

Hello parents and families,

I am hoping you are all doing well and have been safe and healthy at home. We at Flip-Flop Gymnastics have missed you all and know that the kids are anxious to get back to sports and activities. In reopening the gym, we are taking several measures to protect the staff and children from risk of spreading germs.

I am listing some safety protocol that all families must follow. Please remember that there are still risks and some unknown information with this virus, but we will do our best to keep everyone safe. We are following guidelines from the CDC and some extra safety measures.

Anyone who is sick or has been in contact with someone who has COVID-19 should not attend. Please check your child and family for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

- We are limiting the amount of kids in the gym and will not allow drop-ins. If you show up and are not pre-registered, you will be turned away. All groups are formed ahead of time and we will not take your child the morning of.
- Instructors will wear masks when near the children such as when they are spotting or giving verbal instruction in close proximity.
- Parents who enter the gym to check in their child must be wearing a mask and must maintain social distance from others. The lobby is closed to parents and siblings so for now you must wait in your car during classes or drop off for camps.
- Children are asked to bring a backpack to keep their water bottle and all belongings in.
- Each small camp or class group will have a carpet square as a marker which will be placed by their instructor to distance the children apart from one another. Each apparatus will have stations to separate participants.
- The gym will be equipped with washing and sanitizing stations to be used before and after each event.

- We will be wiping down equipment, mats, and surfaces with anti-viral cleaners after each use. More info on safe air cleaning to follow. In addition, FFG is working on the best ventilation measures in the gym to keep the air circulating from outside.