

# **GYMNASTICS UNLIMITED, INC.**

COVID-19 has affected us all, & the excitement of seeing you is very much tangled with questions on how exactly that will happen safely. To continue to build a healthy and happy GU Family, here are a few steps we are taking:

# 1

## **NEW PROCEDURES**

- classes on varied schedules to allow for adequate cleaning time
- adapted make up policy
- detailed before, during and after class procedures (see reverse)



## **IMPROVED FACILITIES**

- cohesive, clean layout throughout
- expanded spring floor and additional 8X50' spring tumbling strip
- NEW GROW Forest - including a dedicated bathroom, bars, beams and a 16x16' spring floor (easier rotations & access)!
- 2 dedicated bathrooms for gymnasts & families

# 2

## **DO MORE ONLINE WITH PARENT PORTAL\***

- sign up for classes
- schedule make-ups
- pay tuition and more!

# 3



**RE-OPENING  
FOR CLASSES  
MONDAY, JULY 6TH**

Gymnastics Unlimited, Inc.

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# WE CAN'T WAIT TO SEE YOU! HERE'S THE PLAN:



## **FAMILY HEALTH**

We have to work together to prevent the spread of illness. Please stay home if anyone in your household experiences the following symptoms: fever, cough, sore throat, sneezing, or body aches. We must be notified IMMEDIATELY if anyone in your household tests positive for COVID-19.



## **ARRIVE PREPARED**

Come in to the gym dressed for class with no extra items but a water bottle. We are no longer selling bottled water (Dixie Cups will be supplied in each bathroom).

Each student will have a designated place to put their belongings during class (cubbyholes are closed for the time being)



## **WAIT IN CAR UPON ARRIVAL**

GU staff will step outside to gather students.



## **LINE UP & ENTER THRU MIDDLE DOOR**

When instructed by GU Staff, a line will be formed to enter the gym using social distancing measures



## **HAND WASHING & CLEANING**

Gymnasts and Coaches will wash hands and/or sanitize upon entering and prior to exiting the gym. Hands will be sanitized before and after each event rotation. Equipment will be sanitized prior to each new class and as necessary. Please note, class times and schedules reflect the additional time needed.



## **EQUIPMENT & SPACE**

Gymnasts will be required to stay in designated areas and use only designated equipment per the coach. Social distancing will be used as much as possible. Equipment use is also limited (easier to clean) as well as limited sharing when possible. No hugs or high fives (air version OK!). Coaches will wear masks when spotting, which will be limited.



## **EXIT DOORS**

Exit only through specified Exit door.



## **NO LOST & FOUND**

All belongings left behind will be thrown away at the end of the day.



## **FAMILY VIEWING**

At this time, we are asking that families wait in their cars (or social distance outside) to limit the number of people in the gym during classes. GROW students may have one family member in the facility, but if possible, we ask that you wait outside.