



Program Handbook

Welcome to the Elmhurst Park District's Gymnastics Program! Our goal is to provide a safe, fun, friendly, and inclusive training experience. The Elmhurst Park District will follow all government and CDC guidelines pertaining to disinfecting, masking, and isolation/quarantine. Please refer to our Program Handbook as it contains very important information about our program. We are thrilled to have your child in class this session!

DROP OFF/PICK UP PROCEDURES

Pull into the main parking lot and park in a spot. All children under 10 years old are required to be walked in the main door and back to the gym. They should be handed off to their teacher when class starts. Please exit through the main doors after dropping off. Please enter and exit using the main doors for pick up as well. Children 10 years and younger should be picked up at the gym at the end of class.

Upon arrival and at the conclusion of class, we highly encourage participants to use the hand sanitizing stations provided or wash their hands with soap and water.

LATE PICK UP

Children must be picked up by an adult at the program's conclusion. If a child is not picked up on time, a \$5 fine will be charged for every 5 minutes after the conclusion of class. **Three late pick-up occurrences may result in dismissal from the program.**

PROGRSS REPORTS

Participants will receive a progress report at the end of every session. Preschool classes are based on age and just give parents/guardians an idea about behavior in class. Girls and Boys classes are based on skill level. Progress reports will inform parents/guardians of the class the participant should be in for the next session (if space is available). If participant does not meet age requirement of their next class, a paper registration form must be filled out and returned to registration at Wagner. Please wait for registration instructions to be sent in an email from gymnastics staff if registering for a class that the participant is not old enough for yet.

FACE COVERINGS

- Coaching staff are required to wear face coverings at all times while in the building.
- Gymnasts 2 years and over must wear face coverings while participating in the gym, entering/exiting the building, using the washroom, rotating to an event, etc. Competitive gymnasts are allowed to remove masks while performing higher level skills, but must put mask back on upon completion of skill.

GYMNASTS NEED TO BRING THE FOLLOWING ITEMS TO CLASS EVERYDAY

- **Face Covering:** All gymnasts will be required to bring and wear a face covering to program.
- **Water Bottles:** Gymnasts should bring a water bottle to either leave in their locker or in the gym.

****GYMNASTS NEED TO BRING ALL THEIR BELONGINGS HOME AT THE**

END OF EACH DAY**

PERSONAL ITEMS

Participants are not allowed to bring gum or candy. All personal items must be clearly labeled with your child's name. Please do not allow your child to bring items that may be broken or lost. The EPD is not responsible for loss, theft, or damage to personal items.

MEDICAL EMERGENCIES, FIRST AID

In the event of a medical emergency or accident, coaching staff will call 911 for immediate emergency care and contact the parents or other emergency contact. If emergency treatment is required, your child will be taken to Elmhurst Memorial Hospital. You will be responsible for any medical charges. Staff will administer first aid to the child on a limited basis for small accidents such as scrapes, bruises, bloody noses, etc. Your authorization for the program staff to secure emergency medical care and administer First Aid for your child is part of the registration agreement.

SICK POLICY

We will be strictly enforcing our sick and illness policy.

Gymnasts should not attend class if sick or symptomatic (with cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, headache, sore throat, new loss of taste or smell, or other CDC-identified symptoms).

If an athlete becomes sick at practice, parents/guardians will be notified and asked to pick-up their child within 20 minutes. The sick child will be removed from the activity area, made to feel comfortable, and isolated with a staff member until picked-up. A child sent home from practice due to illness will not be permitted back to the program without a doctor's note certifying they are able to return to practice. **Your child must be symptom free (fever, vomiting, etc.) for 72 hours before attending practice.**

If you or your child has come in close contact with anyone who tested positive for COVID-19 please contact the Program Supervisor. Fully vaccinated participants will not have to quarantine unless they are showing symptoms of COVID-19. Unvaccinated children should isolate for 5 days and test on day 5 before returning to programs.

If your child is ill or has a fever, they should not attend their program. The coaching staff reserves the right not to accept a child into the program due to illness. If your child becomes ill during the program, the parent (or emergency contact) will be notified and required to pick up the child within 20 minutes. **Your child must be symptom free (fever, vomiting, etc.) for 72 hours before attending the gymnastics program.**

Per CDC Guidelines we will notify parents if there are any confirmed cases of COVID-19 within the program. The person's name with a confirmed case will remain confidential.

HEALTH INFORMATION

Parents are required to fill out information regarding their child's health, allergies, medication, and other safety and emergency information upon registration for the program. All information will be kept confidential.

MEDICATION

Whenever possible, medications should be administered by parents or guardians. In some circumstances, the administration of medication cannot be performed by District Staff because of specific and/or complex physician or manufacturer instructions or invasive procedures. If there is a need for the administration of medication during a minor's participation in a District program, the parent/guardian **must**:

1. Complete the **Permission to Dispense Medication/Waiver and Release of all Claims** form and/or the **Use of Inhaler or Auto-Injector Waiver and Release of All Claims and Indemnification** form.
2. Complete and sign the **Medication Dispensing Information** form.
3. Deliver all medication to the coaching staff in the original prescription bottle. The container must clearly state the person's name, medication, dosage, and time of day medication is to be given.
4. Advise their assigned coach, in writing, of any specific instructions regarding dispensing or storage of the medication.

