



The overflow of positivity has been welcomed in this unprecedented time. Below we have outlined a lot of information and know that with everyone's cooperation we'll run as smoothly as possible. Thank you for all your support, patience and understanding. We will continue to evaluate and modify any measures we see fit to

help maintain the safety of our families and community. We all look forward to getting back to normal and know we will get through this together! As always, if you have any questions, please do not hesitate to contact us!

- Coach Mike & The Empire Team
June 22, 2020

What to Expect

1. Training Plan

- Upon the athletes return, Empire staff will start with assessments (skill sheets), **focusing on strength and flexibility to rebuild the athletes foundation.** Athletes have been out of the gym for months now and to safely execute skills, we need to make sure they are conditioned properly and well prepared before returning to their skills in full swing.

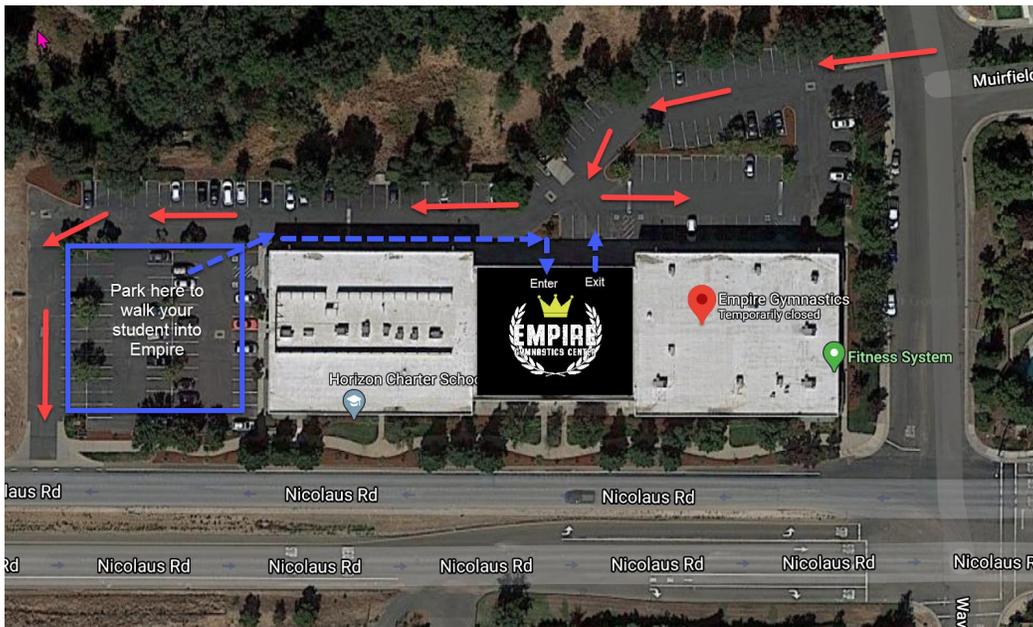
2. Face Masks

- **All adults (18+) & siblings will be required** to wear facial covering while inside Empire Gymnastics Center.
- **Athletes are NOT required** to wear masks.



2. Drop off Procedure

- Please arrive about 5 min before your scheduled class. We will not be able to let athletes enter the building before the previous classes are excused. Especially on those hot days!
- If you want to walk your athlete into Empire, please park at the **side parking lot** to alleviate traffic congestion in front of the gym.
- Designated **social distancing markers** have been placed outside the facility, where you will wait to be assessed for entry, to help maintain social distancing.



3. Entering the Gym

- Anyone entering the facility will have their **temperature scanned** and will be asked a **series of questions** regarding symptoms or exposure to Covid-19. *We encourage all families and students to do a self-check at home BEFORE coming to class (anyone seeking to enter the facility that displays symptoms of sickness and/or a temp of 100 degrees or more, will not be admitted).*
- Athletes will enter through the small door (previous small seating area). Marked with "Enter" in the photo above.
- Once the athlete has been checked in they will move to a marker located on the main floor where our group warmup will take place.
- Athletes may bring a small bag with their belongings (including shoes). Bags will be placed into a shoe pocket until class is over, at which time athletes will be

called by class to pick up their items before leaving and the pockets will be sanitized for the next group coming in.

4. Pickup

- Athletes will exit the gym floor into the lobby area
- Pickup options
 - (1) Athletes can exit the gym through large front doors located in the lobby area near the front desk (EXIT sign is posted). Parents can wait/pickup their child here outside the building.
 - (2) Parents may wait for their students in the lobby area while standing on social distancing markers. However, to enter the lobby you **MUST** enter the facility at the new small entry door wearing a mask where you will have your temperature checked and be asked symptom/exposure questions.
- **Space is limited, please do not mingle.** As we move classes through the lobby we must avoid crowding in order to maintain the social distance recommendations.

5. Viewing Practice

- The lobby area will no longer have seating and we have placed social distance markers to help prevent any overcrowding in the lobby and to maintain social distancing recommendations. However, ...
 - ✓ **We recommend** athletes be dropped off for class & picked up outside when class is over to prevent crowding in the lobby. We are hoping that all families respect this request.
 - ✓ If there is an available social distance marker to stand on, you may watch practice from the lobby while wearing a mask after passing through the entry procedures.

Increased Sanitizing

Empire Gymnastics Center has always prided ourselves on the cleanliness of our facility. Due to the current situation, we added **even more sanitization** protocols to make sure we are doing our part to protect our Empire Families as well as the community.

- All equipment will be wiped down after each use and highly touched areas throughout the lobby, bathrooms and gym will be wiped down hourly.
- We have 8 shelves throughout the facility to help ensure that the sanitizing can be as seamless as possible. Stations include clean towels for equipment wipe down, sanitizing spray to clean equipment and hand sanitizer for athletes to use before rotating

to other areas of the gym. Athletes will also have access to hand sanitizer at the check in table as well as in the lobby area when leaving.

- Drinking fountains will be closed. If athletes so choose, they may bring their own labeled water bottle. Drinking fountains will be reopened when recommended guidelines are relaxed.

Release Forms

A new release form must be signed via the Empire Gymnastics [PARENT PORTAL](#) before being allowed to return to classes. If you have any trouble accessing the portal, please contact the front desk (916-644-3035) where they can reset your login.