



# **Birons Health Handbook 2020**

Policies & Procedures for Return to Play After Covid-19

Version 1.3

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# Overview



## The Purpose of This Document

First, we need to reference the beginning of our mission statement:

*"It is our mission to help build the self-esteem and self-worth of every child through the opportunity of sports. We believe that every child has the innate ability to learn and succeed. Our goal, as individuals and as a team, is to lead children toward a happy, healthy, and responsible lifestyle..."*

The health and safety of our athletes will always come first. As we return to play after the disruption due to the Covid-19 outbreak, every decision, policy, and procedure is made in the interest of our students safety and health, both mental and physical. We cannot and will not make any decisions that favor financial needs at the cost of reasonable safety.

**This document was created solely for Birons Youth Sports Center, in conjunction with the Texas Department of State Health Services, the Harris County Health Department, and the Houston Fire Department, and is not intended to be used or adapted by any other business or facility.**

## This Document is as Fluid as the Situation

Everything about the disease, it's spread, governmental guidelines, social responses, the needs of our families, and the financial environment have been in constant flux. Our plan and procedures for how we address all of these things must be adaptable, purposeful, based in science, according to the regulations put forth by state and federal governments, and effective. In order to do all of those things we cannot be afraid to constantly evaluate our policies and procedures, seek out new & sound information, and adjust our responses accordingly. Birons will alter any and all of this handbook as needed to fulfill these goals.

## Everyone Must Be Their Own Advocate

One thing we have learned in our communication with our families is that each of us is approaching this recovery differently. In navigating as best we can, each of us has had to find a unique plan for the unique circumstances of our family and environment. While we as a team will continue doing everything we can to meet and exceed state and federal guidelines, while also minimizing interruption of 'normal life' as much as possible, we understand that certain solutions or policies will not be the most appropriate for each family. While we will try our best to create the best environment for everyone, we respect families who have to make the difficult decision to delay their return for now until the global situation, or a certain Biron's policy, is changed.

## Mandatory Adherence to This Handbook

**Given all the above, and in the interest of protecting the health and safety of the children entrusted to our care, Birons will be enforcing all policies and procedures listed within this document during our return to play post Covid-19.** If a family, athlete, or employee is unwilling to abide by these policies and procedures, they will not be allowed to attend Birons until either the Birons Response Level or their cooperation have changed.

# Our Collective Responsibility

## We Are All Responsible for the Health and Safety of Each Other

Due to the nature of how viruses spread, in order for all of us to be as healthy as possible, all of us must do our part to support a healthy and safe Birons, and in turn healthy and safe homes for our family and friends.



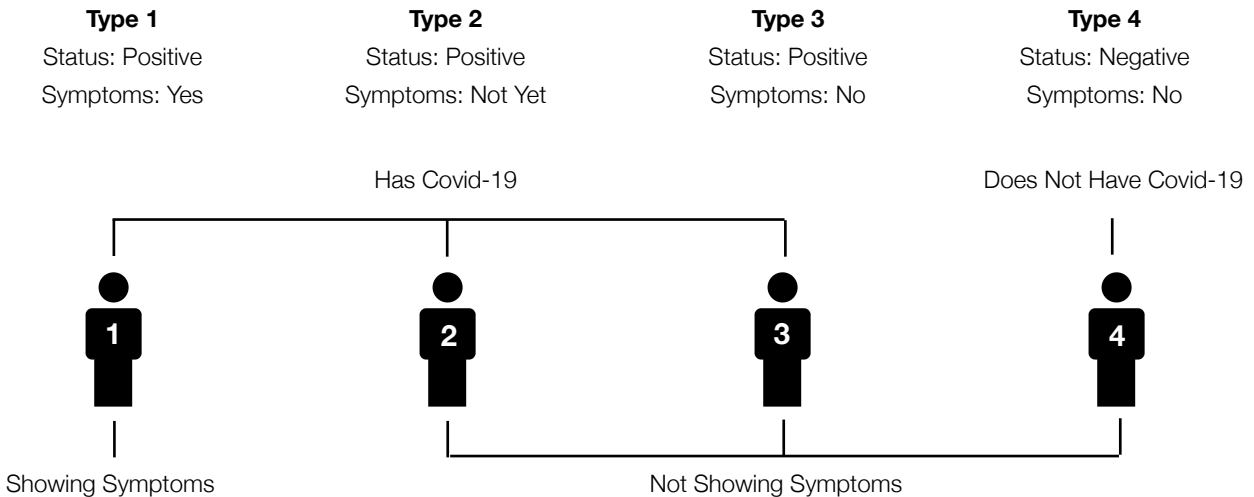
Regardless of what phase we are in, maintaining a healthy and safe environment for all of our students and families is going to take work and cooperation from our staff, athletes, and parents. We need every family to do their part to practice good hygiene, follow our policies and procedures, and be patient and supportive of our athletes and coaches during this time.