Elmhurst Park District Inclusion Services

The Elmhurst Park District is committed to providing quality recreational opportunities to all participants, with and without disabilities. Staff members are available to assist participants with accommodations needed for success in, and enjoyment of our program. In order to keep all children safe, we do adhere to a strict behavioral code of conduct policy (see Behavior and Discipline below.)

On the Elmhurst Park District registration form, we ask parents to indicate if their child requires an accommodation. This information will be kept confidential, and will be utilized by Gymnastics Center staff and Inclusion management staff to ensure assimilation into, and success with our program. **Parents or guardians must contact the Program Supervisor as soon as their child has been registered for the program. Parents will be asked to attend a pre-enrollment meeting and complete assessment and consent forms. This meeting must be scheduled at least 5 business days before the child's first day of the program.** Please keep in mind the level of participant support needed for recreation setting. Parent cooperation and support is essential to this process.

Sean Tovey, Supervisor of Inclusion Services, 630-993-8670.

stovey@epd.org

Behavior and Discipline

The Elmhurst Park District is committed to providing a safe, fun, friendly, inclusive, and comfortable environment for all participants. Participants are expected to exhibit appropriate behavior at all times. We expect participants to accept others' differences, express feelings appropriately, solve conflicts through peaceful means, and participate in activities together. All participants (including parents/guardians) must comply with the following behavioral code of conduct expectations:

1. We will have a zero tolerance policy for a participant's emotional outburst of spitting, hitting or any other physical contact towards another person. This behavior will lead to immediate dismissal from the program.

2. Participants who are unable to follow the CDC Guidelines on wearing face coverings will be sent home and dismissed from the program. Participants will need to independently put on, wear and take off a face covering when necessary and for the duration of the program. Exceptions will be made on a case by case basis.
3. Demonstrate respectful and responsible behavior toward others at all times.
4. Independently attend to personal self-care such as bathroom needs, hand washing, eating, dressing and potential hygiene.
5. Follow all site-specific rules, and take direction from staff.
6. Show respect for all equipment, supplies, and facilities.
7. Refrain from using foul, inappropriate, or abusive language.
8. Refrain from threatening or causing bodily harm to self, others, or staff.
9. Refrain from bullying in any form.
10. Refrain from possessing weapons of any kind (real or fake) or illegal substances of any kind (real or fake) including drugs, explosives, or fireworks.
11. Refrain from leaving the site or program area without permission.

Participants who have difficulty following our expectations will receive an age-appropriate consequence commensurate with their misbehavior. Examples of consequences include warning, time out, and parent contact, referral to Program Supervisor, and most seriously, suspension or expulsion from the program. If you are called to pick up your child due to misbehavior, you must do so within 20 minutes. Please have contingency plans in place as needed. Please discuss our behavior and discipline policy with your child so he/she understands what is expected from him/her in our program. Thank you for your cooperation!

Cleaning and Disinfection

Our Park District Staff are committed to providing a clean and healthy environment for all of our program participants and facility users. We have expanded our cleaning and disinfection protocols according to guidance from the Centers for Disease Control and Prevention (CDC), the Illinois Department of Public Health (IDPH) and the Illinois Department of Commerce and Economic Opportunity (DCEO).

Park District Staff is taking many steps to meet or exceed CDC, IDPH and DCEO guidelines:

- Ventilation
 - Airflow circulation and ventilation has been increased to have fans running while participants and staff are in our facilities.
 - Installation of medical grade Merv-13 filters on all HVAC systems wherever possible to ensure a greater degree of allergen and virus removal from air and duct work.
- Cleaning Procedures
 - Extensive research has been done to ensure that we are using products registered on EPA's List N: Disinfectants for Use against SARS-CoV-2 and following all directions, including always waiting the full contact or kill time to ensure the disinfectant has eradicated the Covid-19 virus.
 - More frequent cleaning and disinfection in high-use areas and surfaces, including door handles, push bars, stair railings, light switches, service counters, handrails, restroom surfaces, phones.
 - Custodial Staff will clean and disinfect restrooms no less than every two hours.
 - Program Staff will utilize Oxivir TB to disinfect which is a non-irritant, non-corrosive, non-bleaching, non-rinsing AHP formula. It kills the COVID-19 virus in 1 minute.

<http://www.diverseyvericlean.com/diversey-vericlean-system/products/disinfectants/oxivir-tb>

- Use of electrostatic cleaning equipment to deliver a more efficient coating of disinfectant to all surfaces.
- All staff will clean their hands immediately after removing gloves when they are done cleaning and disinfecting by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used.
- Disinfecting supplies are provided to all staff to disinfect their work stations and offices. All staff are encouraged to disinfect their work stations and offices when they come to work and prior to leaving for the day.
- All carpeted areas will be vacuumed with HEPA filters, which are proven to trap 99.97% of airborne particles.
- Additional hand sanitizer has been placed throughout all facilities.

IMPORTANT PHONE NUMBERS

Program Supervisor, Kelsi Grubisich

630-993-8921

Wagner Community Center

630-993-8900

We look forward to a safe and fun-filled session with your child. Thank you for choosing the Elmhurst Park District's Gymnastics Program!!!