



The Gymnastics Revolution

Elite Athletic Training Center • Palm Beach, FL

As we prepare to re-open after the mandated statewide shutdown, we want to ensure we continue to do our part in the fight against Covid-19. To do so, we have updated certain operating procedures to ensure our staff and families are staying healthy and safe. We encourage everyone to be mindful and patient as we adjust. As the recommendations change, we will continue to shift and update our policies ensure maximum safety for all and may change without warning.

The Gymnastics Revolution Modified Procedures Guide



Sanitation and Disinfection

At TGR our biggest concern is maintaining a safe and clean facility for our staff, athletes, and their families. Our entire facility is thoroughly sanitized and disinfected daily. We also implement cleaning procedures throughout the day when necessary on frequently touched surfaces. We have invested in electrostatic spraying equipment that will enhance our sanitation process while decreasing our drying time on all equipment. This type of sterilization/ disinfecting techniques is the same used in hospital facilities nationwide.



Facility Entry

In order to gain entrance, everyone must have their temperatures taken before they will be permitted into their designated class. No exceptions will be given to this rule. For detailed info on Facility entry requirements please see [Addendum 1.1](#)



Class Size Adjustments & Spacing

For our recreational classes, we have always been proactive in maintaining small class sizes, so during this time we will adjust to even smaller ratios. There is a non-negotiable class cap size of six (6) students to 1 coach. For detailed info on affected class sizes please see [Addendum 1.2](#)



Class Observation

To adhere to new Facility Ratio requirements, we have adjusted our class observation recommendations. There will be changes to both Team and Recreation classes for children 7 and up. For detailed information please see [Addendum 1.3](#)



Front Desk & Waiting Area

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. Detailed information is located in [Addendum 1.4](#)



Handwashing Procedures

Emphasis has been placed on handwashing procedures for all staff and athletes. Staff as well as athletes will be required to wash their hands before the start of class as well as in between each event rotation. Please see [Addendum 1.5](#) for detail explanations of our handwashing procedures.



Face Coverings

Face coverings are not required but may be worn. Only Soft face coverings will be permitted for athletes. Detailed information is located in [Addendum 1.6](#)



Facility Exits

All athletes will be released out the south side of the building. The south side parking lot is now designated as the parent pick up lot. ID's will need to be presented in order to retrieve your athlete from their coach. Please read [Addendum 1.7](#) in its entirety for complete information.



Late Policy

Our late policy will be strictly enforced for all athletes. Late pick up's will result in a late pick up fee of \$1.00 per minute. Please see [Addendum 1.8](#) for more information.



Make Up Policy

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. Please refer to [Addendum 1.9](#) for detailed information.

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