Dear Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this year’s gymnastics program. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume youth sports while following CDC considerations to protect participants, families, and our community.

The health and safety of our gymnasts and staff remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our gymnasts to practice. We are:

- Intensifying cleaning, disinfection, and ventilation within our facilities and premises by cleaning and disinfecting shared objects and gymnastics equipment between classes, cleaning and disinfecting frequently touched surfaces in public restrooms between use as feasible and ensuring safe and correct use and storage of disinfectants.

- Reducing physical closeness or contact between gymnasts when possible by allowing gymnasts to focus on building individual skills (like strength and conditioning), keeping children in small groups, putting signs and tape on floors to ensure that staff and gymnasts stay 6 feet apart, and discouraging unnecessary physical contact, such as high-fives, handshakes, fist bumps, and hugs.

- Promoting healthy hygiene practices such as providing hand sanitizer before and after practices, encouraging children to cover coughs and sneezes with a tissue or to use the inside of their elbow, and putting signs for proper handwashing.

- Requesting that instructors, recreation staff, parents, and spectators always wear a cloth face covering within our facilities and premises. As a reminder, cloth face coverings should not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.

- Limiting the sharing of equipment by providing extra equipment to minimize the need to share as feasible.

Anyone who is sick or has been in contact with someone who has COVID-19—including gymnasts, family members, instructors, recreation staff and spectators—should not attend practices. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

We are following Centers for Disease Control and Prevention (CDC), Colorado Department of Public Health & Environment (CDPHE), and Tri-County Health Department (TCHD) guidelines. You can also find more COVID-19 resources at https://www.auroragov.org/cms/one.aspx?pageId=16565261.

We look forward to seeing you. Now, let’s play!

Thank you and stay healthy,

Gymnastics Staff