

**Please read carefully and fully for complete understanding!**

## **NEW PROCEDURES:**

### **BEFORE YOU LEAVE FOR THE GYM:**

#### **DO NOT COME IF YOU ARE DISPLAYING ANY COVID-19 SYMPTOMS!!!**

Please do not bring your child to class if they have a fever, cough, sneezing or display any flu like symptoms. Please do not bring them if they have been exposed to anyone with these symptoms.

### **WHAT YOUR CHILD WILL NEED TO ATTEND CLASS: REQUIRED!!!**

- **Be fully prepared to walk into class:** Your child will need to be fully dressed for class. We strongly request that they wear minimal clothing beyond their clothes for class. Please do not tie up the bathroom for changing of clothes or hair preparation.
- **Personal Water Bottle:** Please bring a clean (washed daily with soap and water), non-spill, insulated (stays cold), refillable water bottle that you filled at home. They need to be able to drink without removing the cap. The water fountains are shut down. No disposable water bottles will be permitted. ***Put their name on it!***
- **Personal Hand Sanitizer:** Please bring a travel size hand sanitizer that they can hook onto their water bottle. We will be asking them to sanitize their hands between each event. ***Put their name on it!***
- **Face Mask:** Mask must always be worn in the lobby and until they are ready to start their first event in class. **They will keep their mask with them during class. Students are encouraged to wear their face mask during the entire class but are permitted to remove the mask when they are assigned to their individual station. Put their name on it!**

## **ARRIVING AT GYM STARS:**

- **Coming in the Door:** Be patient! We are asking you to keep a proper social distance and to be prepared to stop or wait outside until the family/student in front of you has moved forward.
- **Temperature Check:** We will be checking the temperature of every person, with touchless thermometers, when they enter the building. Anyone with a temperature over 100.4 (CDC guidelines) will be sent home. Please make sure we can reach you by cell phone during all times your child is in the building.
- **Students Will Go to the Bin Station:** Put shoes, additional clothing, and anything you will not need in class in your bin. Each student will have a sanitized, sealable bin. We will hold your bin until after class. Parents are free to hold their child's items with them instead.
- **Parents:** If your child needs any assistance stay with them until they enter the gym. If they are 6 years old or older and able to be responsible for themselves, you are expected to drop them off at the door and not enter the building.
- **Wash Hands:** Everyone will be required to wash their hands upon entry. We have 3 touchless washing stations to use.
- **Before Class Starts:** Younger children (ages 5 & under) will need to remain with their parents until their class time.

## **HOW CLASS WILL RUN: What is the same!**

- Gym Stars is one of the best at giving everyone their own space to work, so you might say we have been practicing social distancing for many years.
- We will keep our group size to 8 or less gymnast per event or area.
- We will rotate everyone on the same schedule, so groups do not overlap.

## **HOW CLASS WILL RUN: What is different!**

- Gymnast will not be going to the water fountains.
- Class sizes will be reduced to a maximum of 8 students per class.
- We will always provide them with their own space and be asking the gymnast to maintain distance.
- Students will be required to wear their mask and sanitize their hands as we change areas. We will have separate spots for them to leave their personal items as they do their activities.
- Students may do their activities with their mask on or off.
- Coaches will reduce the amount of physical contact.

## **AFTER CLASS:**

- **Our Coaches Will Bring Your Child To The Bin Station:** We will have the students put their mask back on and bring them to the bin station to get their personal items.
- **Exit Out The Front Door:** Do your best to be respectful of the families coming in and try to space yourself while exiting. Our instructors will assist our younger students back to their parents outside.

## **WHAT WE CAN PROMISE:**

- We will continue to clean all contact surfaces daily to the best of our ability.
- The type of flooring and mats we use does not hold bacteria for extended periods of time.
- We will promote safe distancing with the students.
- We will be organized in how we manage our classes.
- We will have the students use their sanitizer between events.

## **REALITIES THAT YOU MUST BE AWARE OF:**

- We are unable to prevent all possibilities of close contact between students, staff, and other people in the lobby.
- Just as we cannot promise you that your child will never be injured, we are unable to guarantee that you or your child will not contract COVID-19 through contact in our gym. In both cases we are confident in our process!
- It is your choice to attend when you are comfortable enough to be here.

## **WHAT YOU NEED TO DO NOW:**

- Make sure that your gymnast has the required items to attend class each day.

## **IF YOU ARE IN THE LOBBY:**

- You must pass the temperature check.
- You must keep your mask on even if you consider yourself socially distanced
- You must wash your hands before going to a seating area.
- Please do not move the tables or seating.

## **COMMUNICATION – OUR REQUEST – PLEASE**

Email is the best option in communicating with us. We will continue to be available at the front desk, but you may have to wait if we are busy assisting people coming in.

**Contact us with any questions that you might have.**

**We look forward to having your child/children in our classes and your family joining the Gym Stars ETC family.**

**Tony and Carole**