



Dear Alpha Gymnastics families.

We are beyond happy to welcome everyone back as we re-open the gymnastics academy!

Because of the recent Coronavirus pandemic, we have put in place additional infection prevention protocols for the safety of our students and staff – and yours!

As you enter the academy, you will see a table with hand sanitizer, pens, and copies of a document. The document is attached to this letter and basically states that you and your child do not have any symptoms associated with Covid-19, and none of you have been in contact with anyone (in your household or elsewhere) who was displaying symptoms associated with Covid-19.

We are required to have you sign this statement each time your child enters the gym, to comply with the State contact tracing and infection prevention requirements.

Please see a copy of the statement below.

I understand that while Alpha Gymnastics attempts to provide the cleanest possible environment to mitigate the risk of contagions, there is no 100% guarantee that all infectious diseases exposure potential is eliminated. I assume the risk for myself and my child in participating in activities at Alpha Gymnastics.

I understand that common symptoms associated with Covid-19 include, but are not limited to: cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, sore throat, new onset loss of taste or smell. I understand that while this list represents the signs and symptoms most commonly observed, other manifestations of the disease are possible.

I verify that I and my child have shown no symptoms of illness during the past 72 hours (three days).

I verify that I and my child have not been in direct or indirect (within 6 feet distance) contact of anyone who had symptoms of illness for the past 72 hours (three days).

I verify that I and my child and all persons in our household have been free of all symptoms of illness (without medication) for the past 72 hours (three days).

I understand that all coaches and academy staff will verify the same criteria above for themselves each day they enter the academy.

I understand that coaches, staff members, and students who show any signs or symptoms of illness or are not feeling well will be asked to stay home.

I understand that, in order to keep anyone who may have been exposed to Covid-19 out of the academy, Alpha Gymnastics may not have a sufficient number of coaches and staff members to run all the classes planned, and schedules may have to be adjusted accordingly.

I understand that, per State regulations, classes will be held with limited numbers for several weeks, as Alpha Gymnastics is required to limit groups to 5 students per class at this time.

I understand that Alpha Gymnastics will be adapting all lesson plans to limit close proximity and spotting, and that spotting will be limited to safety requirements on a case-to-case basis, and coaches will wear a mask and hand sanitize before and after spotting a student.

I understand that anyone entering the gymnastics training floor, whether a gymnast, a coach, a staff member, or a parent, will be required to hand sanitize each time.

I understand that hand sanitizer will be required of coaches and gymnasts at each event and station prior to use of equipment. For this reason, Alpha Gymnastics will have hand sanitizing stations at each apparatus.

I understand that sharing items between students will be prohibited at this time.

I understand that equipment will be cleaned as often as possible and deep cleaning and disinfection of the whole academy will be performed each day at the end of training activities.

I understand that, while students will not be required to wear masks during workout, they are allowed to choose to do so if they desire.

I understand that, while Alpha Gymnastics always welcomes parents for observation of the classes, the academy had to limit our viewing area to a reduced number of seats to be in compliance with physical distancing requirements set by the State. Therefore, at this time Alpha Gymnastics must ask that you limit observation to one parent per child or family group, and also ask that siblings not come into the academy at this time.

I also understand that to limit exposure during Phase 2, Alpha Gymnastics will be encouraging parents to wait outside, if possible, or to drop and pick up rather than sit in the observation area. This is to limit the number of people in close proximity of each other. Alpha Gymnastics is making efforts to put in place a secure video system that will allow parents to observe classes from home or from their vehicle.

I understand that, if myself or my child or anyone in our household has recently traveled outside of the United States or to areas currently affected by high rates of illness, Alpha Gymnastics may ask that we make classes up at a later date, once incubation periods are over.

I understand that, if myself or my child are in high risk groups with underlying health concerns, Alpha Gymnastics may ask that we make classes up at a later date.

I understand that, if we live with a grandparent or have close contact with older family members, the CDC and State Health Department currently recommend to limit exposure, and it is recommended that we make classes up at a later date. While children are considered in the low risk groups, elderly are at more risk if they catch the virus.

During the Covid-19 restriction period, Alpha Gymnastics will always allow make up classes for anyone who misses their regularly scheduled class.

Please help us keep everyone healthy by observing the procedures that we have put into place so that we can continue to serve our community responsibly.

If there are any changes, this document will be amended and all families will be notified.

I have read, understand, and agree with the statements above:

PRINTED NAME OF PARENT/GUARDIAN:

STUDENT NAME:

DATE:

SIGNATURE OF PARENT/GUARDIAN:

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