**This is a stressful, unprecedented, and challenging situation for all of us. It is important to remember we all share the same goal - the safe and quick return of our children's lives to a sense of normalcy.**

# Methods of Spread

## Who Can Spread Covid-19

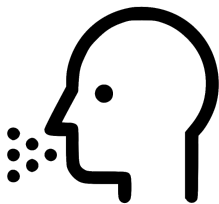
We know that Covid-19 can be spread by 4 types of carriers. Those with the disease and showing symptoms, those with the disease but without symptoms during the incubation period, those with the disease and who will not show symptoms at all, and those without the disease systemically but who do carry the virus superficially (such as on their hands).



Our job is to first proactively prevent those who are carriers of the virus, regardless of type, from entering the facility in the first place. This is easy with Type 1, but harder with 2, 3, and 4. Given that some may be a carrier without symptoms, our second job is to concurrently limit the spread of the disease and the exposure of those who do attend from the virus. This is achieved through the rigorous policies and procedures outlined below.

## How Can a Carrier Spread Covid-19

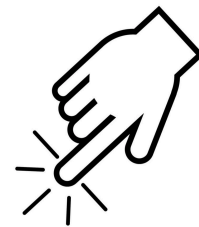
Those who bring the virus into a public space, regardless of which type of carrier they are, all spread it through four main methods: Airborne, Airborne-to-Surface-to-Skin, Skin-to-Skin contact, and Skin-to-Surface-to-Skin contact. These all rely on three sources of delivery: Airborne, Surfaces, and Skin. Our policies and procedures are purposefully designed to combat each of these sources of delivery.



**Airborne**  
Breathing, Coughing, Sneezing



**Direct Contact**  
Hugs, High Fives, Handshakes



**Indirect Contact**  
Touching Doorhandles, Faucets, Railings, etc.

# Our Reopening Plan

## Birons Response: Levels of Programming

The official guidance for gymnastics and indoor-youth sports programs from the government is not very detailed as of this writing. Birons has worked with our contacts within the Department of State Health Services, the City of Houston Fire Department, and the Harris County Health Department, along with industry leaders in the camps, Child-Instructional Services Industry, USA Gymnastics, and Cheerleading fields to create a customized and comprehensive set of policies and procedures with three levels of reopening - each level has different amounts of precaution and risk management, from Red, the most controlled, to Green, our 'back to normal' level.



*The policies and procedures for each level will be outlined in detail on the subsequent pages.*

**In order to maintain the policies in each of these levels, we have had to make the difficult but realistic decision that not every child in every program will be able to return the first day we re-open - at least not in a way that would make their programs fun, engaging, and worthwhile.**

While our goal is to return to 'the new normal' as soon as possible for all the children we serve, we cannot put them at unnecessary risk, nor in a program we do not find reasonable and worthwhile.

