

Sickness Protocol

Harford Gymnastics

Updated September 25, 2023



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Mitigating the spread of GERMS

COVID: If you have Covid, you must stay out of our facility for FIVE days and be symptom Free fo 24 hr. A mask must be worn for the next 5 days in our facility.

NON-COVID illness: If your child is not feeling well, please do not send them to our facility until after at least 24 hrs of being symptom free without medication, even if it is not Covid.

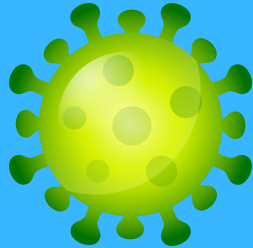
*We need ALL to act responsibly to help eliminate the spread of all germs for a healthy lifestyle.
Class students can schedule a make up for missed classes.*

Covid Positive Student

Anyone with Covid or Covid symptoms should NOT come into our facility

If your student tests positive...

- Return is allowed after 5 days (day "0" is the day Symptoms start or day test +) if they have been symptom free for 24 hours
- Return after 5 days allowed, of symptom free for 24 hr, with a mask for 5 days
- Day one is the day after symptoms start or the day after getting a positive test result
- Must mask through day 10



IF your student is Covid negative with symptoms...

- Must be symptom free 24 hrs without medication to order to return

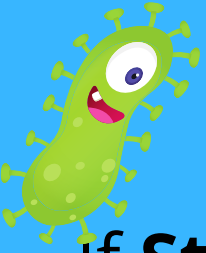
Covid Positive in the household or any transmittable illness in your household

If someone in your household is ill...

- Please be extra vigilant in monitoring for feeling ill
- Try to stay apart from ill family members
- Practice Good hygiene with lots of handwashing



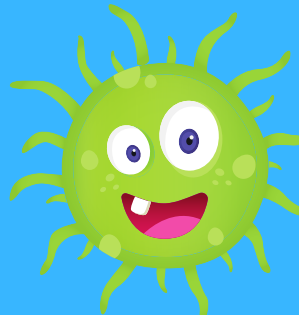
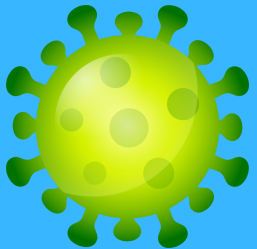
Adults: If you have a persistent cough or sneezing, please do not come into our facility.



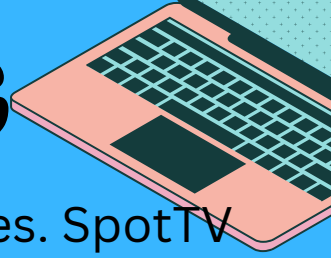
If **Students** have persistent cough or sneezing please keep them home unless it is medically diagnosed as non-contagious such as allergies.

Reach out to us to consider special circumstances.

Sneezing and Coughing spread germs



SPOT TV FOR YOUR VIEWING



Harford Gymnastics has integrated the use of SpotTV at our facilities. SpotTV is a secure way for parents to view their children's class on their device from your car or from home so you don't need to come inside if you want to avoid the lobby. This live stream view of your child's class allows you to watch without having to enter our facility. This integration will have security features in place for no screen shots allowed and you will only be allowed to view your child's scheduled class.



**The SpotTV viewing can be done by signing up at SPOTTV.PRO
(Spot TV phone #844-307-7768 if you have questions)**

And we will approve your viewing so allow 48 hrs for approval.

*We can only allow viewing for those on your Jackrabbit Account at Harford Gymnastics.

Our Covid and Illness Policy is fluid and will change as time goes on depending on the state and local recommendations.



We will continue to take pre-cautions to mitigate the spread of Covid and other diseases.

We are grateful for everyone's help in mitigating the spread of germs

**We thank you for your
cooperation and
understanding. We are
working hard to keep
students and staff safe.**