

SAFETY AND CLEANING PROTOCOL

What we are doing to keep InMovement Safe for you
and your kiddos!

VACCINATION:

All InMovement staff are vaccinated against the COVID-19 Virus.

-Students are no longer required to be fully vaccinated against COVID-19 as of February 15th, 2023.

-We will continue to watch how things progress, please be aware that we may need to revisit this decision if a new variant emerges or numbers start to increase.



MASKING:

Masking is currently optional at all InMovement locations. ***Any vaccinated person exposed to COVID-19 must inform InMovement immediately and wear a mask while inside the gym for 10 days following the exposure.*** If your child is visibly sick, we reserve the right to ask that they wear a mask.



HAND WASHING AND SANITIZER:

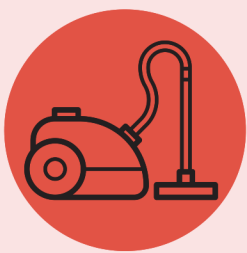
We will check to make sure hands are washed after bathroom use. Hand sanitizer is placed throughout the facility and is used with the children and the staff very, very often!



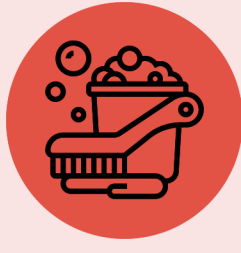
SOCIAL DISTANCING:

Our facility, curriculum and flow have been arranged to allow for social distancing. Teachers will refrain from direct contact with students as much as possible.

CLEANING AND DISINFECTING:



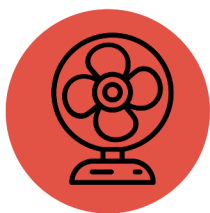
The facility will be cleaned everyday following classes.



All surfaces and mats used will be cleaned and sanitized with FDA- approved products that kill COVID-19.



Teachers will be cleaning and sanitizing high-touch surfaces.



VENTILATION:

HEPA filters are installed in the HVAC system. Windows will be open, when possible, and fans will be used to increase airflow throughout our facility.

LIMITING NUMBERS :

We are not allowing parents inside the facility to limit the number of people inside. Our class numbers remain smaller and teachers are placed with a consistent group of students to limit exposure.



CONSTANT COMMUNICATION:

Help us keep InMovement safe and COVID free by complying with these guidelines. If you have questions, contact us at info@phillyinmovement.com.

CHECK YOUR CHILD FOR THESE SYMPTOMS

COVID-19

AT HOME SCREENING

In children, the signs/symptoms of COVID-19 are often mild, and may not be possible to distinguish COVID-19 from other illnesses. The Philadelphia Department of Public Health recommends that any child with COVID-19 symptoms should not return to gym until they have taken a COVID-19 test or completed an isolation period of at least 6 days from symptom onset.

In general, we ask that a child should be fever free for at least 24 hours without fever reducing medications along with symptom improvement.

SYMPTOM CATEGORY A



Chills/Shivers



Fatigue



Diarrhea



Headache



Sore Throat



Runny
Nose/Congestion



Nausea/Vomiting



Shortness of Breath/
Difficulty Breathing



Muscle aches/pains



If your child has ***two or more*** symptoms from Category A, ***please keep your child at home*** and have them tested for COVID-19.

If your child has ***at least one*** symptom from Category B, ***please keep your child at home*** and have them tested for COVID-19.



SYMPTOM CATEGORY B



Fever (100.4 or higher)



New and Persistent Cough



New Loss of Taste



New Loss of Smell

If your child has ANY CATEGORY B symptoms please contact us at info@phillyinmovement.com and contact your physician!



*For students with chronic illness, only new symptoms or symptoms worse than baseline, should be used to follow this criteria.

STUDENTS WHO ARE SICK OR CONTAGIOUS IN GENERAL SHOULD NOT ATTEND CLASS.

QUARANTINE AND TESTING PROCEDURE:

Please, help us keep InMovement safe by communicating any positive cases to info@phillyinmovement.com quarantining and getting tested!

IF YOUR CHILD EXPOSED ...

- Contact us at info@phillyinmovement.com immediately and we will give you a testing timeline.
- Your child may continue to participate at InMovement as long as no symptoms develop and they remain negative.
- Continue to be vigilant for symptoms and mask up for 10 days following the exposure.
- InMovement asks that you test 5 days after the exposure. Additional testing may be required depending on how frequently your child attends InMovement classes.

IF YOUR CHILD TESTS POSITIVE ...

- You must email info@phillyinmovement.com immediately, we will provide you with a return plan for your child.
- IF ASYMPTOMATIC, the student may return after 6 days of isolation, continue to be vigilant for new symptoms and masking up for a total of 10 days following the positive test result.
- Please keep an eye on any possible symptoms that may arise during or after the 6 days of isolation, you may need to contact your doctor if this happens.
- If your child does have symptoms they may return after the 6 days only if the student is fever-free for 24 hours (without the use of fever-reducing medication) and the symptoms are improving.
- If they contact an extreme case of COVID-19 or have a weakened immune system they should isolate for 10 days. Please keep us posted as to how your child is feeling and recovering.

Please note: In all cases, day of positive test is day 0.

**STUDENTS WHO ARE SICK OR CONTAGIOUS IN
GENERAL SHOULD NOT ATTEND CLASS.**