# **Gymnastika**

# SPRING BREAK WEEK -April 5-9, 2021

Student:(Last name)		Boy:	Girl:	Age:	Birth Date:	/ /
(Last name)	(First name)		_	_		
Mailing Address :						
(Str	eet)	(City)			(State)	(Zip Code)
Most Accessible E-Mail						<u>@</u>
Legal Guardian:		Cell #:				
Legal Guardian:		Cell #:				
Emergency Contact:			Pho	ne #:		
Medical Problems/Allergies: _						
How Did You Hear About Us?	)					
Names of Siblings + Ages:						
TUITION INFORMATION:						redit card (973)81:
MONDAY, 4/5	\$60		Ĺ		Spring Break W	EEK AT
TUESDAY, 4/6	\$60		GYMNASIIKA			
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MONDAY, 4/5	\$60
TUESDAY, 4/6	\$60
WEDNESDAY, 4/7	\$60
THURSDAY, 4/8	\$60
FRIDAY, 4/9	\$60
FULL WEEK (4/5-4/9)	\$220



#### **GUIDELINES AND SIGNATURE**

As legal guardian of the above named student, I certify that he/she is physically fit to perform in all programs at Gymnastika Summer Weeks, is not currently under medical care, and is not receiving medication for any condition which would limit participation in any way, except as listed above. In understand that any condition involving motion or height contains the risk of accidental injury and this risk can never be totally eliminated, even under the supervision of properly trained and qualified instructors using modern and safely designed equipment. Gymnastika, its coaches and other staff members, will not accept responsibility for injuries sustained by any students during the course of gymnastics instruction, gymnastics games, or outside activities.

- There are no refunds for deposits or tuitions made for the Gymnastika Spring Break Week.
- There are no make-ups for missed days.
- You must complete a daily COVID-19 survey before practice begins and comply with Gymnastika's rules and procedure as stated below.

$\square$ I have read and understood the guidelines for Gymnastika Spring Break Week contained above.						
Legal Guardian's Signature	Date					

## GYMNASTIKA COVID-19 RULES AND PROCEDURES:

(subject to be changed / modified)

Keeping our athletes and coaches safe is our top priority!

Below are our rules and procedures that we will be following to keep everyone safe. Please understand that we cannot 100% prevent exposure to COVID-19, but we will 100% follow the rules and procedures as guided by the CDC guidance for Youth Sports and the NJ Department of Health.

### When you come for gymnastics there will be:

- 1. Temperature check + COVID-19 screening at check in.
- 2. 1 parent will be allowed to observe practice to limit the amount of people in the lobby.
- 3. Athletes will have their own area to place their things. Everything will have to be in their bag. Water will only be allowed (no sugary drinks). Athletes may bring their own lunch and snack.
- 4. Sanitizing of hands and feet before entering the gym and after each station is completed during practice.
- 5. Masks are to be worn by everyone unless all gates in the gym are open allowing for cross ventilation from outdoors (weather permitting).
- 6. "Hand washing time" will be staggered into practices several times. If the gymnast touches their face, coughs, sneezes, etc., they will be sent to wash their hands.
- 7. Spacers will be marked in the gym to help athletes stay 6 ft. apart.
- 8. Multiple sanitizing stations will be available throughout the facility.
- 9. Equipment will be sanitized and wiped down during practices.

#### PLEASE REMEMBER:

- 1. If you feel sick or your child is sick, stay home!
- 2. Athletes with temperatures at or over 100.4\* will not be allowed into practice.
- 3. If traveling for vacation, please notify the staff. NJ has issued an incoming travel advisory that all individuals entering NJ from states with massive COVID-19 infections to quarantine for 14 days after leaving that state.

#### **Gym Updates:**

- 1. Multiple cleaning stations have been added inside the gym facility that include, wipes, microfiber mops, Lysol, cleaning disinfectant and hand sanitizer- this will make cleaning quick and easily accessible.
- 2. Mats will be disinfected after rotations.
- 3. 6 ft. marker spaces have been added all over the gym to keep distancing easier to follow.
- 4. Highly touched areas such as door knobs, faucets, toilets will be disinfected often in the lobby.

# We ask our Spring Break athletes to bring:

- 1. Bag with water bottle that will not leak (water only, please).
- 2. Sanitizer for themselves.
- 3. Mask
- 4. Ballet/beam/socks shoes are optional if you do not wish to be barefoot.
- 5. Lunch and snack (food will not be served or provided by Gymnastika).