



*Kids First and
Families Always Matter*

Health & Safety Handbook

July, 2021



Contents

Overview

The purpose of this document 2
Adherence to this Handbook 3

Our Collective Responsibility

We are all responsible for the health and safety of each other 3

Methods of Spread

Who Can Spread Covid-19 4

Our Reopening Plan

Guidelines..... 5
Steps for our staff..... 5
Steps for our parents and children 6
Levels of programming 7
Phases of reopening 7

How We Limit the Spread

Proactive Prevention of Exposure 8
Active Prevention of Airborne Spread 8
Active Prevention of Contact Spread 9
Conclusion 10



Overview

The Purpose of this Document

The health and safety of our students and extended Schafer Sports Center family will always come first. As we return to play after the disruption due to the Covid-19 virus, every decision, policy, and procedure is made in the interest, safety and health of all. We cannot and will not make any decisions that favor financial needs at the cost of reasonable safety.

Remember our purpose and mission here at Schafer Sports Center:

“Kids first, and families always matter.”

This Manual is as Fluid as our Current Situation

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 plans and procedures for how we address all of these things must be adaptable, purposeful, and effective, based in science, and in accordance with the regulations put forth by state and federal governments. In order to accomplish all of these things we will constantly evaluate our policies and procedures, seek out new and sound information, and adjust our responses accordingly. Schafer Sports Center will alter any and all of this handbook as needed to fulfill these goals.

Everyone Must Be Their Own Advocate

One thing we have learned in our communication with our families is that each of us is approaching this recovery differently. We are trying to navigate as best we can, and, each of us has had to find a unique plan for the unique circumstances of our family and environment. While we as a team will continue doing everything we can to meet and exceed state and federal guidelines, along with minimizing interruption of ‘normal life’ as much as possible, we understand that certain solutions or policies will not be the most appropriate for each family. While we will try our best to create the best environment for everyone, we respect families who have to make the difficult decision to delay their return for now until the global situation, or a certain Schafer policy creates more comfort for you.

Adherence to This Handbook

Given all the above, and in the interest of protecting the health and safety of the children entrusted to our care, Schafer's will be enforcing all policies and procedures listed within this document during our reopening. If a family, athlete, or employee is unwilling to abide by these policies and procedures, they will not be allowed to attend Schafer Sports Center until either Schafer's Response Level has been altered or your cooperation is aligned with our new policies.

Our Collective Responsibility

We Are All Responsible for the Health and Safety of Each Other

Due to the nature of how viruses spread, in order for all of us to be as healthy as possible, all of us must do our part to support a healthy and safe Schafer Sports Center environment, and healthy and safe homes for our family and friends.

Regardless of what phase we are in, maintaining a healthy and safe environment for all of our students and families is going to take work and cooperation from our staff, students, and parents. We need every family to join us in practicing good hygiene, following our policies and procedures, and being patient and supportive during this time.

This is a stressful, unprecedented, and challenging situation for all of us. It is important to remember we all share the same goal - the safe and smooth return of our children's lives to a sense of normalcy.



Methods of Spread

Who Can Spread Covid-19

At this time, we know that Covid-19 can be spread by 4 types of carriers.

1. Those with the disease and showing symptoms.
2. Those with the disease but without symptoms during the incubation period.
3. Those with the disease and who will not show symptoms at all.
4. Those without the disease systemically but who carry the virus superficially (such as on their hands).

Our job is to first proactively ensure those who are carriers of the virus, regardless of type, avoid entering the facility in the first place. This is easy with #1, but harder with # 2, 3, and 4. Given that someone might be a carrier without symptoms, our second job is to concurrently limit the potential spread of the disease and the potential exposure of those who attend our programs from contracting the virus as best we can, although we recognize that no one can be able to guarantee a risk-free facility. This is achieved through the rigorous policies and procedures outlined below

Those who bring the virus into a public space, regardless of which type of carrier they are, all spread it through a couple of main methods: Airborne and High Touch Surfaces. Our policies and procedures are purposefully designed to combat each of these sources of delivery.

Our Reopening Plan

Guidelines

As we approach a new normal to the way we navigate our day-to-day and work lives, we wanted to update our health protocol while working here at Schafer Sports. Our number-1 goal is to keep all of our staff and clients as safe as possible.

Much of the government's timeline is still unclear, and much of that is due to the uncertainty that still exists regarding the timeline of the disease. But, given the current public recommendations and the coordination with local and state officials, Schafer's has outlined the tentative steps of reopening below.

