

# COLUMBIUS GYMNASTICS • ACADEMY

## Updated COVID Procedures

As we move into cold and flu season, it is imperative that the following policies are adhered to:

All CGA STARZ Team Gymnasts must wear masks during entering the gym, during warm up, and while exiting the gym. Masks will not be worn while any type of cardiovascular activity is taking place. It will ONLY be worn during warm up. Recreational students are encouraged but not required to wear a mask during their classes.

If your child has ANY of the following symptoms, they **CANNOT** come to the gym:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

For the scenarios below, close contact/exposure is defined as ANY of the following.

- Direct physical contact (spotting, hugging, sharing of water bottle, high five, etc)
- Within 6 ft for a cumulative 15 minutes with or without masks on.

Close contact is defined by CDC as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. The World Health Organization (WHO) additionally includes persons with direct physical contact with a probable or confirmed case, direct care for a patient with probable or confirmed COVID-19 disease without using proper personal, and other situations as indicated by local risk assessments.

### Scenario 1: Athlete has had **close contact/exposure** with someone who has tested positive with COVID-19

- Athlete stays home for 14 days. They may return after 14 days AS LONG AS they have been symptom free for 14 days. (Should athletes develop symptoms during the 14 days, please refer to scenario 2)
- Athletes in the same class/practice will be notified and will be asked to monitor for symptoms.
- Privacy will be enforced during this process.
- Staff will thoroughly disinfect facility.

### Scenario 2a: Athlete develops ANY Covid-19 symptoms with **NO KNOWN COVID-19 EXPOSURE**

- Athlete STAYS HOME from practice.
- Athlete must do AT LEAST ONE of the following
  - Athlete checks in with their doctor and receives a doctors note stating a different diagnosis and they may return to practice
  - If athlete does not have a doctor, they must stay home for 10 days since symptoms first started AND until no fever for 24 hours AND until symptoms are gone. Then they may return to practice.
  - Athlete may get a COVID test, get a negative result, and must be fever free for 24 hours before returning to practice with proof of negative result.

### Scenario 2b: Athlete presents with ANY Covid-19 symptoms during practice with **NO KNOWN COVID-19 EXPOSURE**

- Athlete is removed from practice.
- Athlete is given a mask.
- Athlete is isolated from others.
- Parents are contacted and must pick up athlete within 30 minutes.
- Athlete must do AT LEAST ONE of the following
  - Athlete checks in with their doctor and receives a doctors note stating a different diagnosis and they may return to practice
  - If athlete does not have a doctor, they must stay home for 10 days since symptoms first started AND until no fever for 24 hours AND until symptoms are gone. Then they may return to practice.
  - Athlete may get a COVID test, get a negative result, and must be fever free for 24 hours before returning to practice with proof of negative result.

### Scenario 3: Athlete **tests positive** for COVID-19

- Athlete self quarantines for 14 days, is symptom free, AND has tested negative for COVID-19.
- Athlete will provide proof of a negative test result upon return.
- Any athletes in the same group/class who were determined to be exposed will refer to Scenario 1.
- Remainder of group/class (who have not been exposed) will be notified and will be asked to monitor symptoms.
- Privacy will be enforced during this process.
- Staff will thoroughly disinfect facility

### Scenario 4: Staff Member **tests positive** for COVID-19

- Staff member self quarantines for 14 days, is symptom free, AND has tested negative for COVID-19.
- Staff member will provide proof of a negative test result upon return.
- All athletes coached by this staff member will be notified of the positive test.
- Any athletes who were determined to be exposed to the Staff member will refer to **Scenario 1**.
- Remainder of athletes (who have not been exposed) will be notified and will be asked to monitor symptoms.
- Any Staff members who were exposed to the positive staff member will refer to **Scenario 1**.
- Privacy will be enforced during this process.
- Staff will thoroughly disinfect facility