

Dear gymnasts, parents and family members of Silver State Gymnastics Academy,

**TOGETHER WE CAN DO THIS!** During these uncertain times we all need to pull together for the sake of creating a new "normal," so our lives can be lived as happy and fulfilled as possible. We would like to have open communication with you. If you see something that could be improved for the safety and wellbeing for you or your child, **say something**. Let us know and we will do whatever possible to resolve or accommodate any issues that come up. I will continue to stay abreast of Covid-19 changes and recommendations for the safety of our clients and staff. If you have any questions about these changes, please contact us in person, **email:** silverstategymnastics@gmail.com, **text or call:** 775.882.2433

Thank you for your continued support of Silver State Gymnastics Academy! We can not wait to see you soon! Check our website ([www.SilverStateGymnastics.com](http://www.SilverStateGymnastics.com)), Facebook or Instagram for the latest updates.

Sincerely,

*Coach Dave*

Dave Lester, Owner/Operator & Head Coach

## **STRICT COVID-19 GUIDELINES for our employees to follow, including, but not limited to the following:**

- All Silver State Gymnastics Academy staff will maintain personal hygiene standards in accordance with CDC guidelines before and after each class that they instruct.
- All staff members will also have their temperature taken upon entering the facility and the same requirements will be followed by each of them as expected of the clients of Silver State Gymnastics Academy. The staff will adhere to a 24 hour wellness standard.
- Each member will wear masks while coaching. This is a preventative measure and is not indicative of anyone having or carrying the virus. ***Please let your children know that our office and team may look different, but we are still the same people underneath our personal protective equipment.***
- We will continue to coach and instruct your children with love and compassion even when they are unable to give 'high fives' and 'hugs' to maintain the social distancing required by the State.
- Cleaning schedules have been constructed and all staff are required to complete and help as needed. The restrooms, training areas, lobby, office area and doors, will be cleaned throughout the day by our staff members, and each evening to maintain safety for our staff and students. We will be using CDC approved cleaners and disinfectants on all hard surfaces that are rated to kill 99.9% of virus and bacteria.

## **CLASS MANAGEMENT EXPECTATIONS - guidelines to ensure your child's safety:**

Although gymnastics, trampoline and tumbling are individual sports, there are times when contact will occur. Our coaches will be doing their best to operate in a social and physical distancing environment by doing the following things:

- All staff members will begin with basic skills and conditioning for their students that require no spotting (*understand that the coaches will spot your child in the event that your child requires assistance, or to avoid injury*).
- Students will be separated by distanced targets during warm-up and instruction at events. Every effort will be made to make workouts productive while keeping our students distanced apart.
- Lesson plans have been modified to omit partner activities and prop usage for the tot programs, utilizing multiple stations to allow social distancing between athletes as much as possible.
- Coaches will follow specific movement patterns in the gym to minimize group contact.
- Class size will be reduced starting in June and will remain so until we receive permission from the state to increase our occupancy.
- We require all athletes to disinfect their hands at the end of each training rotation.
- All training mats will be disinfected with cleaning spray containing solution that kills 99.9% virus – once the mats are washed, the disinfecting spray must be applied and allowed to dry to be effective.
- Please understand that even with the best efforts and intentions, there will be times when the children will breach the prescribed (currently 6') distancing recommendation. In addition, for the safety of your child, our coaching staff will spot (physically assist) when necessary to teach skills safely, to help athletes perform skills correctly and to prevent injury.
- Students will be dismissed class by class and will be asked to disinfect their hands before exiting the building. This dismissal will be supervised by a Silver State Gymnastics staff member until they are picked up from a parent. To assist with less traffic in the lobby, please wait outside the lobby doors for pick up. We will have a Silver State staff member watching the children as we do not want children wandering through the parking lot.
- We have adjusted the instructional times for our classes to limit congestion as much as possible.

## VIEWING AREA / LOBBY

As we begin to open, to help minimize traffic and risk, we strongly request no parent viewing at this time. Please drop your child off at the front door, our coaching staff will supervise the athletes entering and leaving the facility and keep them safe. Parents who decide to enter the facility, will need to wear a mask, have their temperature taken and must maintain social distancing guidelines by distancing themselves in the lobby viewing area and the front desk.

If possible, please limit interaction with our front office staff by utilizing the following methods of communication for any class change requests, or to speak with one of our instructors:

**Email:** silverstategymnastics@gmail.com

**Text or Call:** 775.882.2433

Payments can be made by setting up auto-pay, calling in to make a payment over the phone, or mailing a check to our address: 3031 N. Deer Run Road #D, Carson City, NV 89706

We will never turn parents away from viewing their child, however we do request that if you choose to stay you distance yourself from others when possible by using only designated seating spaces. We request that viewing be minimized to one parent/family only, **with no siblings in the lobby**. If your child is over the age of 5 and you are comfortable, please allow them to attend class without you present in the facility. Be assured that for the safety of your child, our programs are all supervised by senior coaching staff.

