

Covid-19 Safety Communication

Silk City Gymnastics and Dance

Doing my part to keep Silk City Gymnastics and Dance and my favorite gymnast/dancer safe.

I want to do my part to help Silk City Gymnastics and Dance keep my child(ren), the coaches, other families and everyone else at the gym as safe as possible under the Covid-19 pandemic. I have read, understood and agree to follow the following policies and procedures.

I understand and agree that:

- I will drop my gymnast off and pick her/him up at the designated door.
- Only one parent or non-participating individual will be allowed to enter the building.
- I am required to wear a mask at all times at Silk City Gymnastics and Dance facility.
- I am aware that my child may wear a mask but that she/he is not required to do so during class.
- I will support the social distancing standard of 6' while at the gym.
- I will inform the office in writing if my child is at high risk (asthma, diabetes, etc.)
- Class start and end times will be staggered to ensure time for all students to get in and out of the gym safely, to provide time for cleaning between each class.
 - My child will use the restroom and wash her/his hands thoroughly before leaving home and while at the gym as needed.
 - My child will bring her/his clearly marked bag to the gym each day with all recommended items including water bottle, hand sanitizer, face mask.
- I agree to keep my child home and talk to a health care provider about Covid-19 test if she/he or anyone in my family is coughing, has a temperature over 100.4, or other Covid-19 symptoms.
- I understand and agree that these procedures will change and evolve over time and that I will follow any new standards required by the State of Connecticut and/or Silk City Gymnastics and Dance.

I understand that the coaches and everyone at the gym will make a strong effort to maintain social distancing but that there will be times when incidental contact and less than prescribed physical distancing will occur. I am aware and agree that spotting is an essential part of training my gymnast in order to keep her/him safe and to prevent injury. I will allow my child to be spotted when spotting is necessary. I further understand that I am voluntarily allowing my child to participate in programs and activities offered by Silk City Gymnastics and Dance, knowing that it is impossible to keep her/him, myself or anyone else who enters the gym completely safe from exposure to the Covid-19 virus. I accept that risk.

When a student is asked to quarantine, you need to email us what is the reason for the quarantine - school close contact, family member with C-19 or student with C-19.

Based on that, we will require additional information:

1. School close contact - communication(email, letter) from the school nurse with date of safe return
 2. Family member or student with C-19 - note from family doctor that it is safe to return to the gym
- Please email the "Safe return notes" to SilkCityGymnastics@gmail.com, so each case can be kept on file.

Student's name

Class

Signature: parent or guardian

Date

updated 1/29/2021