



COVID—19 RESPONSE PLAN

Pinnacle Gymnastics

COVID-19 Reopening Phases

We will begin our reopening slowly with our team program. We will ease in over the next few weeks and accomplish this through a hybrid training system with training taking place both in the gym as well as at home.

Phase 1 ~ May 27th

Team Program returns. 20-30% in gym training with additional virtual training options. We will email the schedule soon. We are working diligently on a more extended/summer type schedule for the team.

Phase 2 ~ June 3rd

We will welcome back athletes who have been enrolled in our Virtual Training, recreational programs, and developmental teams. We will have VERY LIMITED class spots as we continue to ease into our new systems. Our Virtual VIP program will have priority registration for IN GYM classes.

Phase 3 ~ June 9th

Preschool, Advanced Preschool, and Tumbling Classes will resume. Limited Classes will be offered. Parent/Child classes will not be held this summer.

Phase 4 ~ TBD

Mini-Camps and Clinics will possibly resume.

While we cannot open to the public and simultaneously prevent 100% of all germs from spreading, we are proud of and confident in the policies and procedures we have put in place that meet or exceed all government recommendations and guidelines. For these precautions to be as effective as possible, it will require the support and participation of our entire Pinnacle Community.

We will be following the guidelines Listed on the Ohio Department of Health's Responsible Restart Ohio webpage. We have used combined information from the Gyms and Fitness Centers Task Force and the Sports Skills Training.

FACILITIES

- Pinnacle's facility is 19,425 square feet and has a Building Occupancy of 404 people under normal circumstances. We have set the facility up to allow for social distancing. All equipment has been measured and adjusted if needed to meet the requirement.
- Lesson plans will be designed around social distance measures and additional mats or equipment used will be marked 6 feet apart.
- Our Lobby area has been marked to assist in social distancing. Our carpeted stairs off the lobby will be "UP ONLY" stairs and our fire escape stairs at the south end of the lobby (by the preschool end of the building) will now be the "DOWN ONLY" stairs. These lead back to the vestibule and front exit. Please do not "hang out" in the lobby. We need to keep as much space as possible for safe traffic flow.
- Our balcony/viewing area has been marked to reflect social distancing and has a very limited capacity of 20 seats. If the balcony viewing area is full, we ask that you wait in your car until an adult spectator has left. While we would LOVE you all to be at Pinnacle with us, it is important to keep numbers and traffic as low as possible for the greater good. As we move forward, we will be looking at other ways to allow for more viewing and possible assigned days for team parents.
- Please limit to 1 adult per family at any time. Please do not bring additional guests or non-participating children to the facility.
- We encourage parents to use our drop off/pick up procedures to limit the number of contacts that come through the facility.
- Drinking fountains have been covered and unplugged. Participants should bring a water bottle labeled with their name.

- Our staff will track students in our building with our attendance software.
- Team athletes will no longer “pull their cards” upon entry. We are working towards a “self-scanning” QR Code system for team.
- ADULTS must check in upon arrival and check out at dismissal. This is required. When you arrive and enter the building, please text your first and last name to 330.696.3265 stating that you are “here” or “arrived” or something kind and supportive :). When you leave, please simply text “out” or “left” to the same number. This is a mandatory piece of Contact Tracing.
- Class sizes may be reduced to assist in social distancing and enrollment will be limited.
- We will prop open doors whenever possible to allow for a hands-free entrance.
- We are required to eliminate “Lost and Found”. Lost items will be discarded at the end of the day.
- Chalk buckets have been removed. Athletes will use personal chalk containers.
- The facility will be sprayed regularly with accelerated hydrogen peroxide.

LOCKER ROOMS AND CUBBIES

- Locker rooms will ONLY be used as restrooms until further notice. Cubbies have also been removed. We ask the athletes come dressed for workout, hair done, and carry any essential items they may need in a gym bag. They will not be permitted to change in/out of workout clothes at our facility.

AIR FILTRATION

- The facility has 4 HVAC units; 2 12.5 ton units and 2 smaller units. We also have 2 “chalk eater” air filters on the floor. Our filters will continue to be changed out regularly.

SANITIZATION

- Please have your athlete use the restroom and wash their hands prior to leaving home.

