

**Bismarck Gymnastics Academy's (BGA) North Dakota Smart Guidelines:  
(We remain committed to the safety and health of our gymnasts and staff)**

**Employee Guidelines:**

- Staff will perform a wellness check prior to entering BGA and will stay at home if sick.
- Staff will sanitize hands prior to entrance and before and after each class.
- Staff will be thoroughly trained on procedures and will be prepared to enforce any physical distancing protocols.
- Staff will adhere to any PPE requirements mandated by the ND Dept of Health.

**Building Preparation:**

- Facility team to disinfect and sanitize entire facility.
- Use products approved to be effective against COVID- 19 throughout the facility.
- All surfaces to be disinfected/sanitized at the end of business daily. Commonly touched surfaces (door handles, hand railings etc.) will be sanitized multiple times daily.
- Hand sanitizer will be provided throughout the facility and will be accessible to gymnasts/staff and will be monitored for refill.
- Always uphold student to square footage rotation when appropriate.
- Online and in person Pro shop is available.
- Seating is available in our designated observation areas. Appropriate ADA accommodations will be made if necessary.
- BGA will no longer provide lost and found services (all items left at the facility will be disposed of daily).

**Prior to arrival at BGA:**

- Please perform wellness and temp checks prior to arrival at BGA. Do not attend if you or your child are exhibiting symptoms of COVID-19 or have been exposed to such symptoms.
- **Please bring a personal bag/ backpack containing your own water bottle, grips, room for shoes and any outside clothing.**
- **Please come to the gym dressed for class (your outside clothes and shoes will go into your backpack).**
- If appropriate, please educate your child on what physical distancing looks like (how to stand six feet apart, sneeze/ cough into their elbow).
- Please arrive approximately 5min. prior to practice and be prompt on pick up to avoid unnecessary crowding in common spaces.

**On arrival to BGA:**

- Please practice physical distancing in our lobby and bleachers whenever possible.
- Athletes and parents may have their temperature checked upon arrival.
- Gymnasts and parents may elect to wear a mask if desired.
- Students may place personal items in a locker for the duration of class/practice. Recreational families are welcome to utilize empty lockers without a name tag.
- Gymnasts are encouraged to bring a water bottle to class but may utilize water fountain and bottle filling stations.

**During Practice:**

- Instructor to student ratio will be adjusted to provide for physical distancing when necessary.
- **Students will likely be touching common surfaces throughout practice (bars, beams, matting).**
- Stations and events will be adjusted to allow for physical distancing when necessary.
- No makeup classes will be offered for the time being.

**After Practice:**

- **Please arrive promptly at the end of practice.**
- Sanitizer will be provided for exiting the facility.
- Students and parents will be encouraged to exit BGA in an organized and considerate manner.
- Employees will disinfect all common areas and utilized surfaces at the end of the day.
- Please exit the facility promptly after practice to allow for proper cleaning/ sanitizing to ensure safety for the next practice.