



## **Bainbridge High School Gymnastics Room**

**COVID-19 Reopening Plan/Guidelines in accordance with the latest set of guidelines from the Governor's office and Washington State Department of Health as of June 30th, 2021.**

These operational plans for the reopening of the Gymnastics facility at Bainbridge High School (as it pertains to COVID-19) will be adjusted and simplified as time goes on, conditions improve, and new best practices are identified.

The processes and procedures contained herein are designed to be an outline, subject to adjustment as needed with input from the Park District, local government agencies, and health authorities in Washington State and Kitsap County.

### **Gymnastics:**

It is our mission to help protect individuals within our classes, teams, and staff. By adhering to these procedures, it will help prevent the spread of contagious diseases such as COVID-19. As schools, camps and daycare are still required to follow specific protocols, we will continue to maintain physical distancing, require masks for all entering the facility (regardless of vaccine status), keep the gym well-ventilated, and stay diligent with additional sanitizing and cleaning. As guidance for children, our sectors, and/or unvaccinated people is changed, we will update our mask policy accordingly.

### **Pre-check and Line-up:**

Pre-check and line-up will take place outside; floor markers will space students and families prior to entering the building. Prior to entering the facility, each participant will be asked general health questions, have their temperature taken, and be required to wash their hands and/or use hand sanitizer. A record of the temperature read, or screening questions will not be kept, but we may keep a record that we took the temperature and asked the screening questions for each person entering the facility.

### **Team:**

All team members must sign a waiver stating that they will follow all district policies/guidelines put in place for reopening. If a team member is not able to follow

district policies, they will not be able to return to practice until they can observe all rules. The locker rooms will be open in a limited capacity – up to two athletes per locker room at a time - so each team member must come to the gym dressed for practice and have a bag with them to hold any items they may need during the time they are at the gym. All items brought to the gym must be stored in an appropriate locker or cubby and taken home with the gymnast or kept in their personal locker. Any personal items found elsewhere in the gym will be thrown away.

Commented [BG1]: Locker rooms are open now to only 2 per locker room correct?

#### **Class Call:**

A staff member will usher students into the gym one at a time.

#### **Spectators:**

There can be 3 spectator groups at a time (max of 3 per group) in the Balcony of the BHS Gymnastics Room at this time.

#### **Safety and Physical Distancing Practices**

- Physical distancing of at least 6 feet of separation should be maintained by every person in the facility at all times to the greatest extent possible.
- Authorized access to the facility will be through the front door.
- Tissues, hand sanitizer, and trash cans will be available throughout the facility.
- Training equipment will be adjusted, or access restricted to maintain proper social distancing standards.
- No more than five people will be allowed in communal areas such as employee break areas and lobbies, and only if physical distancing may be maintained.

#### **Masks:**

Staff must always wear masks while inside facilities. As per guidelines from the Governor's office and Washington State Department of Health regarding indoor camps, K-12 schools, youth settings, etc., all people within the facility must always wear masks from check-in to check-out while indoors, regardless of vaccination status. Participants will be able to step outside with the instructor's knowledge to take their mask off as long as physical distancing of at least 6 feet can be maintained.

While outdoors, Staff and participants must always wear masks. Participants will be able to step away from the group to take their mask off.

#### **Spotting**

- Spotting will be kept to a minimum to keep contact to a minimum.
- Athlete safety is paramount, and coaches are not completely restricted from spotting an athlete, if necessary, to protect an athlete from injury.

- Coaches are to guide students by verbal commands and demonstrations that align with social distancing protocols. Coaches need to make sure to clearly communicate any alternative teaching/coaching methods, so they are understood by the participants.
- Coaches that are not vaccinated will wear gloves if a spot is necessary and will have to sanitize, then change gloves if needing to spot another participant. There may be times when a coach may have to step in and spot or catch a student for safety and may not have gloves on at that point, again immediate sanitizing or hand washing will need to follow.
- Vaccinated staff can spot without gloves, and immediately sanitize after a spotting.
- When non-emergency spotting may occur...
  - A participant is working on a skill that is more difficult and has successfully performed the required lead up drills and needs assistance with performing the new skill safely.
  - If a participant is struggling to get a skill and all other forms of non-contact instruction have not worked.

#### Staff Work Habits:

- Staff members will be required to do a temperature check and prescreening for signs and symptoms of COVID-19 before entering the facility.
- Staff will be required to wash hands or use hand sanitizer immediately after entering the facility as well as before and after every class.
- Staff will be required to wear a provided face cover or one of their own. Gloves and other PPE equipment will not be required for fully vaccinated staff but recommended. Some additional PPE will be given to staff members if the job requires such protection.
- Staff will meet daily and/or weekly to keep informed of best practices for monitoring potential COVID-19 symptoms, as well as updates to District procedures in accordance with Kitsap County and Washington State health guidelines.