## Phases of Reopening

Each program will go through the three levels of reopening in phases. Much of the government's timeline is still unclear, and much of that is due to the uncertainty that still exists regarding the timeline of the disease. But, given the current public recommendations and the coordination with local and state officials, Birons has outlined the tentative phases of reopening below. **We will announce our dates for each phase as we learn more from governing officials.**

	<b>**All Phases and Open Levels Subject to Change Without Notice!**</b>			
<b>Program</b>	<b>Phase 1</b>	<b>Phase 2</b>	<b>Phase 3</b>	<b>Phase 4</b>
Competitive Programs	Red Level	Orange Level	Yellow Level	Green Level
High School	Red Level	Orange Level	Yellow Level	Green Level
School Age	Red Level	Orange Level	Yellow Level	Green Level
Preschool	Red Level	Orange Level	Yellow Level	Green Level
Parent and Me Classes	Paused	Orange Level	Yellow Level	Green Level
Birthdays	Paused	Paused	Yellow Level	Green Level

# How We Limit The Spread

## **Proactive Prevention of Exposure**

The first step to limit spread is in preventing those with confirmed (or a high probability of having been in contact with) Covid-19 from entering the facility. We do this through our screening procedures, including in the self-screening we ask of staff and families to do regarding symptoms, travel, and in the active screening we do as people enter the facility and in who we allow to enter.

## **Active Prevention of Airborne Spread**

One of the most common ways that we all know this disease can spread is through the air. This is why social distancing, and the closure of businesses has been vital to flattening of the curve. As we reopen, we have purchased multiple hospital grade HEPA air filter machines which clean 99.97% of all germs from the air. Along with the special anti-viral MERV-13 filters we have installed in all of our HVAC units, the entire facility's air will be cycled and purified every 45 minutes, with even more frequent disinfection in high traffic areas such as restrooms and gathering areas.

Our three phases also include other policies such as face coverings, social distancing, and time limitations to further help reduce the risk of spread through the air. We also will be utilizing 'pods' for our programs, containing students to a limited area so as to limit the number of other individuals they may be in proximity to during their time at Birons. Parents will also not be allowed to enter the building during Red Level.

## **Active Prevention of Contact Spread**

In order to limit the spread of germs through surface and skin contact, we have upgraded and enhanced the complete surface disinfection policies we had in place prior to our closure. As we reopen, our Response Levels will include not only the limitation of the areas and surfaces that our athletes are exposed to, but the frequent disinfection of those surfaces they do touch, and the washing/sanitizing of hands should they move between pods.

You will also notice the closure of certain community resources or areas such as the water fountains. We also are requiring all athletes to arrive fully dressed for their program, so they do not have to attend the restrooms to change.

## **Conclusion**

While we cannot both be open to the public and also prevent 100% of all germs from spreading, we are proud and confident in the policies and procedures we have put in place that meet or exceed all government recommendations and guidelines. For these precautions to be as effective as possible, it will require the support and participation of the entire Birons community. We are in this together, and we are better for it.

This Version Last Edited and Updated: October 1, 2020

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The Governors Report to Open Texas, April 27, 2020: <https://gov.texas.gov/uploads/files/organization/opentexas/OpenTexas-Report.pdf>

The Harris County Homeland Security and Emergency Management Office, Ready Harris Plan: <https://www.readyharris.org/Stay-Safe>



