

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 with soap and water) water bottle. We suggest a non-spill, insulated (stays cold), refillable water bottle that you filled at home. This will be for use before and after class and remain with the parent during the class. This is advised because the water fountains are shut down.
- **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.
- **Students Will Go to the Bin Station:** Put shoes, additional clothing, and anything you will not need in class in your bin. Each student/family 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:** Stay with your child to keep them socially distanced and provide any assistance they may need until they enter the gym. We do expect a parent or caregiver to be available to help your child if they need a bathroom visit or a drink of water. Our staff cannot provide either of these necessities for your child.
- **Wash Hands:** Everyone will be required to wash their hands upon entry. We have 3 touchless washing stations to use.
- **Before Class Starts:** Your children will need to remain with you 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 by keeping children continuously active and moving station to station.
- We will continue to have different circuits for your child to experience. We will continue to change the lesson plan every 2 weeks.
- We will rotate each class at the same time, so groups do not overlap.

HOW CLASS WILL RUN: What is different!

- Students will not be going to the water fountains.
- Class sizes will be reduced to a maximum of 5 students for now.
- Each class area will have separate spaces/boxes for each child to do their activity in. We will be asking the students to remain in their space/box until the coach says change.
- We will be asking the students to wear their mask as we change areas. We will have separate spots for them to leave their mask as they do their activities, or they may participate with their mask on.
- The coach will sanitize each student's hands when they change areas.

AFTER CLASS:

- **Our Coaches Will Bring Your Child to You:** We will have the students put their mask back on and bring them to you in the lobby.
- **Exit Out The Front Door:** Do your best to be respectful of the families coming in and try to space yourself while exiting.

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.

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.
- Our Coaches will avoid unnecessary closeness but for us to keep your child safe and assist their learning we will need to position or spot them as needed with their mask on.

- 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 and your safety!
- It is your choice to attend class 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.

WHEN YOU ARE IN THE LOBBY:

- You must pass the temperature check.
- You must keep your mask fully on (covering your mouth and nose) 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