

## THE PALAESTRA COVID-19 SAFETY POLICY AND PROCEDURES:

The Palaestra is requiring **masks, social distancing, and socks for everyone ages 2 and up.**  
*Please see below for details, procedures, and safety guidelines.*

### **Playgroup:**

When: Select Fridays from 9:30-11:00 am.

Who: children and their parent crawling through 6 years old

How many: Maximum number of children 25.

Pre-registration is highly encouraged. No refunds, make-ups, or rescheduling will be offered due to the limited spaces at this time.

Price:

- Pre-registered members: \$10
- Pre-registered non-members: \$12
- Walk-ins: \$15

*\*Payment is required before attending Playgroup and will be charged to the credit card you place on file. Refunds, make-ups, or rescheduling are not available at this time.*

### **How to Schedule Playgroup:**

**Acuity Scheduling website/App.** This scheduling software will allow you to schedule a class 24/7. <https://thepalaestrascheduling.as.me/>

*\*Restrictions include: schedule at least 2 days in advance. Call/text/email if this does not work, or you need assistance.*

*\*The Palaestra "Rules and Policies" and "safety policies" apply.*

### **Please see below for the payment options:**

1. Credit Card on file (Visa, Master Card, Discover)

### **Requirements to attend Playgroup:**

All participants must have a *new*

- [Release Form](#)
- [Credit Card Authorization Form](#) (to be completed over the phone)

*signed before entering the gym for Playgroup.* This waiver can be signed and emailed back ([Palaestrabounce@tx.rr.com](mailto:Palaestrabounce@tx.rr.com)) or given to the check-in staff member at your scheduled Playgroup. Your credit card will be charged prior to Playgroup.

### **Day of Playgroup Procedures:**

Please understand that you and your child will not be able to attend Playgroup should you be late and unable to follow procedures outlined below (no refunds, make-up, or rescheduling will be offered).

### **Sick Policy/COVID pre-screen:**

If any one in your household family answers "yes" to any of the following questions below, please call the office and let us know you will not be attending Playgroup that week:

- In the last 14 days, have you received a confirmed diagnosis for coronavirus (COVID-19) by a coronavirus (COVID-19) test or from a diagnosis by a healthcare professional or are you waiting for a pending COVID-19 test result?
- In the last 14 days you have traveled internationally?
- In the last 14 days, have you had close contact with or cared for someone diagnosed with COVID-19 or are you participating in a COVID-19 clinical study that includes being exposed to the virus?
- In the last 14 days, have you experienced any cold or flu-like symptoms (to include fever, cough, shortness of breath or difficulty breathing, sore throat, pressure in the chest, extreme fatigue, earache, persistent headache, diarrhea, vomiting, muscle pain, chills, repeated shaking with chills, and persistent loss of smell or taste)?

**Dress Code:**

- Please have you and your child ready to go in athletic attire (No buttons or Zippers)
- Shoes that are easy to slip on and off
- One pair of clean socks
- Long hair and bangs are to be secured tightly to the head
- One water bottle with participants name
- No extra bags

**Arriving and Entering the building:**

On the day of your scheduled Playgroup please arrive 10 minutes prior to check in. Enter the parking lot and park in available spaces. While staying socially distant from others go to the blue tent at the east side door. At the blue tent, you and your child will be given a quick assessment.

**Assessment:**

This assessment is in accordance with The Palaestra COVID Policies and CDC guidelines ([https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html#anchor\\_1609683211941](https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html#anchor_1609683211941)). This will keep the gym, staff, and participants as safe as possible. During the quick evaluation, a staff member will check you and your child's temperature. If your anyone's temperature is over 99.5°F the family will be unable to attend Playgroup that day. Once temperatures have been checked and is below 99.5°F they will be asked to use hand sanitizer before entering the gym, and place shoes and belongings near a chair in the lobby (only one chair per family please). A Palaestra staff member will let you know when you all may go out to the gym.

**Masks:**

All participants, staff, and parents, ages 2+, will be required to wear a mask at all times while in the facility.

**Playgroup Procedures:**

Please follow the below rules:

- 6' distancing must be practiced
- Masks must be worn properly at all times by everyone ages 2+
- Socks must be worn at all times by both children and caretakers
- Orange cone - No Play/No Go
- One at a time on the trampoline
- One way on the tumble track

*\*Staff will be supervising and reminding participants of the rules*

*\*re-entry during playgroup will NOT be allowed*

After Playgroup, employees will begin disinfecting all areas immediately to get ready for classes. All areas will be cleaned/disinfected before the next day.

**Exiting the building:**

While remaining socially distant from other families, we ask that you gather your belongings and exit through the front doors.

**Thank you for your continued support. Please let us know if you have any questions, comments, or concerns.**

Thank you,  
The Palaestra Staff