Commented [BG2]: or use hand sanitizer

Commented [BG3]: Gloves are required for non-vaccinated staff. Isn't that correct.

#### PPE Accessibility for all staff

- Liquid sanitizer or hand washing stations at facilities where available
- Sanitizing wipes or cleaning solution for each work site
- Disposable gloves
- Disposable masks (if available)
- Personal cloth mask (washing daily recommended)

## REGULAR MONITORING

Employees must self-monitor for signs and symptoms of COVID-19. The following procedures are being implemented to assess workers' health status prior to entering the workplace and for workers to report when they are sick or experiencing symptoms.

*Employees who are sick or were recently exposed to COVID-19 should not come to work and should immediately notify their supervisor. Employees who appear to have symptoms (i.e., fever, cough, or shortness of breath) upon arrival at work or those who become sick during the day should immediately be separated from other employees, customers, and visitors and sent home.*

- Employees should self-monitor COVID-19 symptoms daily
- People with COVID-19 have a wide range of reported symptoms ranging from mild symptoms to severe illness:
  - cough
  - shortness of breath or difficulty breathing
  - fever
  - chills
  - muscle pain
  - headache
  - sore throat
  - new loss of taste or smell

If you develop a fever (100+) and symptoms of respiratory illness, such as cough or shortness of breath, **DO NOT GO TO WORK** and call your supervisor and healthcare provider right away. Likewise, if you come into close contact with someone showing these symptoms, call your supervisor and healthcare provider right away.

### Cleaning:

If an area or piece of equipment is dirty, clean then sanitize. Sanitize high-touch areas such as mats, door handles, trash receptacle touchpoints, control equipment, phones, computers, counters, handrails, tables, seats, toilets, sink faucets, toilet handles, soap dispenser push plates, refrigerator handles, towel dispenser handles, cleaning tools, counter tops, doorknobs, light switches, sinks, etc. In addition, all equipment that was used will be sanitized after each class. **The facility will be deep-cleaned periodically throughout the week**

**Commented [BG4]:** Do we post a cleaning schedule? I haven't seen one.

**Commented [BP5R4]:** We used to have one for staff in 2019, but I don't think we've been using it lately. I wouldn't mind bringing it back.

### Equipment Standards:

Participants may use hand sanitizer between turns on high touch surfaces (mats, beams, etc.). Equipment will be wiped down in between rotations.

### Scheduling of Programs:

Gym managers will be responsible for scheduling classes and/or teams to accommodate the student/facility ratio. There may be specific doors for entry and exit to keep physical distancing during transition times between a class/practice ending and another beginning.

Commented [BG6]: I would state that there may be specific doors

### Facility Ratio:

The total number of participants concurrently inside the facility shall not exceed 40 people to maintain appropriate physical distancing.

Commented [BG7]: How did we come up with this number

### Group Spacing:

While attending class, participants are always required to maintain a minimum 3-foot distance from one another. Floor markers (e.g., tape, chalk markings, dots, etc.) may be provided in several places to establish distancing. Student to Staff ratio will not exceed 6:1 for classes for ages 4-6yrs old, 8:1 for classes for ages 6 & up, 12:1 for competitive teams.

Commented [BP8R7]: I think this is the de facto maximum number of athletes we can accommodate under all the rest of the guidelines (10:1 staff, social distancing, etc.)

Commented [BG9]: Is 3 feet stated somewhere?

Commented [BP10R9]: 3 feet comes from the CDC recommendation for schools with universal masking.

Commented [BG11]: I would add "may" use take or velcro floor markers.

### Door Area Maintenance:

Staff will sanitize all entry and exit surfaces upon opening and re-clean several times throughout the day. This includes the stairway and balcony areas.

Commented [BG12]: I would state sanitizing will happen several times a day rather than after each class.

### Exiting/Checkout:

Staff Members will dismiss participants through the appropriate exit door to await pickup under the white tents at the front door. Social distancing will be maintained, and masks will be worn until participants are picked up by a parent/guardian.

Commented [BG13]: This really doesn't happen. Change language to match what is being done.

The parent/guardian must notify staff as soon as possible if a child needs to be picked up early from class or team. They can contact staff by email or phone using the contact information below.

Katie Rochon: 206-565-5665 or email at [katier@biparks.org](mailto:katier@biparks.org)  
Jason Balangue: 206-488-8625. or email at [jason@biparks.org](mailto:jason@biparks.org)  
Bryan Peterson: 206-565-5674 or email at [bpeterson@biparks.org](mailto:bpeterson@biparks.org)  
Bryan Garoutte: 206-488-8587 or email at [bryan@biparks.org](mailto:bryan@biparks.org)

### Locker rooms/Bathroom:

7/14/21

Locker rooms will be open to up to two participants at a time. Anyone needing to use the bathroom must do so one at a time. Anyone using the bathroom must wash their hands afterward.

