

RECREATIONAL CLASSES AND PRETEAMS

Hi everyone, it has been long two months, but we consider ourselves blessed with that green light to move forward. Keep in mind that there are many kids all over this country just like ours that do not even know if and when they will get to play their sports again.

We at Bozhi's Gym Nest are working on a THREE (3) phase plan to get our facility fully functioning.

- Phase one will be (May 18-22). During this week we will bring our competitive teams in only
- Phase two will be (May 25-29). During this week we will bring our recreational classes back in
- Phase three will begin June 1st. We will introduce back in the schedule Open gym and Birthday parties.

We have almost completed **Phase One**. We believe we got a good practice on new regulations with our teams and ready to move onto **Phase Two**. We are in the proses of making new class lesson plans and formats of how the building will be used by all. Also, we are working on training our coaches on new regulations. As this is all NEW to all involved, we do not promise it will be easy, but we promise to work hard and continue improving.

No one will be expected to pay for the month of May. The practice times given to all will be considered continuance of the month of March 2020. Please understand that you will not be able to get 100% of your lost time made up, as NONE of us ever will. With current rules in place and the need for social distancing, we will have difficult time fitting in all planned activities in the current schedule.

In the month of June 2020, we will start issuing credits on monthly payments to all of you that were able to continue paying for gymnastics, even though you were not able to come in the gym. We want you to know that you really helped keep our facility organized and keep our coaches in the building working the ZOOM exercise for competitive teams. Courtney in the office will have those amounts available and will keep track of them for you for the next 10 months.

We did our best to find out all the names and addresses of all that donated to the gym and send our sincere Thank you by mail. Some made anonymous donations, so if you are reading this and you are one of them, please know that we are extremely grateful to you. We want all of you to know that your contribution made it possible for Bozhi's Gym Nest to survive paying taxes and bills that we will not have been able to make, due to the lack of income many are currently experiencing. We are eternally grateful to you and we will never forget you.

We have not yet got a chance to work on a plan of how to Reschedule the Gym Nest Olympics or if needed to credit those amounts back. Please be patient with us at these hard times! We do not have the funds at this moment to issue refunds. One thing we can do is, that we will make sure that you get full credit for the amount you have paid in. Also, if your child should drop out of gymnastics, we will make sure to issue refunds slowly as we get to bounce back up on our feet financially.

PRACTICE TIMES SCHEDULE FOR MAY 26-30

- All classes will meet at their regular scheduled times as it was back in March
- Monday classes will meet at exactly the same scheduled times on Saturday, March 30, due to the Memorial Day holiday this coming Monday

- We have worked up a class managing schedule for our summer classes and will try our best to implement on next week's classes. We may not be perfect from the start, but we are in training as well on best practices

NEW FACILITY GUIDELINES

- **Areas currently closed to public use:**

1. Locker room
2. Water fountains
3. Vending Machines
4. Cubbies in lobby

Water will be available for sale through office handout or one of our coaches.

- **Please do not send your child in if:** you have been in close contact with confirmed case of COVID-19* If experiencing cough, shortness of breath, or sore throat* has had fever in the last 48 hours* Has los of taste or smell* Has had vomiting or diarrhea in the last 24 hours.
- **Entering the building:** We prefer that you stay in your car or leave after you drop your child off. However, if you must stay, you must always exercise responsible distancing and always wear a facial mask in the gym lobby. One parent per student in the building only and no siblings.
 1. We will expect of you to check your child's temperature before arrival every practice. We may administer temperature checks as well. Athletes who appear ill or show temperature of 99.5 or higher will be sent home.
 2. Students will be required to sanitize/wash hands upon entering the training facility.
 3. Face mask will not be required to be used by athletes. Without any medical background, none of us believes that straining yourself and breathing carbon dioxide could not be safe practice. Also, the fact that mask can move and obstruct vision and therefore cause a minor or major injury.
 4. Due to the reasons pointed above, any athletes wearing a mask may be restricted from performing certain skills which may present to be dangerous situation.
 5. Students will exit from the side doors of the building and not from the front door. Please keep cars from blocking those exit doors. A daily schedule of class release will be posted on both sides of the building (on windows away from entrance doors) This will help you know which side of the building your child will be sent out from. We will not release them if you are not present. In bad weather we will use front door.
- **Personal belongings:** All personal belongings should remain in the hands of parent/guardian. All athletes must have their own personalized water bottle with them and a small grip bag if grips are used. If the pick-up person is different then the drop off, athletes will be allowed to bring a drawstring bag
 1. **Bag contents should include:** Personalized water bottle (with water), no fluids other than water will be allowed in the gym area due to spillage possibilities* Grips, wrist bands, any ankle, wrist, knee braces* Space to store the shoes or any other personal belongings you may need during gym time* Please strip all unnecessary belongings before coming in and limit yourself to a smaller bag, because all extra items are taking away from the space we need to use for gymnastics and spacing out.

2. **Water will be sold** only through the office or one of our coaches if your child runs out or has spilled or forgot. If the child has no money, you must reimburse the Gym for the cost of the water when you pick them up; the cost will not be carried over to the next practice.
- **During class:**
 1. Athletes will sanitize/wash hands (supervised) after every rotation.
 2. Lesson plans will not include partner activities
 3. Stations and activities will be modified to allow safe distance between children
 4. One person allowed at a time on chalk box
 5. There will be markers all around the gyms for spacing out students
 - **After class:**
 1. Athletes will sanitize/wash hands before exiting building.
 2. Will exit from sides of building.
 3. It is suggested to shower once returning home.
 4. Be advised to maintain healthy eating habits and sleeping schedules as all is essential to maintaining healthy immune system.
 - **Facility and staff responsibility:** First and foremost, we assure you that the health of your child and family, as well as our own family, is a priority and we will make every effort to minimize any risk. Bozhi, who is at the gym every day is 78 years old and with an underlying disease, and another member of our family and one of our beloved coaches, Miss Danika has Type 1 Diabetes. We want to keep you safe, as well as all our family, coaches and athletes.
 1. Coaches will assist in disinfecting surfaces during class
 2. We have installed numerous cleaning stations all around the gym
 3. Our office staff will be wiping down bathrooms and door handles often.
 4. We will be bleaching all bathrooms and lobby area at the end of each day.
 5. Our mats be mopped and sprayed down between each new group entering the facility.
 6. Our foam pits will be off limits for the time being.
 7. All our staff and coaches will adhere to the same health questionnaire given to athletes above and will be temperature checked and logged daily.
 8. All our coaches will be provided with masks and be advised to wear them when spotting. However, they will be allowed to pull it under their chin to be able to breath clean oxygen while at an appropriate distance from athletes.
 9. Be advised that due to our huge financial hit and the uncertainty of future income we will be very conservative using utilities, including electric. We will run air conditioning on an extremely limited basis, and sometimes, not at all.
 - **Private lessons:** may still be available for scheduling if coaches are available and with very minimal utility usage.
 - **Parents consent for spotting:** If any parent prefers that our coaches always keep absolute distance even if masked, we will provide you with a specific color rubber bracelet for your child. Those will be available in the office and will be given free for the first week. Must always be worn by the child around the wrist or ankle. If lost, they will be available for purchase at the cost of \$0.50

- **Just for extra information**, we are allowed to open with **40%** capacity. With the square footage of this building, and number of exits, we are allowed to have over 80 people present. We have rarely ever had that many people in the building, so we are basically always operating at approximately 40%.
- **New waiver release form**: Absolutely every returning athlete will be required to have downloaded, filled out and return the new release form to the Gym Nest with before, returning to regular activity inside the gym.