

OGA	Policy: #013
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Policies & Procedures	Revised: 03-22
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OGA Illness Policy

It is the policy of the Oregon Gymnastics Academy that any athlete or staff member exhibiting symptoms of any contagious illness **MUST** stay home.

If your athlete is sick or showing symptoms of illness please contact the OGA front office to inform us of an absence and schedule a make-up class. OGA offers unlimited make up classes for all absences that are communicated in advance of your athlete's scheduled class. Absences that **are not reported** in advance of the scheduled class do not qualify for a make-up.

Table 1 is not a complete list of all possible symptoms, but is intended to illuminate common contagious illnesses that may be present in children and young adults who participate in classes and other programs offered at OGA. When these signs and symptoms are present, we require that you keep your child home and away from their scheduled OGA class or activity.

Table 1: Signs & Symptoms of Possible Contagious Illness:
➤ Any COVID 19 symptoms –including dry cough, shortness of breath, fever, chills, atypical headache, unusual muscle pain, sore throat, new loss of taste and/or smell, conjunctivitis, or a rash on skin, or discoloration of fingers or toes
➤ Cough of any kind that is persistent and associated with feeling ill (with or without fever)
➤ Elevated body temperature or fever above 100.4 degrees with or without other symptoms
➤ Any influenza symptoms – including seasonal flu and H1N1 flu
➤ Cold Symptoms including runny nose and nasal congestion associated with feeling ill with a fever
➤ Red, inflamed and/or weepy and crusty eyes
➤ Chicken Pox (students with chicken pox should be kept out of gym until all blisters are scabbed over and dry)
➤ Nausea, vomiting, and/or diarrhea
➤ Contagious skin conditions that are open, weepy, and/or likely to come in direct contact with OGA equipment, mats, or other training materials used at OGA
➤ Head or body lice, including nits until treated (A recheck is required 7-14 days after initial treatment to ensure the child is free of all live lice and nits)

Illness Procedure:

If your child comes to gym with any contagious symptom, they will not be allowed to participate in their scheduled class. A parent or guardian will be contacted to pick the athlete up from OGA. If we are unable to contact a parent or guardian, we will call the "emergency contact" designated on your child's registration form. It is imperative that the front office has updated contact information for your athlete at all times. To update your contact information please call the front office at 503.531.3409.

All athletes with symptoms of contagious illness may be isolated, and asked to wear a mask and gloves while waiting to be picked up.

To be readmitted to class, recently sick athletes and staff may only return to gym once they are treated (if applicable) and once they are free of all contagious signs and symptoms including fever (without medications) for at least 48 hours. For COVID 19 specific procedures and policies, see below.

COVID 19 Illness Procedure:

In addition to the above procedure, athletes exhibiting any COVID 19 symptoms **will** be isolated, and asked to wear a mask and gloves while waiting to be picked up.

To return to OGA after exhibiting symptoms of COVID 19, athletes or staff members must have record of a negative COVID 19 test **and** must be symptom free for a minimum of 48 hours. In lieu of a negative COVID 19 test, athletes or staff members must wait 7 days from the when the first symptoms appeared **and** be symptom free for a minimum of 48 hours.

To return to OGA after receiving a positive COVID 19 test, athletes or staff members must wait 7 days from the when the first symptoms appeared **and** be symptom free for a minimum of 48 hours. OGA reserves the right to require a negative COVID test before an individual may return to the gym.

COVID 19 Exposure Policy:

Athletes and staff members who have come into close contact with an individual with a confirmed diagnosis of COVID 19, or having symptoms of COVID 19, may return to OGA after 7 days have passed from the exposure date. OGA reserves the right to require a negative COVID 19 test before an individual may return to the gym.

Fully vaccinated individuals are exempt from the 7 day quarantine for a COVID 19 exposure provided they are asymptomatic and do not live with an individual with a confirmed diagnosis of COVID 19. If an individual lives with someone with a confirmed diagnosis of COVID 19, they must quarantine for 7 days regardless of vaccination status. Under certain circumstances, OGA reserves the right to ask for proof of vaccination or require a negative COVID 19 test before an individual may return to the gym.