

Hello-

Over the past few weeks, it's become clear that the world is facing an unprecedented challenge. Like you, we are deeply concerned and want to do what we can to help keep our communities and our families safe and healthy.

On behalf of the Gym-Nest, we wanted to send a note and let you know how we are responding to the situation. We are humbled by your loyalty, and we take the responsibility to our athletes, families and staff very seriously.

From the onset of this situation, we have been listening to the appropriate sources for accurate and up-to-date information, and our preparedness plan reflects those inputs. As things evolve, we are actively monitoring the situation and assessing risks, and if needed are ready to implement immediate changes to ensure the highest level of safety.

With this said, and out of an abundance of caution, we will be ***closed Saturday March 14<sup>th</sup> starting at 4PM and will not reopen until Monday March 16<sup>th</sup> at 4PM.*** In addition to our current cleaning and sterilizing regimen we will be closing during this time to do even more cleaning and sterilizing. As a reminder we have listed below our current cleaning and precautionary measures we are taking to prevent the spread of the Coronavirus as well as any other germs or viruses.

- We are cleaning and disinfecting our facility several times daily. We are sterilizing frequently touched objects such as door handles, tables, chairs and countertops several times a day. We have also increased the frequency of cleaning and disinfecting of our mats and equipment inside the gym.
- We ask that unless you have a 3-5 year old, that you don't wait in the lobby during classes if possible. This will allow for safer distances between people and hopefully reduce risk of exposure.
- We ask all students and staff to wash their hands or use hand sanitizer when entering and leaving the gym.
- We will be temporarily halting the use of our refillable water cooler & ice machine. Please be sure to have your child bring in their own (Full) water bottle or you can purchase one in the vending machine.
- *We are asking students, parents and staff to stay home when they are sick. During this time **the Gym-Nest is extending the make-up policy!** (We know how sad it is to miss gymnastics but this is the best way to make sure your friends and community don't get sick too!)*
- Instead of shaking hands or giving hugs, we will be doing air high-5's.

There are also a number of steps that students, staff and community members can take to minimize the spread of all respiratory illnesses, including COVID-19, according to the state Department of Health:

- **Wash your hands often** with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Heavily soiled hands should be washed.
- **Avoid touching your eyes, nose and mouth with unwashed hands.**
- **Avoid close contact with people who are sick.**
- *Stay home when you are sick.*
- *If you can, avoid 'close personal contact'.*
- **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash and wash your hands after each sneeze or cough.
- **Clean and disinfect frequently touched objects and surfaces.**

We recognize this is a challenging time for all, and we remain deeply committed to the safety of our students, staff and families. We also understand the current situation is fluid and can change quickly. Please know that we will continue to make the necessary decisions and take the steps needed to help keep our community safe.

Thank you again for putting your trust in us!  
The Gym-Nest