# Birons Operational Red Level - Policies and Procedures for Return to Play

Red Level	
<b>Staff Policies</b>	<ul style="list-style-type: none"> <li>- Must stay home if they or anyone in their households showing any symptoms</li> <li>- Must stay home 14 days if they or anyone in their household travels to CDC Level 4 Hotspot</li> <li>- Temperature checks at entry and every 4 hours at work</li> <li>- Must wear face coverings</li> <li>- Must sanitize hands upon entering, and between each station and class</li> <li>- Should they have any physical contact with someone, both must sanitize hands.</li> </ul>
<b>Family Policies</b>	<ul style="list-style-type: none"> <li>- No parents or spectators allowed in building, except preschool parents</li> <li>- Temperature checks at door</li> <li>- No students with symptoms allowed</li> <li>- If anyone in a student's household is showing symptoms, they cannot attend</li> <li>- If anyone in student's household has traveled to a CDC Level 4 Hotspot, student cannot attend for 14 days after their return or until they receive a negative test result.</li> <li>- All administrative and billing must be done by phone or email with front desk</li> <li>- Students will be dropped off and picked up in carpool line or in parking lot</li> </ul>
<b>Student Policies</b>	<ul style="list-style-type: none"> <li>- Temperature checks at door, no one allowed with temperature over 100.4</li> <li>- Students must bring their own water bottle</li> <li>- Students must sanitize hands upon entry</li> <li>- Students must bring their own chalk</li> <li>- Students over 6 years of age must bring a face covering to wear during all times of non-exercise.</li> </ul>
<b>Class Policies</b>	<ul style="list-style-type: none"> <li>- All classes confined to pods and individual cohorts</li> <li>- All classes coached by limited and consisted coaches to limit instructor mixing between programs</li> <li>- All pods cleaned between each group</li> <li>- All students must sanitize hands before entering and leaving a pod</li> <li>- Class curriculum altered to limit stations with hard surfaces</li> <li>- Classes altered to limit sharing equipment between athletes</li> <li>- Classes altered to promote social distancing wear feasible</li> <li>- Extremely Limited hands on spotting</li> <li>- No physical contact, no high fives or hugs</li> <li>- No Parent-and-Me Classes</li> <li>- Students should be prepared for class with as little time in gym as possible (come dressed, go to bathroom at home, etc.)</li> </ul>
<b>Facility Policies</b>	<ul style="list-style-type: none"> <li>- Complete facility disinfection 3x per day in addition to individual pod disinfection between classes</li> <li>- Ground Level medical grade HEPA filtration systems in high traffic areas</li> <li>- HVAC HEPA filters used throughout facility</li> <li>- Complete disinfection of bathrooms each hour</li> <li>- Instant bleach cleaner installed in all toilets</li> <li>- Building Capacity reduced to 50%</li> </ul>

## Birons Operational Orange Level - Policies and Procedures for Return to Play

NEW: Orange Level	
<b>Staff Policies</b>	<ul style="list-style-type: none"> <li>- Temperature checks at entry</li> <li>- Sanitize hands between each class, at entry, and often</li> <li>- Must stay home if they or anyone in their household has symptoms</li> <li>- Must stay home if they or anyone in household has traveled to known CDC Level 4 International hotspot</li> <li>- Must wear face coverings, except when exercising</li> <li>- If they have come into contact with a confirmed COVID-19 case in the last 14 days, they must self quarantine for 14 days from date of contact, or get a COVID-19 Negative test result before being allowed back in the gym</li> </ul>
<b>Family Policies</b>	<ul style="list-style-type: none"> <li>- We request only one parent allowed in per child</li> <li>- Spectators over age 60 are discouraged</li> <li>- Social distancing enforced during spectating</li> <li>- No students with symptoms allowed</li> <li>- Temperature checks at door</li> <li>- If anyone in a student's household is showing symptoms, they cannot attend</li> <li>- If anyone in students household has traveled to known hotspot they cannot attend for 14 days</li> <li>- Masks required for all guests over 6</li> <li>- Front desk open for administration, but digital or virtual communication encouraged</li> </ul>
<b>Student Policies</b>	<ul style="list-style-type: none"> <li>- Temperature checks at door, no one allowed with temperature over 100.4</li> <li>- Students must bring their own water bottle</li> <li>- Students must sanitize hands upon entry</li> <li>- Students 10 years and over should wear mask when in the building, except for during class, (they must provide it).</li> </ul>
<b>Class Policies</b>	<ul style="list-style-type: none"> <li>- All classes/cohorts confined to specific pod areas and apparatus</li> <li>- All pods cleaned before each cohort</li> <li>- Classes altered to limit sharing equipment between athletes where possible</li> <li>- Classes altered to promote social distancing</li> <li>- Limited hands on spotting</li> <li>- Limited physical contact for encouragement</li> <li>- Students should be prepared for class with as little time in gym as possible (come dressed, go to bathroom at home, etc.)</li> </ul>
<b>Facility Policies</b>	<ul style="list-style-type: none"> <li>- Complete facility disinfection each day in addition to individual pod disinfection between classes</li> <li>- Ground Level medical grade HEPA filtration systems in high traffic areas</li> <li>- HVAC HEPA filters used throughout facility</li> <li>- Complete disinfection of bathrooms 3 times a day</li> <li>- Instant bleach cleaner installed in all toilets</li> <li>- Building Capacity reduced to 75%</li> </ul>

