



RETURN TO CLASS GUIDE

As Virginia Techniques begins taking important steps toward reopening, we need your help! Our goal is to provide a safe and healthy environment for our students, our staff, and all who visit. We have implemented many new procedures specific to the safe resumption of programming. Prior to returning, please review the procedures below, remembering these necessary steps allow us to keep our doors open and everyone safe. Please understand that these procedures will change and evolve over time following new and/or revised guidelines from the commonwealth of Virginia and the CDC.

PICK UP & DROP OFF

Staff members will meet kids at drop off:

- Please utilize drop off/pick up (ages 7+)
- If entering Techniques is required, limit is one guardian
- Guardians may not bring non-participating children
- All students and visitors must pass a wellness test and sanitize hands upon entering
- Arrive no sooner than 10 minutes prior to class time
- All visitors are required to wear masks in common areas

WELLNESS CHECKS

Our illness policy will be strictly enforced:

- A wellness assessment will be performed upon entry for each student, employee, and visitor
- Anyone exhibiting flu-like symptoms will be sent home
- All that enter the facility must be fever free (without medication) for at least 72 hours
- Anyone who has been exposed to COVID-19 must stay out of the facility for a minimum of 14 days

CLEANING & CLASS TIME

Number of athletes in the gym and any area of the gym will be limited based on regulations:

- Students will wash/sanitize hands before and after class and between rotations
- Workouts will be altered to implement physical distancing using specific zones and equipment for each athlete
- Stations and equipment will be limited to vinyl and hard surfaces
- The loose foam pit will be closed
- Mats, surface areas, etc. will be cleaned regularly

- Coaches and employees will wear facial covering when they are in the lobby or other common areas
- Lesson plans will be temporarily modified to omit partner activities, porous surface props, and limit close contact
- Instructors and students will maintain 10' distancing whenever possible; spotting may be required to ensure safety
- Students will enter/exit their training area at marked points
- Schedules have been modified to allow additional time for students to exit and staff to clean prior to next class
- Students and guardians must exit immediately after class

PHYSICAL DISTANCING

Parents in common areas must maintain a safe distance from others and wear face covering:

- Guardians, students, and staff should maintain a safe distance of 6' whenever possible
- No high fives, hugs, or handshakes
- Payments and other transactions should be made through the parent portal whenever possible
- Lockers will be unavailable for team athletes
- Limited cubby storage will be available and cleaned frequently

TRAFFIC FLOW

Drop off and pick up should be utilized as much as possible to minimize overall headcount in the gym:

- Children should be dropped off only at the door
- A staff member will be stationed outside to greet students at the door and see them inside safely
- Children will wait for class in designated areas that will keep them physically distant
- Staff members will escort students to cars after class.

STAFF POLICIES

Staff policies will be strictly enforced:

- All employees must stay home if she/he is showing symptoms or anyone in the household is symptomatic.
- Must stay home for 14 days after traveling to a known hot spot or internationally
- Will have a wellness check each day when entering
- Will sanitize hands upon entering and between classes
- Will wear masks in common areas

STUDENT POLICIES

Student policies will be strictly enforced:

- Student must stay home if she/he is symptomatic or if anyone in the household is symptomatic
- Must stay home for 14 days after traveling to a known hot spot or internationally
- Will have a wellness check each day when entering
- Must wear masks in common areas (ages 10+) and may wear masks throughout class
- Will sanitize hands upon entering and between classes
- Must bring a water bottle labeled with first and last name (water fountains will be closed)
- Come prepared for practice (dressed for class, use bathroom at home, water bottle filled)
- Refrain from physical contact with others - no high fives, hugs, or other contact

FACILITY POLICIES

These policies will be based on government requirements and modified as regulations change:

- Building capacity reduced to 30%
- No lobby toys or drink machines
- Snacks limited to campers only
- Thorough cleaning of all areas throughout the day and every evening with special attention to touch points
- Zones cleaned between classes and rotations
- Limited cubby storage will be available and cleaned frequently
- Coaches will provide hand sanitizer between rotations
- Areas will be designated for entering class and observing

FAMILY POLICIES

Family policies will be strictly enforced:

- Only one parent allowed for each child (ages 6 & under)
- Must stay home for 14 days after traveling to a known hot spot or internationally
- Must stay home if she/he is symptomatic or if anyone in the household is symptomatic
- Will wear masks in common areas
- Will maintain physical distance and sit or stand in designated and marked areas

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