

SICK AND COVID-19 POLICIES 2021-22 SEASON

If your child (or adult accompanying into the facility if required) is experiencing any of the following symptoms, we ask that you keep your child home even with a negative COVID-19 test. Please remember that even though you know your child has a negative COVID-19 test, if they happen to pass their cold symptoms to another child or staff member, that person may experience COVID-19 symptoms and need to get COVID tested. We want our gymnasts and coaches to stay as healthy as possible!

Stay Home if:

- Fever (100.4 or higher) or chills
- Cough or difficulty breathing
- Headache
- Fatigue or muscle aches
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Make-Up Policy Change for 2021

We have updated our make-up policies to be more flexible for families/students who may need to miss more classes than typical this season. You can view these policies within the parent portal. We ask that if your child feels ill or even a "little off" to please stay home!

If your child starts to feel ill during class or displays any of the symptoms listed above, parents will be contacted to pick up immediately. If your child has symptoms that are not associated with illness (such as asthma), please let our front office know before your child attends.

Covid Quarantine Guidelines

If your child is in quarantine due to a direct exposure to a positive Covid-19 case TCG requires that child to remain out of the facility until 14 days has passed from the last known exposure. This is based on Oregon Health Authority's most recent isolation and quarantine guidance which states that a 14-day quarantine is the safest option to prevent the spread of COVID-19 to others. It also says a shortened 10-day quarantine period may be recommended in situations to balance the risk of disease spread with the negative impacts of a longer quarantine. While this may be the case in educational settings, it does not apply to TCG as of now.

If a child is fully vaccinated, they are not required to quarantine for the full 14 days. A fully vaccinated student should get tested 3-5 days after exposure, even if they don't have symptoms. They can return to class with a negative PCR (laboratory-based NAAT) test result. TCG will not accept rapid test results.