

Spirals and 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.

Contents

Our Commitment to our Families – General Framework

Sanitizing – Spirals is going to great lengths to keep our facility sanitary.

Entering The Facility – How to arrive at Spirals...

Exiting The Facility – ...and how to leave

Important and Specific Instructions for:

- School Age Gymnastics and Tumbling
- Pre-school age Gymnastics
- Swim Classes
- Camp

Moving Forward and Updates

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.
- Classes and groups are not allowed to interact with other classes or groups. This facilitates contact tracing when infections occur.

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, campers & 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://mansfield.spirals.mycentercheckin.com> to register and set up your account. THIS IS THE ONLY WAY TO CHECK IN OR OUT OF SPIRALS.
- We will be operating using different entry and exit doors. When you arrive, parents should bring your child(ren) to the office door. 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.
- Your and your child's temperature will be taken using a forehead scanning thermometer. This reads in about 1s. If either temperature is above 100F (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

- We will operate a pick up system similar to that of many elementary schools in the area. This will be a one way system in which you wait in your car and your child is brought to you by a staff member. The service is coordinated through our MyCenterCheckIn software (see above).
- You should drive in using the eastern driveway and pull forward forming two lines as indicated.
- There are slight differences in how pick-up works for campers vs athletes. Please read below.



Specific Instructions for Classes – 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 Classes – 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.

Specific Instructions for Swim Classes

- Please bring your child already changed into his or her swimsuit and bring a towel to dry them off. Our changing facilities will be closed.
- Parents will not be admitted to the building. However, you will be able to watch by coming in the side gate to the pool area, and observing pool side. You will be invited back for the last minutes of class to see our progress for the day.
- Parents must wear masks and practice social-distancing at all times.
- No siblings apart from infants in carriers or strollers. (no toddlers).

Drop off and Pick up

Drop Off

Prior to arrival please register your child into our check in/check out system. Please text REGISTER to 817-402-9402 or scan the QR code posted on our doors. You may add multiple students, multiple vehicles, and people who may pick up.

At arrival please text IN to 817-402-9402. The staff will receive notification that someone is here and greet you
Your child will be escorted to the gym.

Pick up

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 (the one with the awning).

Camp

General Precautions:

Camp will be restricted to 50% occupancy.

In accordance with CDC instructions, social distancing within a group for an entire day and through a range of activities is not practical. However, groups will not be allowed to co-mingle. Groups will be formed based on age. This means that your child will be with the same counsellors and small group all week and will not co-mingle with other camp groups or staff.

Staff will be wearing masks. However, it is not necessary for campers to do so.

Every camp counsellor will be carrying a bottle of sanitizer spray and will routinely disinfect each campers' hands as well as each camp station on every rotation.

What to bring:

Please do not forget to have your child(ren) wear clothes that are comfortable and easy to move in with tennis shoes for outdoor activities (No flip flops or Crocs). Please pack the following items for your camper(s):

Back pack containing: Lunch with drink, Snack with drink, Swim towel. Please label this with your child's first and last name on the outside.

Draw string bag with first and last name on the outside (campers will keep this with them at all times): Refillable water bottle (water fountains will be closed), Insect repellent with name on bottle, sunblock with name on bottle (for safety please send only spray on type sunblock), small bottle of hand sanitizer if possible.

Swimsuit – please dress your child in their swimsuit in the morning. We are going to only change one time after the swim session.

Swimming – Each group will have their own designated swim time. This is different from previous years. No tag games such as Marco Polo will be played and swimmers will be reminded to keep their hands to themselves when swimming. Chlorine does kill the virus upon contact. Changing will be conducted in the dressing rooms, one swimmer at a time.

Horses – Helmets will be sanitized after each use. (this is the same as it has always been). The horn of the saddle will be disinfected after each rider.

Lunch – Lunch time will be staggered to allow all the groups to sit at their own table at lunch time. The same sanitizing procedures will be in place prior to lunch and at the completion of each lunch rotation.

Camp Curriculum changes: We are taking out all tag games, partner games and ball games using hand contact. Unfortunately, that does affect many of the favorites we play at camp. Our staff is working on replacing those games with those suitable for social distancing and not involving direct contact.

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@spiralsgym.com or call 817-473-4944. We are here to help.