



Flips Gymnastics Center - COVID-19 Guidelines & Information

We have missed our class students and competitive team athletes! While we are thrilled about the ability to reopen, we know that we need to do our part to keep everyone safe. No facility can guarantee that they are 100% virus and bacteria free, but Flips is doing all we can to lower the risk of exposure to any such contaminants.

General Guidelines

- Only one parent or non-participating individual will be allowed to enter the building.
- Per Connecticut state guidelines, all parents and gymnasts are required to wear masks or facial coverings when entering or leaving the facility.
- Students will not be required to wear face masks during class but have the option to do so. They can be dangerous to participants should they cover the student's eyes mid-skill.
- All families are asked to do a self assessment prior to entering Flips Gymnastics Center. Please remain home if you, your child, or you have been in contact with anyone with symptoms of COVID-19.
- All mats, equipment, and lobby areas have been thoroughly cleaned and sanitized.
- Hand-sanitizer will be available throughout the gym and lobby areas. Participants will be reminded to use them frequently.
- Gymnasts will need to use hand sanitizer after each rotation.
- Lobby areas will be cleaned and sanitized between classes during our hours of operation.
- Specific apparatus areas will be cleaned and sanitized after each class.
- Water fountains will be disabled. Please have gymnasts bring a pre-filled, labeled bottle of water(s) with them.
- Instructors will wear masks or facial coverings and wash their hands prior to/at the conclusion of and between classes. They will also sanitize their hands after each rotation.

Class-Specific Guidelines

- Class schedules may be adjusted in order to maintain proper physical distancing requirements.
- Class participants who are unable to follow social distancing guidelines will be removed from class.
- Flips Gymnastics Center Staff reserve the right to remove any participants that exhibit

Competitive Gymnast-Specific Guidelines

- Competitive workout schedules may be adjusted in order to maintain proper physical distancing requirements.
- All competitive gymnasts will need to provide their own "go bag" of items to each workout. See *communication from team coaches on what to include in this "go bag."*
- Competitive members who are unable to follow social distancing guidelines will be removed from workout.

ADDITIONAL RESOURCES

[CDC's Guidance on COVID-19](#) [Phase 2 Reopening Guidelines](#)

SCROLL DOWN FOR IMPORTANT DETAILS ON "WHAT TO EXPECT"

BEFORE YOU LEAVE YOUR HOME

- If you haven't already, please print, fill out, and bring a signed "Doing My Part to Keep Flips Gymnastics Center Safe" document. The link can be found **HERE**.
- Only one parent or non-participating adult will be permitted to enter the facility with their child(ren).
- All adults are required to wear masks or facial coverings when entering the facility, per CT State Guidelines.
- Make sure each gymnast has their own personal water bottle that is filled and labeled with their name. Water fountains at the gym will be disabled.
- We encourage everyone to use the restroom at their home prior to entering the gym. We also encourage everyone to wash their hands prior to arriving.
- Children are encouraged to thoroughly wash their hands and feet prior to arriving.
- Please stay home if you or a household member has had onset of illness with symptoms compatible with COVID-19.
 - Symptoms include: Fever (>100.1), cough, shortness of breath or difficulty breathing, chills, muscle pain, headache, sore throat, and new loss of taste or smell.
- Please arrive no more than 5 minutes prior to your scheduled class/workout time.

WHEN YOU ARRIVE AT THE GYM

- Be prepared to wait in a queue outside until a staff member checks you in.
- Prior to entering the building, everyone will be provided hand sanitizer.

DURING CLASS/COMPETITIVE WORKOUT

- Coaches will promote at least six feet of physical distancing between coaches and athletes.
- We will strive for gymnasts to maintain their own training spaces and do our best to minimize waiting in lines. If a line is necessary, gymnasts will be spaced apart.
- Gymnasts and coaches will periodically use hand sanitizer during their class or team workouts.
- Drop off is encouraged for all class and competitive participants. If it is necessary to remain in the building, only one adult per gymnast will be allowed. Please remain masked while in the facility..

FOLLOWING CLASS/TEAM WORKOUT

- Gymnasts will be brought into the lobby. They will be given hand sanitizer. Physical distancing will be maintained.
- Staff will assist with pick-up. Parents are asked to wait outside the building.
- It is imperative that athletes are picked up on time. We are allowing for "cleaning breaks" in between each group so we need the gym completely clear in order to prepare for the next group.
- Children are advised to wash hands and feet thoroughly upon arriving back home.