- Please sanitize hands upon entry and exit at Pinnacle. There will be sanitizer near the entrances and exits. We have always sanitized before and after workouts and will continue to do so. In addition, we have installed 10 new sanitizing stations throughout the facility that athletes/adults are asked to use. Our gym's sanitizing body foam meets CDC requirements and beyond. It is actually made specifically for athletes like gymnasts and wrestlers and can be used often on hands, arms, feet, and legs without drying them out as much as a standard sanitizer.
- We have propped our kitchen door open upstairs for an additional HAND WASHING ONLY station. This is located at the top of the stairs.
- There will be additional sanitizing wipes placed throughout the facility.
- Cleaning and disinfecting of public areas, restrooms, high touch surfaces, and frequently used gymnastics equipment will take place regularly throughout business hours. Deep cleaning of the building and apparatus will take place before and after business hours as well as during low use times. Pinnacle Staff and our professional cleaning company will share these responsibilities.

EMPLOYEES

- Pinnacle Employees will be provided instruction/education on COVID-19 prevention and will be reminded often. Pinnacle employees will be self-monitoring and will not report to work if they are ill or exhibiting symptoms of COVID-19. Employees who show a fever of 100 or more will not return to work until their fever has subsided for a minimum of 24 hours, without fever reducing medicine.
- Coaches will wear a mask while instructing unless there is a safety concern or if the instructor is well beyond the social distancing threshold.
- Employees will frequently wash hands throughout the day.
- No-touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during and after sessions **unless the contact is for the purpose of safety.**
- Social distancing of six feet will be adhered to unless drills and personal instruction require less separation or the situation makes it impractical.

Maintaining a healthy and safe environment for all of our students and families is going to take work and cooperation from our employees, athletes, and parents. We need every family to do their part to practice good hygiene and follow our policies and procedures. We ask you be patient and supportive of our athletes and coaches during this time.

PARENTS/ATHLETES

- Must conduct a self-assessments and temperature check at home prior to coming and NOT enter our facility if they are exhibiting symptoms or have been exposed to COVID-19.
- Anyone exhibiting symptoms will be asked to leave the facility. If an individual shows symptoms during practice that individual will be immediately isolated and a parent will be notified for pick up if needed.
- If you or your child runs a fever of 100 or higher, please do not bring them to the gym. Please follow up with your pediatrician and do not return until the fever has subsided for a minimum of 24 hours without fever reducing medicine.
- If anyone is sick in your home, please consider staying home and utilizing our virtual classes.
- Please do not arrive more than 10 minutes before class. Be prompt for pick-up
- PARENTS ARE ASKED to access and set up payment through the Portal to allow for touchless payment processing.
- Athletes must be dressed to participate with hair ready upon arrival.
- We encourage everyone to wear a facial mask while in our facility. Athletes will not be required to wear mask during class but are encouraged to wear them in and out of the building.
- Upon entering the building, please sanitize and text us at 330.696.3265. Include your first and last name, stating that you are “here” or “arrived” or something kind and supportive :). When you leave, please simply text “out” or “left” to the same number. This is a mandatory piece of Contact Tracing.
- Please remember we can only provide enough viewing for about 20 spectators.
- Please limit only 1 adult per family in the facility. No additional guests or non-participating children.

- Drop off and pick up are HIGHLY ENCOURAGED whenever possible.
- Please bring a water bottle to class, clearly labeled with their name.
- Participants may bring a small gym bag that will go out in the gym with them. Bring only the necessary items to class in this gym bag. We recommend flip-flops while the weather is nice. Athletes will slide their shoes and street clothes into their bags after arrival with their water bottles.
- We are required to eliminate Lost and Found. Lost items will be discarded at the end of each day.
- Athletes must maintain social distance, except when close interaction with a coach is required.
- No touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after sessions *unless the contact is for the purpose of safety,*
- TEAM athletes MUST bring a gym bag with the following suggested items: **extra workout clothes/leo in a zippy bag, *personal chalk container*” (we will provide large Ziploc-style bags), large water bottle, small spray bottle for grips, exercise bands (thera-bands), foam roller, tennis ball, personal braces such as tiger paws, athletic tape, personal hand sanitizer/wipes, tissues, band aids, nail clippers, hair ties, and necessary personal products. All personal items must leave the facility at the end of practice. Personal items may not be shared. Bags will travel with the athletes from event to event.
- Please vacate the premises as soon as possible. There will be no congregation in the lobby, gym, or balcony before or after practice.
- Sanitize hands before leaving for home.

