

# **CLASS @ Flip-Flop Gymnastics**

## **Acknowledgment, Waiver, and Release**

Precautions for the COVID 19 virus caused Flip-Flop Gymnastics, LLC, to suspend its activities temporarily. As Flip-Flop Gymnastics is now open, new procedures and policies will be required. The virus will be a factor in everyone's life for some time to come, and there is no assurance that our precautions will prevent the virus from spreading. We are taking steps to reduce that risk, and we will adapt our procedures as circumstances may change, consistent with operating the gym for the education and enjoyment of your children.

Parents will drive around the building and drop off athletes at the back sidewalk, rain or shine. A coach will be outside for the start of the class only. We will not allow early or late drop offs. Parents must drop off to the coach. The drop off area is the sidewalk closest to the end of the building near the woods. Gymnasts are required to have their mask on before they exit the car. Parents must remain in the car. No one whose temperature exceeds 100 degrees will enter the building. We will be using a non-contact thermometer; any person above that reading will have to leave the premises immediately.

**Athletes will carry a gym bag or backpack with them at all times inside the gym.** Their backpack will be their traveling locker. Their water bottle and mask will stay inside their back pack when not in use.  
**Athletes will wear a mask in the gym.**

Upon entrance to the gym, the athlete will proceed to our sanitizing station. Once the athlete arrives at the sanitizing station, they will sanitize their hands, put their shoes in their bag and wipe their feet before entering the gym.

Athletes and coaches will practice social distancing.

For viewing our 3-4 year old preschool classes, we will allow 1 parent & one **lap** baby (no siblings) to enter the gym, and limited space will be available. We will try to have our doors open to provide fresh air flow and we will also have our fans on. In the event the climate is too hot or too cold, we will turn on our air conditioning or heat and the doors will be shut. Parents are discouraged to be in the building at this time as we will provide capacity space for athletes only.

Our athletes will be picked up in the back of the building at the center exit door. Parents will drive up, and remain in their car. A coach will call the child over to exit. The athlete will be dismissed to a parent. They will step outside the building to put their shoes on, and sanitize when leaving the gym.

To teach gymnastics safely and effectively, clear oral instructions and attentive spotting are essential. For that reason, our staff may lower a mask to give directions when socially distant. Children are required to wear a mask while working out. Team athletes are required to wear a mask, but may lower them to perform a difficult skill on the apparatus when they are socially distant. Further, spotting will require our staff to physically guide children through their routines, so touching will be inevitable. A mask will be worn at all times while a coach spots the athlete. Athletes and coaches will use hand sanitizer in between events.

To permit and acknowledge Flip-Flop Gymnastics, LLC, to conduct its gymnastics classes in this fashion and to release it from all liability relating to the virus, whether relating to you, your children, or other family members, please sign below.

\*Please note that we are following CDC guidelines and all protocols are subject to change at any time.

Child(ren) \_\_\_\_\_

Parent/Guardian Print \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Sign \_\_\_\_\_