

2020 COVID-19 Action Plan



Fairfax Gymnastics Academy

Working together to get you safely back in the gym....

General Phase 1&2 Program Information

GENERAL INFO:

- Staggered class schedules and running fewer classes at one time.
- Limited number of participants in each class.
- ALL gym business will be conducted over the PHONE/EMAIL and NOT at the Front Desk.
- Utilizing multiple entrances and exits. Enter through one door, exit through another.
- No water fountain!
- Ice pops are still available for purchase but may not be opened inside the facility
- 8,000 sq. Foot facility
 - Broken into Zones
 - Limited number of people allowed in each zone

General Cleanliness Guidelines: applied to all people in the gym

- WASH HANDS UPON ENTRY
- NO FOOD IN THE GYM
- ONLY WATER BOTTLES ALLOWED
- NO WATER FOUNTAIN USE
- NO PARENTS IN THE LOBBY (Exceptions made for students under the age of 4)
- Lobby will be cleaned and disinfected several times a day
- Gym Equipment will be cleaned as often as possible (keeping the safety of our gymnasts and equipment in mind)

Our Responsibilities

Parents:

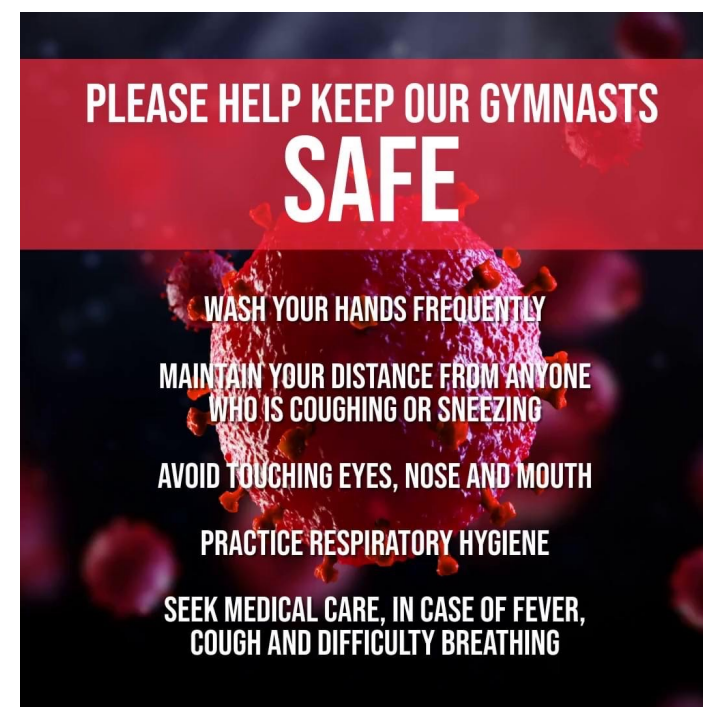
- Be sure students do not have fever or cough before dropping off for class/camps
- Drop Off and Pick Up students at Designated Door
- Wear masks into lobby if dropping off child under the age of 4
- NO Parents in the lobby (exceptions made for students under the age of 4)

Athletes:

- Wear mask into lobby
- Wash hands before AND after class
- Bring personal water bottle (no water fountain use)
- Limit personal items to water bottle/shoes, etc. in cubbies
- Respect other students' personal space by keeping hands to themselves

Gym Staff:

- Wear masks
- Wash hands before and after classes
- Clean/Sanitize lobby and equipment frequently
- Keep Safe distance from students and parents
- Space out stations at each event
- Limit physical interaction with other coaches and classes




WE ♥ OUR GYMNASTS

If you can answer NO to all these questions, we will be excited to have you in class today!

- Have you had a fever in the last 48 hours?
- Have you been in contact with a confirmed case of COVID-19?
- Are you experiencing a cough, shortness of breath or a sore throat?
- Have you had a loss of taste or smell?
- Have you been vomiting or had diarrhea in the last 24 hours?

No one will be permitted in our facility if they have been diagnosed with COVID-19 (have not recovered or are still within the 14 day quarantine), had symptoms of COVID-19 within the last 24 hours, or had contact with a person that has or is suspected to have COVID-19 within the last 14 days.

TOGETHER WE CAN STAY HEALTHY!



While we are aware that none of our safety measures can completely eliminate the risk of infection, we are hopeful that we can all work together to minimize the risk.

Some customers may not feel safe returning to the gym and we fully support your decision.

Opening our doors to our customers is something that we take very seriously. We want to provide our customers with the safest possible environment and much of our success will depend on all of our customers adhering to our new rules.

THE GYM NEEDS YOUR HELP

TO KEEP EVERYONE SAFE!

- Take your child's temperature prior to coming to all scheduled classes. Please keep your child home if they have a fever of over 100.4 degrees fahrenheit.
- Please keep your children home if they have symptoms or the possibility of spreading any transmissible illness.

HOW CAN YOU PROTECT YOURSELF?

Wash your hands often with soap and water for at least 20 seconds.

Avoid touching your eyes, nose or mouth with unwashed hands

Avoid close contact with people who are sick

SIGNS & SYMPTOMS

- Fever
- Cough
- Hard to breathe