CONFIRMED CASES

- Anyone exhibiting symptoms will be asked to leave the facility. If an individual shows symptoms during practice that individual will be immediately isolated and a parent will be notified for pick up.
- If a COVID-19 case is confirmed or suspected, Pinnacle will reach out to the Medina County Health Department for further guidance.

- Pinnacle will shut down for a deep sanitization if a COVID-10 case is confirmed.

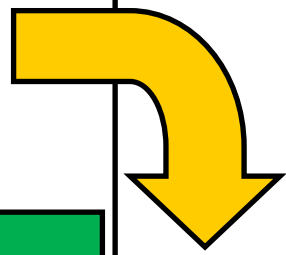
DROP OFF/PICK UP PROCEDURES

- *ALL VEHICLES MUST ENTER THE EASTERN-MOST ENTRY TO OUR PARKING LOT* (closest to the cul-de-sac) and travel north (towards the fence).
- Vehicles **DROPPING OFF** should proceed to the drive directly in front of the doors. Drop off your child at the front doors. If possible, have them exit the passenger side of your vehicle.
- Vehicles **PICKING UP** children under 12 should proceed south in the **CENTER** section of the parking lot. As you prepare to “exit” the parking lot, look to your right to assess the parking spots at the **SOUTH** side of our building. There are 5 spots there (though more people fit, if done carefully). If there is a space available, please pull into a parking space along the south side of the building and we will get your child to you. If there is not yet space, please wait patiently in that center section until there is a spot. If you will be in a hurry to leave after class, I would encourage you to be aware of the traffic patterns, as there may be cars waiting to pick up their child in the middle section.
- Vehicles picking up children 12 and **OVER** who have a cell phone, please **PARK** and text your child so that they can exit directly to your vehicle. If you are **NOT** comfortable with this, follow the above pick up procedure.
- For parents staying to observe, dismissal will be **THE SAME** as explained above. All departing students will be staged in the preschool area and will be dismissed from the south end of the building. Please exit the building using the stairs at the south end of the balcony, go to your vehicle, and come to the south end of the building.
- **ALL PARENTS** should have a sign in the front window of their car with their child’s name (much like picking up from preschool or elementary school) so that our staff can easily identify your car and get your child out to you as quickly as possible. Students will **NOT** be in line of sight of the vehicles, so they won’t be able to assist easily.
- A drawing/diagram of the plan is on the following page. I would **STRONGLY ENCOURAGE ALL PARENTS** to exit our property travelling west on the access road along the south side of the building to turn onto Granger Road. This allows **STOPLIGHT** access to Route 18 and reduces the cross traffic of people leaving the parking lot.

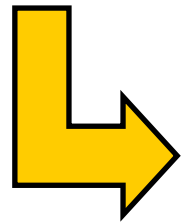
All vehicles enter HERE!



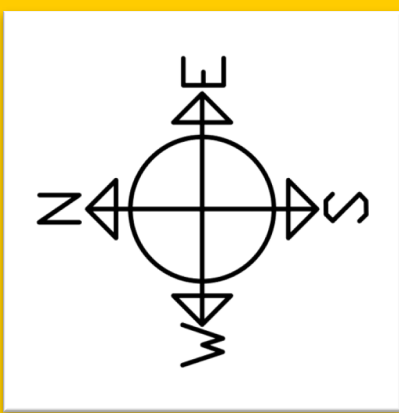
PICK UP STAGING AREA



DROP OFF



Pinnacle Gymnastics



PICK UP

Everything about the disease, its spread, governmental guidelines, social responses, the needs of our families, and the financial environment have been in constant flux. Our plan and procedures for how we address all of these things must be adaptable, purposeful, according to the regulations put forth by local, state, and federal governments, and effective. In order to be all of these things, we cannot be afraid to constantly evaluate our policies and procedures, seek out new and sound information, and adjust our responses accordingly.