## ENTERING / LEAVING THE FACILITY

- Students and, if necessary, one parent will enter the facility through the front entrance and be subjected to having their temperature taken with a touchless thermometer. We will be checking the temperature of each individual when they enter the facility. Anyone with a temperature over 99.9 will be asked to go home and will be asked to remain away from the facility for 72 hours after the temperature is back to normal in accordance with CDC guidelines.
- It is required that all adults entering the facility wear a facemask. The children participating in classes or the team program will not be required to wear a mask, but are welcomed to if desired.
- Every athlete must disinfect their hands with soap and water, or hand sanitizer before class begins.
- All athletes entering the facility must place their shoes and all belongings in a cubby.
- All athletes must bring in their own labelled water bottle that will remain with them throughout class – this bottle must be sealable.
- Each student will be required to disinfect their hands after class is over.

## STUDENT REQUIREMENTS

- All students must have a participation waiver signed by parent/guardian before they can resume training.
- Please make sure you are monitoring the health of your child and your family. If anyone in your family is experiencing flu-like systems, cough, shortness of breath, or fever, please do not bring your child to class. We will be checking the temperature of each athlete and family member when they enter the facility, anyone with a temperature over 99.9 will be asked to go home and will be asked to remain away from the facility for 72 hours after the temperature is back to normal in accordance with CDC guidelines.
- Please encourage your child to use the restroom and wash their hands with soap and water before they come to class.
- Please have your child bring in their own labelled water bottle to keep this with them throughout the class. Make sure it has a sealable lid so that it will not spill. Take out cups from Sonic, Starbucks, etc, will not be allowed in the gym area. Our coaches will have a place to put their labelled bottles at each event.
- Bottled water will be available for purchase if needed. The water fountain will not be open for casual drinking but only for refilling of water bottles.
- Personal items – cell phones, wallet, etc., should remain at home. If a child needs to call a parent, they can use the phone at the front desk.
- Competitive athletes must bring in a tote bag to place their shoes and all belongings inside. All belongings must remain in the lobby cubbies and NOT brought into the gym. Athletes may not share water bottles or any items with teammates.

## CHANGES/REQUIREMENTS in a “nutshell” to keep everyone as safe as possible:

- Frequent hand washing and/or hand sanitizing for the gymnasts and coaches
- Initial opening with small groups of 10 students or less
- Nightly equipment cleaning of high touch surfaces
- Hand sanitizing before each event
- Follow State & Federal guidelines
- Screen for temperature/fever/symptoms at door
- Limit parents
- Stagger workout times
- No people allowed in that are coughing, have fever or showing any flu like symptoms
- Wiping down equipment after each use
- Extra hand sanitizing stations at entrance, parent viewing and in gym
- Encourage parents to not congregate
- Following social distancing guidelines (6+ feet) with stations / drills
- Workout groups will be quarantined from gym for 14 days if anyone in group tests positive for COVID
- No water fountain use
- Starting up with basics and conditioning so there will be no need to spot
- No use of foam pit or put mat on top of pit that can be cleaned
- Staggered break times (or if practice is short enough, no breaks to limit congregating)
- Masks for coaches / employees / parents / viewers
- One way traffic as much as possible
- One at a time in the bathroom, surfaces cleaned after use
- Place parent viewing seating at appropriate social distancing lengths
- No locker use

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## COVID-19 STATEMENT

I am aware that my actions as a parent/legal guardian will impact the safety of others in the Silver State Gymnastics Academy (SSGA) facility. SSGA is counting on me and all the other parents and kids to help keep us all safe by meeting the physical-distancing and personal hygiene standards recommended by the CDC and the State of Nevada.

While parents are usually able to watch, SSGA will need to limit in-person viewing because our bleachers will seat 75% fewer spectators if we are to conform to the 6’ distancing standards. As a consequence of the restrictions placed on SSGA by the Nevada Department of Health and our commitment to safety, parents must agree to the following special Covid-19 policies:

1. Students must use the restroom and wash their hands thoroughly before leaving for the gym. Students should always wash both hands and feet after returning home. Hand sanitizer will be provided throughout the gym and waiting areas.
2. Only one parent/guardian may enter the gym with their child. Parents are welcome to drop off and pickup in front of the gym.
3. **All adults entering SSGA must wear a facemask.** The children are welcome to wear one too, even in class.
4. The lobby and entry area space may fill up quickly, so kindly move to the bleacher area or wait outside and we will walk your child out to meet you.
5. Please do not send your sick child or yourself into the gym. We now offer unlimited make-ups.
6. If all viewing space is taken, no further seating will be possible and waiting parents will need to wait outside.

I will do my best to make SSGA as safe as possible by being respectful of the gym’s social-distancing policies, insisting that my child wash their hands before entering the gym and when arriving at home, and by supporting the coaches, and customer service staff as they work hard to provide a safe place to develop happy, healthy and confident individuals. I have read all the provided information in this packet and will review this with my child.

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PARENT/LEGAL GUARDIAN SIGNATURE

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DATE