

Dear AGS families,

We have missed everyone a lot and are extremely excited to get back into the gym. To make this work, we need everyone to work as a team. The most important rule we must follow is if anyone is sick or has been in contact with someone who was ill, you need to stay home and not come in. This includes, athletes, parents, coaches, volunteers, and all other staff. We have taken every precaution we can think of. We have created detailed opening guidelines we want everyone to follow. As we navigate through this time, everything is evolving and changing, and we will keep updating all information. Everything will be posted and updated on our website.

Note that all guidelines and summer schedules are subject to change due to federal, state and city regulations.

Please make sure you have signed and returned the waiver to [agsgym@live.com](mailto:agsgym@live.com).

Our summer preschool program will start on June 8<sup>th</sup>.

The first 4 weeks will be from June 8<sup>th</sup> through July 2<sup>nd</sup>.

Classes available will be:

Monday or Wednesday 4:00-4:45 and 5:00-5:45

Tuesday or Thursday 2:00-2:45, 3:00-3:45 and 4:00-4:45

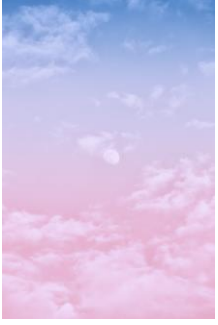
Attached you will find our survey monkey and it will direct you to the sign-up page.

Unfortunately, with the restrictions in place we must start slow and will only have these first 60 spots available. Please be patient with us as we will open more spots in the future.

The tuition will be \$60 for the month and if your registration was due in April or May it will be added on to your June bill.

Thank you,

AGS staff



## AGS Re-opening Questionnaire - Preschool

Take this survey powered by [surveymonkey.com](https://www.surveymonkey.com). Create your own surveys for free.

[www.surveymonkey.com](https://www.surveymonkey.com)

### **Albuquerque Gymnastics School**

#### **Summer youth preschool program Guidelines**

*\*Please note that all guidelines are subject to change due to federal, state, and city regulations.*

*Revised May 30<sup>th</sup>, 2020*

#### **1. Social Distancing.**

- a. Students will stay with same staff member as much as possible.
- b. Student teacher ratio will be 3-1 in June and 4-1 in July.
- c. Clearly marked waiting areas for athletes with proper social distancing between turns.
- d. Supervision provided to help students with practicing social distancing.

#### **2. Drop Off and Pick-Up**

- a. Staggered Classes: Appropriate time, in between classes to enable social distancing and cleaning.
- b. Drop off will be on the south side of the building in the alley way under the white tent. Please enter from the east / Morris side. Check in will start on the hour. When the side doors are closed and or the coaches are not present, entry into the building will not be allowed. Coaches will check athlete temperature and ask parents about the self-check. There will no longer be parking in the east gym parking lot. Due to reduced class size there will be plenty of parking in the west gym parking area. Pick up for the east facing building will be by the east front (Morris entry) doors. We have decided to limit the number of parents who enter our gym. This is a difficult decision and will be a temporary action while the state

is continuing to make recommendations. Your family and your athlete's health and safety are our main priority. Starting today, parents of athletes ages 6 and over, please drop your athletes off at the door and pick them up promptly following their practice time. You are welcome to remain in your car in the west parking lot during the class time, but we are not allowing parents in the gym for the duration of practice.

- c. Very Limited Seating: There will be limited seating (3 seats) available with clearly marked areas with social distancing rules in place. We always want to be able to maintain the social distancing, so the less amount of people in the building the easier that is maintained. We encourage and ask parents of kids under 6 to also wait in the car during class as much as possible. This will help create the safest environment for everyone.
- d. Require masks (bring your own) in lobby/seating areas, only one person per athlete allowed. (only 3 seats available)

### **3. Health and Personal Hygiene: Students and Employees**

- a. Temperature taken with non-contact thermometers before class. Temperatures of 100 will not be able to teach class and students will not be allowed to participate. Please remain in the car until temperature check and self-check is completed.
- b. Frequent Hand Washing: Supervised with appropriate social distancing in place.
- c. Prohibiting sick employees and students from attending class. Make ups will be provided as needed on Saturday for all classes. (Schedules for make-up classes will be provided upon re-opening and will be by appointment only)
- d. Increased cleaning, disinfecting and sanitizing.
- e. Scheduled restrooms cleaning and clean and sanitize them based on frequency of use.
- f. Coaches will be wearing face masks as much as possible.
- g. Coaches will be maintaining the 6-foot social distancing during classes.
- h. Touchless hand sanitizer and lights available.
- i. Avoid touching of eyes, nose and mouth. (face touching)
- j. No community chalk use.
- k. No pit entry: Entry into pits will be on to mats only.
- l. Athletes must communicate to use restroom or leave class for any reason.

### **4. Office**

Our office is now going electronic. We are available by phone, email, or appointment only. All paperwork will be handled by email and all payments will be by credit card and they will be charged by the 5<sup>th</sup> of each month.

5. **Self-screen** before going into the gym for any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills or repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- rash
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19

6. **Parents**

Maintain at least 6 feet separation from other individuals not within the same household. If such distancing is not feasible, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.

7. **10 steps to create a safe class environment**

1. Drop off by white tent in alley way South side of the building
2. Check temperature and self-check
3. Come in the side doors and sanitize hands
4. Find mark on floor for warmup
5. Find same number against the wall by each event and put your belongings there.
6. Athletes wait for instructions
7. Athletes stay on the stations till coach instructs otherwise
8. Athletes will wash for 20 seconds or sanitize between events
9. We will rotate clockwise through the gym maintaining social distancing

10.Exit through the west and east doors of the building.

**8. We will not allow athletes, employees or volunteers with new or worsening signs or symptoms return until:**

In the case of an athlete, employee or volunteer who was diagnosed with COVID-19, the individual may return when all three of the following criteria are met: at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed since symptoms first appeared; or - In the case of an athlete, employee or volunteer who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until the individual has completed the same three-step criteria listed above; or - If the athlete, employee or volunteer has symptoms that could be COVID-19 and wants to return before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

## Albuquerque Gymnastics School Health Self Check Questionnaire

- Have you, or any members of your family had close contact with a person who is lab confirmed to have COVID-19?
- Have you experienced any new or worsening signs of COVID-19 listed on the AGS info packet?

If you answer yes to either of these questions, please contact AGS and stay home and healthy.