 August 10, 2020



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Dear Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. After careful thought and planning, we are excited to let you know that we plan to begin gymnastics training at Spartan Gymnastics while following all CDC and NJ Department of Health guidelines to protect gymnasts, families, and our community from the risks related to the COVID-19 pandemic.

The health and safety of our gymnasts, staff, and their families remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our gymnasts to train. We are:

* Intensifying cleaning, disinfection, and ventilation within our facility according to CDC Guidelines and using EPA -approved disinfectants against COVID-19.
* Providing hand sanitizer at multiple locations throughout the gym.
* Sanitizing all equipment between rotations. Deep cleaning and sanitizing the gym each night using a ULV fogger and commercial grade disinfectant.
* Reducing physical closeness or contact between gymnasts when possible
* Promoting healthy hygiene practices including frequent hand washing and hand sanitizing and encouraging gymnasts to cough and sneeze into a tissue or their elbows if necessary.
* Requiring that coaches and staff wear a cloth face covering when social distancing cannot be maintained.
* Limiting the sharing of equipment.
* Limiting the number of gymnasts allowed in the facility per session.

Upon entry to the gym, each gymnast/coach/parent will have their temperature recorded. Anyone with a temperature of 100.4° or higher or show any symptoms of COVID-19 will not be admitted to the gym.

Anyone who is sick or has been in contact with someone who has COVID-19— including gymnasts, family members, coaches, staff and spectators — should not attend practices. Be on the lookout for symptoms of COVID-19, which include fever, cough, loss of taste/smell, or shortness of breath. Call your doctor if you think you or a family member is sick.

If you have a specific question about this plan, please contact the front desk for more information. You can also find more information about COVID-19 at www.cdc.gov.

We look forward to seeing you. Now, let’s do some gymnastics!

Thank you and stay healthy,

SPARTAN Gymnastics