

# DYNAMIC GYMNASTICS

117 Greystone Drive  
Lynchburg, VA 24502

## COVID-19 REOPENING POLICIES/PROCEDURES LETTER

To Whom It May Concern:

Due to the recent health pandemic surrounding COVID-19, Dynamic Gymnastics temporarily closed its doors on March 16<sup>th</sup>, 2020 in an effort to keep our athletes, families, staff, and community safe and healthy. On May 4<sup>th</sup>, 2020, Governor Northam announced that non-essential businesses could open their doors for business on May 15<sup>th</sup>, 2020 following the recommendations outlined in Phase 1 of reopening Virginia. Per these guidelines, fitness facilities were only permitted outdoor classes. This would make doing business very difficult for us. On Tuesday, June 2<sup>nd</sup>, the Governor announced that on Friday, June 5<sup>th</sup> Virginia would enter into Phase 2. This phase offers more reasonable guidelines that allow us to conduct business more effectively and efficiently.

Dynamic Gymnastics will be reopening for business on Monday, June 8<sup>th</sup> with recommended CDC guidelines in place. Our team athletes have received their summer training schedules and our 2020 Recreational Summer Schedule has been released to the public on our website and Facebook. Over the past couple of weeks, we have been conducting office hours to better assist you. During these office hours, you can call, email, or visit our front desk in person to sign up for classes, register for camp, turn in team packets, make payments, etc.

When we reopen on June 8<sup>th</sup>, we will be operating our schedule spread out over the course of the entire day to keep the number of patrons in our facility down. For the safety of our staff, athletes and families, the following are some of the practices and procedures that we will be implementing:

- Staff Practices/Procedures
  - All staff will have their temperatures checked upon their arrival to work. Any staff member with a temperature over 100° Fahrenheit will be sent home.
  - Hand-washing/sanitizing will be increased throughout the workday.
  - Station work will be utilized during classes/practices in an effort to maintain social distancing between athletes. The pit will only be open to team athletes during scheduled practice time.
  - Cleaning stations will be set-up throughout the gym for the sanitization of mats/equipment between classes.
- Class Changes/Sizes
  - Mommy & Me classes will not be offered until we reach Phase 3 as a state.
  - For social distancing purposes, Pre-School classes will have no more than 4 children—reduced from our usual 6 children.
  - Recreational class sizes will be reduced from 8 athletes to only 6 athletes per class.
  - Make-up classes will only be available during classes that are NOT full and have space.
  - For hygiene reasons, the water fountain will NOT be in use. Athletes will be required to purchase water or bring their own water bottle.
- Arrival/Drop Off
  - Athletes are encouraged to be dropped off at the door.
    - Team and recreational class athletes will be allowed ONE SPECTATOR. However, we are encouraging those that feel comfortable, to drop their child off and pick up at the end of class/practice to strictly limit spectators. Parents may leave during the duration of class or stay in their car in the parking lot.
    - Pre-School class athletes will also be allowed ONE SPECTATOR. The spectator will be required to STAY in the front desk lobby area during the duration of class and will NOT be permitted to spectate in the regular gym lobby for the last 10-15 minutes of class. However, if a pre-school parent/guardian does not want to stay during the class, they are welcomed to wait in their car.
  - Upon arrival, athletes will check in with the front desk and then immediately wash their hands.
  - Tape marks will be spaced out throughout the lower lobby and athletes will be asked to stand on a designated space while waiting for class to begin.
  - Classes will be called one at a time to ensure there is no crowding at the gym entry.
  - Warm-ups will be conducted with social distancing in place.

- Dismissal Procedure
  - In an effort to keep our front lobby from becoming too congested and to allow for the start/end of classes to not overlap into one area, we will be dismissing athletes from the bay door.
    - Parents will be required to get out of their vehicle and line up in front of the bay door behind the cone specific to their athlete's coach. These lines will be distanced.
    - Athletes will line up on the gymnastics floor in front of the bay door on tapelines that are socially distanced. They will be dismissed into the hands of their parents a few at a time to eliminate congestion.
    - Athletes are encouraged to wash hands and change out of practice clothes upon their return home.
- Registration/Payments
  - Right now we are encouraging, parents to call and register for classes/camps over the phone. Payments can be made over the phone, dropped off during office hours, or mailed to the gym.
    - Please visit our website, click on the 'Forms' menu tab and print the registration documents. Once filled out these can either be dropped off or mailed to: Dynamic Gymnastics, 117 Greystone Drive, Lynchburg, VA 24502.
    - If you are unable to access the Internet or print these documents, please call us at 434-528-3222 to arrange another way to receive and complete these forms.
  - After June 8<sup>th</sup>, registration will still be encouraged to be done over the phone and/or through mail, however we will continue to offer in-person office hours for your convenience.
- Open Gym
  - We will be offering Open Gym every Friday starting June 19<sup>th</sup>, however during the duration of Phase 2 we will be enforcing the following guidelines:
    - Only children ages 8 and up are permitted.
    - Limited spectating is encouraged—only one spectator permitted per athlete. We appreciate those that feel comfortable dropping their athlete off and returning promptly for pick up!
    - Pick up/dismissal will be conducted at the bay door. Parents must get out of their vehicle to pick up their athlete. Athletes will not be permitted to exit the gym or cross the parking lot without a parent present at the bay door.
- Birthday Parties & Parents Night Out
  - We will be offering both birthday parties and Parents Night Out, however during the duration of Phase 2 we will be limiting them to 50 guests total. For parties, this will include parents/families that decide to stay during the party. For PNO, we will be capping at 30 children and limiting spectators if necessary.

Dynamic Gymnastics is committed to making the health and safety of our athletes, families, and staff our top priority. We have taken the recommendations of the CDC, White House, Governor, Virginia Health Department, USA Gymnastics, and other health professionals to determine what actions we can take in our facility to continue offering our services to our clients in a safe manner. Please understand that this has not been an easy task and our business and livelihood has taken a tremendous financial hit. We are doing everything in our power to continue to keep our doors open to the community.

We understand that not everyone will be ready to return on Monday, June 8<sup>th</sup>. We each have different environments at home—whether we live with elderly or have small children or someone with an underlying health issue. Please make a decision about returning for classes or practices that best serves the needs and safety of your family. We want to extend an enormous thank you to those of you that have continued to support us during this difficult time. We are so grateful for your commitment to our program and our “gym family.” Please continue to be safe and we look forward to returning to the gym in the next couple of weeks!

Sincerely,

Brandon & Samantha Sloan  
 Owners of Dynamic Gymnastics

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## COVID-19 REOPENING POLICIES/PROCEDURES LETTER ACKNOWLEDGEMENT

I/We the parent(s) of \_\_\_\_\_ have read and understand the COVID-19 Reopening Policies/Procedures Letter and understand all of the newly implemented practices that have been put in place for the safety of myself, my athlete, and staff. Delay in signing this sheet until you speak with management if any policy herein is unclear to you.

\_\_\_\_\_  
**Printed Name of Parent/Legal Guardian**

\_\_\_\_\_  
**Printed Name of Parent/Legal Guardian**

\_\_\_\_\_  
**Signature of Parent/Legal Guardian**

\_\_\_\_\_  
**Signature of Parent/Legal Guardian**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Date**