

Dear Families and Friends,

Together, as we adapt to an ever-changing "new normal," HI-NRG Gymnastics is here to serve you, our families.

As you may know, our first priority is the safety and well being of our athletes, families, and staff. We consistently review the health and safety requirements for each of our gyms, and have implemented safety precautions in accordance with St. Louis County and CDC guidelines. We will continue to follow these steps to ensure a safe, happy, and healthy experience for all!

Safety Protocols include:

- Enforcing mandatory self-health assessments, including temperature check with touch-less thermometers for all coaches, adults, and athletes before entering our gym.
- Everyone is required to wear face coverings while in the gym
- Maintaining social distancing to the best of our abilities.
- Limiting the number of people in each of our gyms based upon square footage (Currently, occupancy is limited to 25%.)
- Sanitizing high touch areas throughout the gym frequently.
- Requiring athletes to routinely wash hands when inside the gyms.
- Sanitizing all mats before and after use.

To help us maintain the safety of everyone, we kindly ask the following of all families:

- **Limit one adult per family for athletes enrolled in preschool.**
- **Families who have athletes enrolled in other programs- we ask you to drop off outside the gym.**
- Monitoring your athletes, to determine the presence of fever, new or worsened cough, trouble breathing, new or worsening body aches, sore throat, new loss of taste or smell, or close contact with someone diagnosed with Covid-19 in the last 2 weeks (14 days).

Thank you for helping us to provide a safe, happy, and healthy environment for all our coaches, athletes, and families.

We look forward to seeing you in the gym soon!

Your friendly HI-NRG Coaches