



TRI-ALPHA GYMNASTICS

COLD, FLU & GI Virus POLICY

December 8th, 2019

Tri-Alpha Gymnastics (TAG) is placing this policy effective immediately.

As the winter months approach with the increased instances of a flu & cold-like illness we urge everyone to do as follows:

Cold and/or Flu & GI Virus “Stomach Flu”

1. An Influenza-like illness is described as:
Fever 100.4 F or higher AND either Cough OR Sore Throat
2. GI virus includes sudden onset of Nausea, Vomiting and/or diarrhea.
If you are exhibiting these symptoms, avoid infecting others and stay home.
We will isolate and send home students & staff who become sick when at TAG
3. We urge everyone (staff, customers or students) exhibiting influenza-like/GI virus symptoms to **STAY HOME for 24 hours after** there is no fever or vomiting and the person is not taking fever reducing medications.
Most can expect to stay home ~ 4 days (3 days with fever plus 1 more day.)
Fever with influenza can last 2-5 days or more.
4. All of us are asked to abide by these rules to avoid spreading the flu, colds and GI viruses to others.
Please be considerate of our rules which have been structured to minimize the spread of illness.

Prevention

Teach your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal (about as long as it takes to sing the Happy Birthday song twice). Good hand-washing is the best prevention to the spread of germs

Teach your children to use a hand sanitizer. Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol. Watch small children using gels so they don't swallow it. The best hand-sanitizers are those that are the paper wipe type because only one person has handled it.

Teach your children to cough or sneeze into their elbow and not their hands! Cover coughs and sneezes with tissues or by coughing into the inside of their elbow and not into hands. They should wash their hands after blowing their nose or coughing into a tissue.

Teach your children to avoid touching their nose, mouth or eyes. They should keep their hands away from their face.

We appreciate your cooperation very much.
TAG's Coaches