

To Olympia Families:

With Covid-19 now in St. Louis, we want you to know we are concerned for your family's health and safety. We also want to communicate to you what we are doing to make our facilities as safe as possible for your family. Please take the time to read the information below.

1. **Please keep all sick children home from class** - our make-up policy is very liberal. This includes anything as mild as a cold to more serious illnesses. We are always happy to schedule a make-up class when a child must miss due to being sick. Please call the front desk, and we will ensure a make-up class is scheduled.
2. If your child is not ill, but you or your other family members are, and will be at the gym while your child is in class, please stay home. Again, we are happy to schedule a make-up class if necessary, or your child can attend while you rest up at home. Dropping your child off for class is always okay.
3. If we notice a child who is sick during class, we will ask the parent to take their child home.
4. Wash your hands according to the CDC's guidelines - <https://www.cdc.gov/handwashing/when-how-handwashing.html>, and teach your child how to correctly wash their hands. This link is a child friendly handwashing video to show your children - <https://www.cdc.gov/handwashing/videos.html>.
5. Keep your hands away from your face and teach your kids how to do the same.
6. Kleenex is available at the gym, please use it to cover sneezes and coughs, then throw away in a trash can.
7. Other guidelines are here: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
8. High fives and handshakes are being replaced with elbow bumps and verbal praise.
9. Children and staff will use hand sanitizer before and after each class, and parents are asked to sanitize as soon as they enter the building.
10. Our facilities are very clean, but we are increasing the frequency at which we disinfect mats and equipment in the gym, and "high touch point" areas such as doors, counters, railings, and chairs in the lobby.

We hope your family avoids the flu this season – we're doing our part to keep the virus at bay in our facilities. Please don't hesitate to call the front desk at the gym with questions.

**Olympia Gymnastics Staff**