



## Dear Top Flight Gymnastics families

I hope all our gym families and students stay safe and remain optimistic. Our staff will be working hard to prepare the gym for reopening when it is safe and we are allowed to do so. We very much look forward to reconnecting with everyone and are optimistic that we will emerge from this ready to flip and cartwheel once again.

I would like to share with you the current plans for reopening. Reopening will occur in three stages. We are currently having outdoor workouts with team members. When MD goes into Phase 2 we will start indoor team practices and 1st grade and up classes and then we will re-evaluate to when we can start parent/child, preschool and fit and five classes. Once we have a projected opening date we will be in touch with specifics as to tuition and any additional safety procedures.

I have comprised a helpful list of procedural changes for parents.

- Before arriving at the gym please be sure parents and students have no signs of illness and have not been exposed to Covid19. Temperature checks will not be taken as you enter (this should be done at home). Staff will have a temperature check when they arrive.
- All parents/guardians, children and staff will need to wear a mask while inside in the lobby/bathroom areas, children can wear a mask or not in class (depending on CDC and State recommendations). Staff will wear a mask during all classes and practices.
- Class schedules will be adjusted as necessary so the lobby remains clear.
- To maintain the 6' social distancing requirement families are limited to 1 parent per student and will be able to stay in the lobby only if necessary. No other siblings will be able to remain in the lobby during class time or team practices. There will be very limited seating in the lobby and if it becomes congested you may be asked to wait outside.
- Students and parents should use the restroom at home before arriving at the gym.
- Enter the gym through the normal entrance, student should be dressed in their gym clothes and should not have to change. Students will be directed to the gym area where they will wait for their class to start (they will not wait in the lobby). Students and parents will exit through the side emergency exit door.
- Students should bring a book bag type bag for everything they need (lockers will not be used). They can keep the book bag in the lobby or on the gym floor. Things they should bring, water bottle (the water fountains will be closed except for refilling a water bottle), hand sanitizer, non slip socks (available on Amazon and at Target), mask and sanitary wipes. Please put name on everything.
- Hands on spotting will be sharply reduced for all students for at least the 1st month. We will then reevaluate. If you want no hands on spotting for your student please advise the front office or the instructor before class begins. Instructors will not be required to do hands on spotting.



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- Hand sanitizing stations will be available in all areas of the gym and students will have regular opportunities to use them.
- We will not offer Open Gym or Birthday Parties at this time.
- No food or drink may be eaten in the lobby. It must be taken outside.
- All parents will need to sign the Covid 19 waiver form before participation. This form can be signed at the office or downloaded from the website at [topflightgym-md.com](http://topflightgym-md.com).
- The gym will be fogged twice a day with a Covid 19 disinfectant and high touch surfaces wiped down.
- Loose foam and ball pits will not be used at this time.

#### Additional notes for Team Member parents

- Team members 10 years and older should enter thru the back door during this time. Exit will be through the side front door by the water fountain.
- Bring a container for chalk. Each team member will be issued a block of chalk.
- In your book bag be sure have tape, scissors, pro wrap, grips, wristbands, skin care items for rips, hand sanitizer, non slip socks(available on Amazon and at Target), mask and sanitary wipes, and wrist guards
- No not share items in your bag. Put you name on each item.
- When you leave everything must be taken home and cleaned everyday. Do not bring dirty workout clothes back to the gym.
- Registration for the new team year is June 1st. I will be sending out a registration form that we use with classes along with the Covid 19 release form. These need to be returned on or before June 1st. They will be available on the website. The cost for each level remains the same and there is the \$50.00 registration fee. We will need to complete the rest of registration when the office is fully open. Feel free to email me with questions.

Hope to see you soon,  
Dale Kaestner  
and the staff at Top Flight Gymnastics