While there are risks that none of us can control as it relates to COVID-19 and other viruses and sicknesses, our hope is that with the measures listed below we can all do our part to stay as safe and healthy as possible.

Steps for our Staff

1. Staff who provide us with proof of vaccinations will no longer be required to wear a face covering.
2. Unvaccinated staff will be required to wear a face covering.
3. Staff will be instructed to stay at home if sick.
4. We encourage greetings such as elbow bumps, verbal greeting, air hi-fives, or air hugs. We recommend avoiding all handshakes and hugs.
5. We encourage all staff and clients to maintain social distancing when possible in the facility.

Steps for our Parents and Children

As we all know, we are entering what is becoming our new normal. We are going to follow the guidelines of the New Jersey Health Department, the CDC, and all State-mandated guidelines to help keep us all safe and healthy. While we don't have control of all the health risks, we are certainly going to follow the guidelines required to ensure that we all do our parts to remain healthy and safe.

- Our unvaccinated staff will be required to wear a face covering at all times.
- The unvaccinated Aquatics staff will wear face shields or face mask while teaching in the pool.
- The lifeguard is not permitted to wear a face covering or face shield due to safety hazard. A face covering is required for unvaccinated parents and children who enter the facility.
- Hands free sanitizer stations will be placed throughout the facility and we encourage clients to use prior to entering the facility.
- To reduce the number of occupants, we asking that only 1-2 family members attend class with their child.
- Our swim lessons will continue to be private 1 on 1 or semi-private with 2 students from the same family with similar swim skills.
- Higher level swim lessons like swimmer 3 through swim conditioning will continue with no more than 4 students and will be limited in nature with no more than 2 classes at the same time.
- We will move to using only air hi-fives with our teachers and students.
- Continuing to encourage students to wash hands and sanitize will be a joint effort. We also ask parents to keep kids at home if they are sick.

Levels of Programming

The official guidance for gymnastics, aquatics and indoor-youth sports programs from the government have been specified, however, guidelines change frequently. Schafer Sports Center has worked with our contacts within the Department of Health along with industry leaders in the camps, National Aquatics Associations, Child-Instructional Services Industry, and USA Gymnastics, to create a customized and comprehensive set of policies and procedures with three levels of reopening. Each level has a different amount of precaution and risk management, from Orange, the most controlled to Green, our ‘back to normal’ level.

Phases of Reopening



In order to maintain the policies in each of these levels, we have had to make the difficult decision that not every program will be available when we reopen. For example, at the earliest reopening phase, we will not offer Parent/Child classes due to the inadvisability for children 2 and under wearing a face covering.

Each program will go through the three levels of reopening in phases. Much of the government’s timeline is still unclear, and much of that is due to the uncertainty that still exists regarding the timeline of the virus. But, given the current public recommendations and the coordination with local and state officials, Schafer Sports Center has outlined the tentative phases of reopening below. **We will announce our dates for each phase as we learn more from governing officials.**

All Phases and Open Levels *Subject to Change*

Programs	Phase 1	Phase 2	Phase 3	Phase 4
Older Age Competitive Programs	Orange Level	Orange Level	Yellow Level	Green Level
Younger Age Competitive Programs	Orange Level	Orange Level	Yellow Level	Green Level
High School Age Rec/Cheer/Tumbling	Orange Level	Orange Level	Yellow Level	Green Level
School Age Recreational and Aquatics	Paused	Orange Level	Yellow Level	Green Level
Preschool Programming	Paused	Paused	Yellow Level	Green Level

Proactive Prevention of Exposure



How We Limit the Spread

The first step to limit the spread is in preventing those with confirmed (or a high probability of having been in contact with) Covid-19 from entering the facility.