**Water fountains:**

Water fountains will be restricted to water bottle filling only at this time.

**Food/Snacks/Meals**

Participants will not be allowed to eat food in the facility. In addition, staff will need to take their snack or meal break outside of the facility.

**Pre-Session screening:**

- Place signage at facility entrances to instruct patrons that they cannot enter if they have been diagnosed with COVID-19 (and have not recovered or are still within the required 14-day quarantine), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days).
- A staff member will conduct a temperature screening and questionnaire of clients at the facility entrance.

**FIRST AID/EMERGENCIES (AMERICAN RED CROSS STANDARDS) GUIDELINES**

Staff may have to deal with first aid situations on employees, participants, from time to time. The following guidelines should be followed to protect the employee and minimize risk of exposure to COVID-19.

- First Aid/Emergencies (American Red Cross Standards) Procedures  
First aid providers should follow American Red Cross standard precautions. If possible, have the injured person place a face covering over their nose and mouth, if they have not done so already, and limit contact by staying back at least 6 feet, if possible, until that person has done so.
- Try to limit the number of individuals in contact with the person in need of care. Those who provide direct care for an injured person should wear respiratory protection (e.g., N-95 mask), eye protection, disposable gloves, and a disposable isolation gown, if possible. Updated CDC guidance allows for alternatives to respirators (N-95) in communities where there is a shortage of respirators.
- Following care, first aid providers should perform hand hygiene as they would normally do and discard personal protective equipment (PPE) following usual procedures.

- While wearing PPE, clean and disinfect items which have touched the patient. After cleaning, dispose of PPE and perform hand hygiene.

### **When Performing CPR:**

While CPR with breaths has been shown to be beneficial when compared to compression-only CPR, during the COVID-19 outbreak, it is currently recommended that no rescue breaths be performed for adult cardiac arrest patients with confirmed or suspected COVID-19, due to the risk of disease transmission. The following measures are recommended and may be associated with a decreased risk of transmitting the virus:

- ALWAYS CALL 9-1-1
- When assessing normal breathing, we recommended that the CPR/first aid care provider looks for breathing but does not listen or feel for the victim's breathing, as this will minimize potential exposure.
- We recommend that adult victims of sudden cardiac arrest receive continuous compression-only CPR from their CPR/first aid care provider until emergency personnel arrive. Note: Compression-only CPR saves lives compared to no CPR.
- Cardiac arrests occur after a breathing problem (which is often the case in infants and young children), drowning and drug overdoses may benefit from standard CPR that includes compressions and rescue breaths. Note: It is recognized that in some of the cases, the victim may also have COVID-19. However, if a lay responder is unable or unwilling to provide rescue breathing with CPR, compression-only CPR should be initiated.

### **COVID-19 EXPOSURE AND RECOVERY STEPS**

If an individual has displaying signs and symptoms of COVID-19 follow the steps listed below.

#### **Exposure Steps:**

- 1) Politely ask the individual to step outside the facility or into an area away from other staff and the public. Inform them of the symptoms observed and inform them they will not be allowed to work or participate in Park District programming that

day. If the individual is a minor, continue to provide oversight and contact the parent or guardian to inform them of the situation.

- 2) If the symptoms were at a pre-check-in skip down to bullet #5.
- 3) If there was any contact with other employees or the public participating in programming continue to monitor health symptoms as you close the worksite or program area should be shut down immediately.
- 4) Continue to ensure proper social distancing is taking place while the area is closing.
- 5) Contact your direct supervisor and Division Director immediately to report the situation.
- 6) All individuals with possible exposure should be notified.
  - a. The Park District strongly suggests all individuals exposed seek advice from their medical provider.
  - b. Exposed staff and the public will not be allowed back to until clearance has been given by a medical provider.
- 7) Fill out incident report form with all details.
  - a. Include all details of the individual that displayed symptoms and list out individual contacts with potential for exposure.

#### **Recovery Steps:**

- All work and programming shall be cancelled until the proper cleaning services have been completed.
- Once all staff and the public have been cleared of the area, the Park District's cleaning service will be scheduled for full sanitization of the affected area.
- Park District staff shall re-enter the exposure area after the cleaning services have finished to begin a secondary cleaning of any equipment, supplies, etc.
- The reopening of the area can only be approved by the Executive Director or a Division Director

#### **Ventilation**



- Keep doors and windows open where possible and utilize fans to improve ventilation. BISD to adjust mechanical ventilation systems to bring in as much outside air as possible.