# Birons Operational Yellow and Green Levels - Policies and Procedures for Return to Play

	Yellow Level	Green Level
<b>Staff Policies</b>	<ul style="list-style-type: none"> <li>- Temperature checks at entry</li> <li>- Sanitize hands between each class</li> <li>- Must stay home if they or anyone in their household has symptoms</li> <li>- Must stay home if they or anyone in household has traveled to known hotspot</li> <li>- May wear face coverings, but not required</li> </ul>	<ul style="list-style-type: none"> <li>- Must stay home if temperature over 100.4</li> <li>- Must sanitize hands regularly at work</li> <li>- Good hygiene habits encouraged at home and at the gym</li> </ul>
<b>Family Policies</b>	<ul style="list-style-type: none"> <li>- One parent allowed in per child</li> <li>- Spectators over age 60 discouraged</li> <li>- Social distancing enforced during spectating</li> <li>- No students with symptoms allowed</li> <li>- Temperature checks at door</li> <li>- If anyone in a student's household is showing symptoms, they cannot attend</li> <li>- If anyone in students household has traveled to known hotspot they cannot attend for 14 days</li> <li>- Masks encouraged but not required</li> <li>- Front desk open for administration</li> </ul>	<ul style="list-style-type: none"> <li>- Good hygiene habits encouraged at home and at the gym</li> <li>- No children showing symptoms of illness allowed in class</li> </ul>
<b>Student Policies</b>	<ul style="list-style-type: none"> <li>- Temperature checks at door, no one allowed with temperature over 100.4</li> <li>- Students must bring own water bottle, refill station open but fountains closed</li> <li>- Students must sanitize hands upon entry</li> </ul>	<ul style="list-style-type: none"> <li>- Water fountains returned to use</li> <li>- Students must sanitize hands before class</li> <li>- Good hygiene reinforced and taught</li> </ul>
<b>Class Policies</b>	<ul style="list-style-type: none"> <li>- Limited hands on spotting only as necessary</li> <li>- All pods cleaned between each group</li> <li>- Limited class movement between pods</li> <li>- All students must sanitize hands between pods</li> <li>- Limited physical contact for encouragement</li> <li>- Parent-and-Me Classes allowed, with modified curriculum</li> <li>- No special social distancing required in classes between students</li> </ul>	<ul style="list-style-type: none"> <li>- Normal physical contact allowed</li> <li>- Spotting used normally</li> </ul>
<b>Facility Policies</b>	<ul style="list-style-type: none"> <li>- Complete facility disinfection twice a day</li> <li>- Ground Level medical grade HEPA filtration systems in high traffic areas</li> <li>- HVAC HEPA filters used throughout facility</li> <li>- Complete Disinfection of bathrooms three times a day</li> <li>- Instant bleach cleaner installed in all toilets</li> </ul>	<ul style="list-style-type: none"> <li>- Complete facility disinfection each day</li> <li>- Ground Level medical grade HEPA filtration systems in high traffic areas</li> <li>- HVAC HEPA filters used throughout facility</li> <li>- Instant bleach cleaner installed in all toilets</li> <li>- Complete bathroom disinfection each day</li> </ul>