



The Gymnastics Revolution

Elite Athletic Training Center • Palm Beach, FL

Modified Procedure Addendums

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All athletes' temperatures will be taken before they will be permitted into their designated class. No exceptions will be given to this rule. Any temperature reading over ninety-nine point five (99.5) degrees will prohibit students from entering classes and in return, they will be sent home. For those who temp high, they will be required to stay away from the facility for a mandatory seventy-two (72) hours, symptom free with no medication. These guidelines will be in place and actively followed by all TGR staff members as well.



Addendum 1.1

Facility

We ask you follow the directions of all floor decals and signs in order to adhere to social distancing practices we are implementing. Once you reach the decal that places you inside the front door you must grab your athletes' card from the attendance wall. All athletes must be escorted inside and through the temperature station. Once given the okay, parents will be able to leave their athletes.

Also, all athletes must come dressed for gymnastics! There will be no changing permitted inside the facility. Our dress code policy prohibits the following: No Mid-drift showing tops, no hanging jewelry such as necklaces, bracelets, or hoop earrings (stud earrings are okay). Hair must be pulled up and away from the face.

Addendum 1.2

Class Size Adjustments and Spacing

In order to adhere to these guidelines there will be a change in recreation warmups, class rotations and placement. Classes will rotate stations/ events so that no two classes will be in the same area at the same time. Classes may still warm up together however they will be separated into quadrants on the main floor before separating into their respective classes

On days where there are Small and Tall and Tots classes that run simultaneously, the classes will no longer warm up together. Warmups will be done separately as well as rotations will be coordinated in the tots' area to maintain our small group ratios in each area.



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Addendum 1.3

Class Observation

For students 6 and under, a parent is required to be present during their child's class. We ask that families are limited to one (1) parent per athlete. If your athlete has a sibling that will be participating in a class in the next block hour, you have two options. 1. Your child may seat immediately next to you in the parent viewing area (a chair will be provided if necessary) 2. You may wait outside or in your vehicle (please advise the front desk if you chose this option). In the parent viewing gallery, we ask that you do not adjust chairs because seating will already be positioned within CDC social distancing guidelines.

Socialization in common areas such as the front desk area will not be permitted. We are doing our best to limit unnecessary personal interactions. In person interactions with front desk staff will be limited to administrative duties such as making payments, enrollment adjustments and scheduling make-up classes.



Addendum 1.4

Front Desk and Waiting Area

We highly recommend using virtual methods such as the parent portal, email correspondence and phone calls. In order to minimize unnecessary personal interactions, we offer automatic billing for tuition payments (which can be cancelled at any time). Payments can also be made via the portal after tuition has been posted, before your child's first class, to avoid having to stop at the front desk.

If you have trouble accessing or navigating your parent portal, you may contact the front desk to get assistance in resetting your passwords, instructional walk-through, and troubleshooting. So please don't hesitate to contact us through the portal, by phone or via email!

We have temporarily removed our kiosk from the front desk area in order to limit the number of frequently touched surfaces. Completing new enrollments and registrations, reviewing class schedules, and updating contact information from the portal will have to be completed from home or on personal devices.



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Emphasis has been placed on handwashing/sanitizing procedures for all staff and athletes. Staff as well as athletes will be required to wash/sanitize their hands before the start of class as well as in between each event rotation. This will equate to 3 to 4 handwashing/sanitizing trips during class. These breaks provide athletes the opportunity to hydrate.

Addendum 1.5



Handwashing Procedures

During this time, we are suspending the use of the water fountain as well. All athletes will be required to bring their own water bottles to practice or class. All water bottles need to be labeled with their first and last name. Your athlete can also purchase bottled water at the front counter if necessary.

Addendum 1.6



Face Coverings

If you see fit, your athlete will be allowed to wear soft face coverings only. Any face covering that contains hanging parts will not be permitted. As well as any face covering that has hard plastic attached to it.

For safety reasons our coaches will not wear face coverings. We are focusing on verbal redirection and in order to do so no face coverings will be worn. This will allow for concise, clear directions that are easily heard by our athletes.

To coincide with new entry/ exit protocols we have adjusted the way our athletes will be dismissed from their classes. This change will ensure there is no crossover between classes, and everyone is able to maintain social distancing practices. Going forward all athletes will be dismissed from the south side door. Our south side parking lot will now be designated as the parent pick up lot.

Addendum 1.7



Facility Exits

We ask that you follow the signs and cones to the parent pick up area. From there, a coach will meet you to review ID's. After Identification is verified, your athlete will be released to you and sent directly to your vehicle.

If you are not able to pick up your athlete, whomever is responsible for pick up that day MUST be assigned as a contact in your portal account (no exceptions). No athlete will be released to an unverified family contact.

As with all other updates being made to your account, it must be done by you (the parent/guardian) through the parent portal. If you need assistance with adding a pickup contact to your account, please contact the front desk and someone will walk you through the task.



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Addendum 1.8

Late Policy

We will be strictly enforcing our late pick up policy. In order to properly allocate our staff, and maintain our reduced capacity, athletes must be picked up on time. All athletes must be monitored therefore athletes will not be allowed to wait in chairs in between classes. Those who are not picked up by their designated class end time will be subject to a late fee which is \$1.00 per minute, per child.



Addendum 1.9

Make Up Policy

During this time, we will still implement our Make up Policy, however our policy will be relaxed in order to accommodate the unforeseen circumstances. Make ups are not guaranteed and will be appointed based on availability due to our smaller class ratios. Our Make-up policy states that if your athlete misses a scheduled class, you will be given the opportunity to make up that class in any of our eligible available class times. Make up policy states students may receive one make up class, per class, per month.



Addendum 2.0

Parent Updates & Skill Tracking

We are excited to announce a more interactive parent portal experience! Since there are modified suggestions to class observations, we want to ensure you are able to keep up with your athlete's class experience. Now, you will be able to log onto the parent portal and actively track your athlete's progress in class through their skills assessments. Each time your athlete achieves a new skill you will be notified by email as well as through the parent portal.

6714 White Dr. West Palm Beach, FL 33407 • 561.848.4577 • Fax: 561.848.3155

thegymnasticsrevolution.com