Policies	ORANGE	YELLOW	GREEN
Staff	<p>Must stay home 14 days if they or anyone in their household are showing any symptoms</p> <p>Must stay home 14 days if they or anyone in their household travels</p> <p>Temperature checks at door and every 4 hours at work</p>	<p>Must stay home if they or anyone in their household has symptoms</p> <p>Must stay home if they or any one in household has traveled to known hotspot</p> <p>Temperature checks at the door</p>	<p>Must stay home if temperature over 100.4</p>
Family	<p>No students with symptoms are allowed</p> <p>If anyone in a student's household is showing symptoms, student cannot attend</p> <p>If anyone in student's household has traveled out of state, student cannot attend for 14 days after their return</p> <p>All administrative and billing must be done by phone or email with front desk</p> <p>Students will be dropped off and picked up in carpool line or in parking lot</p>	<p>One parent allowed in per child</p> <p>No students with symptoms allowed</p> <p>Temperature checks at door</p> <p>If anyone in a student's household is showing symptoms, student cannot attend</p> <p>If anyone in student's household has traveled to a known hotspot, student cannot attend for 14 days</p>	<p>No children showing symptoms of illness allowed in class</p>
Student	<p>Temperature checks at door; no one allowed with temperature over 100.4</p>	<p>Temperature checks at door, no one allowed with temperature over 100.4</p>	<p>Must stay home if temperature is over 100.4</p>
Class	<p>No Parent/Child Classes</p>	<p>Parent/Child Classes allowed, with modified curriculum</p>	
Facility	<p>Building Capacity reduced to 25%</p>	<p>Building Capacity reduced to 50%</p>	

Active Prevention of Airborne Spread

One of the most common ways that we all know this virus can spread is through the air. This is why social distancing, and the closure of businesses has been vital to flattening of the curve. As we work toward reopening, safety and best practice measures have been our focus.

Our three phases include policies such as face coverings, social distancing, time limitations, and reduced occupancy to further help reduce the risk of spread through the air.

Policies	ORANGE	YELLOW	GREEN
Staff	Must wear face coverings	Face coverings, may be required depending on situation	Good hygiene habits encouraged at home and at the gym
Family	One parent allowed in per child Social distancing enforced during spectating Face coverings, required	One parent allowed in per child Social distancing enforced during spectating Face coverings, may be required depending on situation	Good hygiene habits encouraged at home and at the gym
Student	Students must wear face covering, parent must provide	Face coverings, may be required depending on situation, parents must provide	Good hygiene reinforced
Class	All classes socially distanced at least 8ft-15ft Classes altered to implement specific zone and equipment for each athlete (no sharing of equipment) Classes altered to promote social distancing Students should be prepared for class with as little time in gym as possible (come dressed, go to bathroom prior to classes.)	Disinfecting between classes Limited class movement between rotations	Good hygiene reinforced
Facility	Building Capacity reduced to 25%	Building Capacity reduced to 50%	

Active Prevention of Contact Spread

As we reopen, our Response Levels will include the increased frequency in sanitizing the commonly touched surfaces, and the washing/sanitizing of staff and student's hands upon entry, and as they move between different dedicated spaces inside the facility, and upon leaving.

Policies	ORANGE	YELLOW	GREEN
Staff	Must sanitize hands upon entering, and between each class and through the day	Must sanitize hands between each class	Must sanitize hands regularly at work Good hygiene habits encouraged at home and at the gym
Family	Parents must sanitize hands upon entry and leaving	Parents must sanitize hands upon entry and leaving	Good hygiene habits encouraged at home and at the gym No children showing symptoms of illness allowed in class
Student	Students must bring their own water bottle; fountains closed Students must sanitize hands upon entry and leaving	Students must bring own water bottle; fountains closed Students must sanitize hands upon entry and leaving	Students must sanitize hands upon entry and leaving Good hygiene reinforced and taught
Class	Classes social distanced: 8-15ft Sanitizing between classes Class curriculum altered for social distancing Classes altered to limit sharing equipment between athletes where possible Classes altered to promote social distancing Limited hands-on spotting Use air high fives or air hugs Students should arrive dressed for class. No Parent/Child classes	Classes social distanced: 8-15ft Sanitizing between classes Class curriculum altered for social distancing Classes altered to limit sharing equipment between athletes where possible Classes altered to promote social distancing Limited hands-on spotting Use air high fives or air hugs Students should arrive dressed for class. Parent/Child classes allowed, with modified curriculum	Normal physical contact allowed Spotting used normally
Facility	Complete facility sanitization daily in addition to sanitization between classes Complete sanitization of bathrooms each hour Building Capacity reduced to 25%	Complete facility sanitization daily and between classes if necessary Complete sanitization of bathrooms multiple times a day Building Capacity reduced to 50%	

Conclusion

While no one can prevent 100% of all germs from spreading, we are proud and confident in the policies and procedures we have put in place to keep us all as safe as possible as we return to our daily routines. In order for these precautions to be as effective as possible, it will require the support and participation of the entire Schafer Sports Center community. We are in this together, and we are better for it. Thank you for your continued support and we look forward to having you all back in the gym with us very soon.