cleaning and disinfecting.
- All training will be via drills, and performing skills and taking verbal corrections.

Moving Forward Together

- This is a fluid situation and we will be adapting our policies as called for by updated guidelines or science. We will keep this document updated and available on our website.
- Please monitor emails and our social media to keep up to date on how we will move forward.
- Questions? – Email us at info@spiralscheerleading.com or call 817-516-2100. We are here to help.