



PENSACOLA STATE COLLEGE

Panhandle Perfection Gymnastics Pensacola State College

Re-Opening Guidelines

Return of Classes

With Florida moving to Phase 2 of re-opening during the COVID-19 Pandemic, we are re-visting the procedures in which we proceed in order to keep everyone safe. We have taken our cues from our leadership in the state and what other businesses are doing in the area. This is a delicate situation which requires extra attention and this document will serve as a primer for that attention.

Timeline

We have the benefit of having Panhandle Perfection Gymnastics operating in a modified operational plan as we move toward a “more normal” set of operations.

On May 9, Florida Gov. Ron DeSantis announced that certain businesses could re-open at 50 percent capacity. It was also mentioned that gyms could not re-open at this time. There was very little direction from the state as to what the definition of a “gym” was. Many gymnastics clubs took that to believe that gymnastics was included in this “gym” definition from the state.

The state of Florida has a governing body for gymnastics clubs in the state. This entity, working with state government, determined that gymnastics clubs did not fall under this directive and could open. Based on this information however, we decided to remain closed until gyms (determined to be locations like 24-Hour Fitness, Planet Fitness or Anytime Fitness) were allowed to re-open in Florida.

On May 19, the Governor announced that gyms may re-open. At that point, we determined that we could look into re-opening Panhandle Perfection Gymnastics.

As a result, we have shown an abundance of caution in our re-opening plan and timeline, waiting until significantly later than many other business operations to open, with recreation classes opening in Gulf Breeze in June and at PSC in July.



What We Have Done

Prior to the closure and “safer-at-home” orders, we did deep cleaning at each gym location. Also, both locations were essentially vacant for an extended period of time, creating a situation in which the locations were essentially disinfected.

We re-opened Panhandle Perfection Gymnastics on Tuesday, May 18 to our team program. At that time, we broke what typically were overlapping groups and separated them to give us time to clean in between groups.

At PPC, we have 4,000-square feet in the gym area and another 2,000-square feet in our viewing area. Original guidelines were that businesses could operate with five customers per 1,000-square feet. That allowed us to have 20 students in our facility with another 10 spectators.

We asked that parents limit their viewing and try to drop off and pick up only. Most have respected that.

We ran two groups a day with a half hour gap between to allow for cleaning. We cleaned all mats and touch surfaces with a disinfectant and we sprayed disinfectant over areas that could not be effectively wiped. We also put squares down at six foot distances where athletes would start their classes and be separated for a greater amount of time.

Beginning, Tuesday, June 17, we re-opened our recreational classes, condensing the classes as we estimated we would have some attrition. We were surprised by the response we had.

We added classes during our smaller team groups to limit the number of people in the gym at one time and we added classes prior to the team’s arrival, again to limit the number of people in the gym.



Moving Forward

As we re-start Pensacola State College's gymnastics program, we are at the benefit of having greater space in the gymnastics area than at PPG in Gulf Breeze.

The gymnastics space at PSC is roughly 6,500 square feet in the main gym, not including the viewing area or the preschool areas.

The gymnastics area allows for roughly 32 students at one time. We typically run two classes at one time at a maximum of eight students, so we shouldn't have any issues. We would like to reduce our class capacity to six and have as many as three classes going simultaneously. That keeps a similar number of gymnasts in the building, but by having them in more classes, it allows for creating more space between groups.

The preschool rooms are more challenging. Those rooms are smaller, not quite 400 square feet each. We will limit time in each of those rooms, starting preschool classes in the main gym and moving to those rooms for limited amounts of time.

We will create a schedule that also allows for cleaning in between each classes of touch surfaces.

We do a deeper clean, including spectator areas, after each day and after each week, the cleaning will be fully done. We will ask parents to refrain from staying for class for the non-preschool classes.

We will also ask the help of PSC. Previously, PSC cleaned common areas, such as parent viewing and bathrooms. Those haven't always been cleaned as often as needed and cleaned properly. We will need PSC's help for cleaning and disinfecting these areas.



The Plan

We will stagger gymnastics classes in order to accommodate cleaning in between classes and to accommodate traffic in the building.

We will limit recreational and preschool classes at PSC so there are no more than 18 recreational and preschool students in the building at any time.

We will ask that parents not stay, if at all possible, during classes.

We will separate seating and create seating blocks in the spectator area in order to accommodate social distancing.

We will place colored squares on the floor at six foot intervals at the beginning of classes and ask that students stay on those squares during warm-ups. Often times, we have stations set up that are six feet apart, so social distancing is encouraged. The size of the equipment provides the ability to social distance.

We will also close locker rooms and limit bathroom goes to one at a time. We will also close off the water fountain and request that students bring their own water to class.

We will monitor our employees for symptoms and we will place signage that those with symptoms should not participate.

We will also change our waiver to add COVID-19 protection for us and the college, indicating that there is always a risk involved in being in public of catching an infectious disease.

At this point, we do not plan on taking temperatures of our students or spectators. We have not seen any indication of that being done on a wide-spread level in our community.

We will also train our staff in the cleaning procedures.



Challenges

We currently owe our gymnasts two weeks of recreation classes. We anticipate that not everyone will return, but we do know people are eager to return.

We will develop a schedule that accommodates spreading out of classes, while allowing time for cleaning and disinfecting between classes.

We also know that summer time is naturally a time in which gymnastics participation dwindles. Our schedule will accommodate fewer participants but will likely be spread over more time.



In Conclusion

This is an extremely challenging time. We are doing our best to continue to be safe and continuing to have some sort of semi-normal type environment.

From our experience at PPG in Gulf Breeze, the majority of parents are looking for an outlet for their children. We would like to provide that. Safety has always been a concern of ours (our safety record is indicative of this). We now treat infectious disease as a greater part of our safety plan.

We will also continue to monitor the situation and if things change, we will address. We also look to PSC for guidance in this time with their policies and procedures.

Thank you and we look forward to a continued relationship with PSC.

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Panhandle Perfection Gymnastics





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