

JPAC Covid 19 Guidelines

November 15 2020

EXPOSURE

CDC description of exposure: 15 minutes total time within 6 feet of someone that has been infected. Physical contact with an infected person. Sharing drinking or eating utensils with an infected person. If an infected person were to sneeze or cough on you. If you are taking care of someone that is infected. Wearing a mask does not exempt you from any of the above.

QUARANTINE

If you have been exposed you are to quarantine for 14 days from the last time you were exposed. If you are exposed while on quarantine by another person then your quarantine will start over from that second exposure. Testing will not reduce the need or time that you are to quarantine. If you have a negative test result you are still required to quarantine the entire 14 days from the initial exposure.

RETURN TO GYM

If you are a positive case you may return to the gym after 10 days from the onset of symptoms and 24 hours fever free with no use of fever reducing medications. If the previous criteria is met, then a Covid negative test is not necessary. If you were exposed to someone with Covid then you may return only after the entire 14 quarantine is completed and no symptoms have developed.

MASK

Masks are recommended for all people that will be in group settings that are over 2 years old. Everyone entering JPAC will be required to wear a facemask at all times that is over the age of 2. The only times that a mask may be removed is when an athlete is taking a turn on the equipment that will be high physical energy. The mask is to be placed back on immediately after the turn has finished. All warm up, stretching, conditioning, rotations, chalking, waiting, entering and exiting times will be in masks.

WHILE OUT

Team gymnasts will have assignments that will be dine at home during the quarantine. Class students will have make up tokens with zero expiration time frame to use.