

Covid-19 Gym policy:

Facility precautions:

Each Family must fill out a weekly COVID Affidavit Form

Entering the Gym:

- Wash your hands in our outdoor sink.
- Recorded Temperature check at the door by High Exposure Staff
- **Bottoms of your Shoes** spray with Clorex wash before entering
- Guests will be asked to hand sanitize **before and after use of all equipment.**
- Mask wearing in all common area spaces including bathrooms
- Mask wearing for all indoor activities
- Follow and Practice Social distancing with non-family interactions –stay 6 feet apart follow floor markers.

High Exposure reserves the right to screen visitors for possible

Persons that have a fever of 100.4 or above or other signs of COVID-19 illness will not be admitted. If you have symptoms such as below do not come to our facility and seek out medical help.

<ul style="list-style-type: none">• Fever• Sneezing/Cough• Shortness of breath or difficulty breathing	<ul style="list-style-type: none">• Sore throat• Congestion or runny nose• Nausea or vomiting• Headache/Diarrhea
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Per NJ Department of Health Section III, Part A:

https://www.state.nj.us/health/ceohs/documents/phss/Youth_Day_Camps_Standards_COVID-19.pdf

NOTE: Liquid Chalk will replace any loose chalk 65 % or greater alcohol content:

(We have a limited supply at the gym.)

Cleaning the gym:

- Antibacterial soap and water with a towel wipe down on surface areas and disinfectant
- **After hours gym deep cleaning. Fogging/mopping** with anti-viral disinfectant on all touch surfaces

Using the Gym:

- Reservations only
- Open Gym sessions by appointment only
- All participants are limited to (2) hour activity time.
- Gym will operate at 25% capacity as per guidelines from state

Policy Enforcement:

- “Three strikes and you are out” policy – Anyone who is not properly following the regulations of gym policy will get three warnings to comply.
- After the 3rd warning, they will be asked to leave High Exposure without a refund.
- Warnings will be written -up by a High E staff and placed on record
- Parents of class/camp or team members will be informed upon second strike
- Sibling playtime will be not be allowed unless we have guest slots available-
- One parent per coach session can volunteer to observe class/ team sessions. This will help to aid in communication with other parents and help to enforce High Exposure’s guidelines and protocols.

Group Implementations:

Camps

- Groups – There will be two concurrent, separated groups running at the same time. Each group will be capped at 20 campers. While these groups may see each other in passing, at no time will they interact in sharing activities together.
- Additionally, these two groups will sometimes break down into even smaller sub-groups. At all times, we will be in compliance with the required NJ counselor-to-camper ratio of one adult/counselor to 20 campers, and will in fact exceed the required ratio of one adult to 8 Participants. Younger children, 3-7 will have a 6 to 1 ratio. Campers will be placed with the same counselors throughout the week.

Classes and Teams

- Groups – There will be two concurrent, separated groups running at the same time. Each group will be capped at 8 students. While these groups may see each other in passing, at no time will they interact in activities together.
- Coaches will move between the groups
- One adult representative per session can observe class inside the gym for classes and teams
- The adult representative must sign up prior to attending

Note: Above policy will be subject to change due to mandate from state guidelines or CDC recommendations.

Note the guidelines above are suggested recommendations only and are not a substitute for medical advice. This information is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content is for general purposes only and makes no representation and assumes no responsibility for the accuracy of this information and this information can change without notice. You are encouraged to confirm any information with other sources, and review all information regarding any medical condition or treatment with a physician.