



Tumbles Gymnastics Disease Prevention Standards

The health and safety of our students, their family members, our employees and the staff of every school hosting the Tumbles program is our top priority. These standards are designed to help prevent the spread of disease.

Tumbles Gymnastics has always operated with the following goals in mind.

- Keep our students happy, safe and healthy.
- Create great Lesson Plans that teach and entertain.
- Always Remember - Children Come First!

These are indeed tough times that we are living in. Tough times are also an opportunity to re-evaluate and re-create ourselves. We have thought long and hard about how we can provide the Tumbles Gymnastics program while doing everything in our power to prevent the spread of disease and we are happy to share our plans with you. As you see below, **our safety and cleanliness guidelines fall into 6 categories.**

TUMBLER GYMNASTICS DISEASE PREVENTION STANDARDS

Employee Guidelines	<ul style="list-style-type: none"> • Instructors will wash their hands before and after each class. • Hand sanitizer will be used throughout the class, as needed • Instructors will wear face masks at all times while teaching. • At each school, Tumbles Gymnastics will also follow the policies and procedures established by the school regarding cleanliness and disease prevention. • At this time, students from separate classrooms will not be combined in a Tumbles class. • Instructors will travel with a change of clothing.
Equipment Preparation and Sanitization	<ul style="list-style-type: none"> • Tumbles will use more stringent cleanliness and sanitation procedures. • The gymnastics equipment will be spot cleaned after each class. • The gymnastics equipment will be sanitized after every school. • The sanitizing solution is the same product used by the Hillsborough County School System. • Each Tumbles vehicle will have a mobile Sanitation Station with the following items. <ul style="list-style-type: none"> ◦ Disinfectant in a spray bottle; Hand Sanitizer; Kleenex Tissues; Trash bags; Gloves; Masks; Clorox Wipes; Baby wipes. • Each Tumbles vehicle will carry towels for cleaning the equipment.
Before Each Class	<ul style="list-style-type: none"> • Students must wash their hands and go to the bathroom before coming to class. • Student temperature will be checked each day by the school personnel. • Hand sanitizer will be used by Instructors before each class. • Every effort will be made to maintain appropriate social distance between students walking to gymnastics class.
During Class	<ul style="list-style-type: none"> • Vinyl spot markers and hula-hoops will be used for each student to stand or sit on during warmup activities. <ul style="list-style-type: none"> ◦ The vinyl markers and hoops will be cleaned after each use. • Spotting will be limited to necessary stations and activities. • Classes will be structured to maximize social distancing practices. • Any body fluids will be immediately cleaned up and the specific equipment and area will be disinfected and set aside to dry. • Every effort will be made to maintain appropriate social distance between students during class.
After Class	<ul style="list-style-type: none"> • Tumbles will not use hand stamps until further notice. • Hand sanitizer will be used by Instructors after each class. • Between classes, instructors will spot clean identified areas on the equipment. • Every effort will be made to maintain appropriate social distance between students walking back to the classroom.
Class Structure	<ul style="list-style-type: none"> • Smaller class size. • Classes will be taught outside, in a shaded area, whenever possible. • Lesson plans will be constructed to eliminate partner activities or use of hand held props. • Stations modified to allow for appropriate distancing. <ul style="list-style-type: none"> ◦ Minimum 6 feet distance between stations. • Use of porous, or cloth, items will be minimized, or eliminated. • Extra time will be inserted between classes to clean the equipment.

Rev: September 3, 2020