



May 21, 2020

Dear Adrenaline Gymnastics Recreational Families,

We hope all of our gym families and students are staying safe and remain optimistic. Your health and well-being continue to be our top priority. Over the next 2 weeks, our staff will be working hard to prepare the re-opening of the gym on June 1<sup>st</sup>, 2020.

Due to the impacts of COVID-19, many new procedures to conform to social distancing are required and the need to maintain high cleanliness standards. Under Gymnastics Ontario guidelines, Adrenaline will be taking a phased approach to reopening.

Please keep in mind, these are our anticipated phases which many or may not change, as COVID-19 regulations further develop. We encourage you to follow our Website, Instagram, and Facebook pages, as well as staying up to date with checking your emails, to view any changes regarding Adrenaline protocols.

**THINGS TO KNOW:**

- GO insurance has been extended to August 31, 2020, will not expire at the end of June
- Declaration of Compliance form will be added to the registration form online with the waiver
- We are permitted to keep group ratios as previously done, however Adrenaline will have reduced group ratios
- Athletes can bring (although not necessary) their own hand sanitizers (ie. due to allergies, etc), however Adrenaline will have them stationed in several locations as per our protocols;
- Only one parent will be allowed for viewing has been recommended by GO during class times; there will be very limited seating available due to social distancing protocols
- No tryouts for the competitive program will be permitted for any child that was not previously competitive until further guidelines are received
- Birthday Parties will not be permitted
- Camp registration for July/August will be available as early as June 1<sup>st</sup>

**PHASE 1 & 2**

Dedicated to the Competitive Program as per the government rule for re-opening.

**PHASE 3 – dates being reviewed by the government, as early as July 1st**

Recreational athletes, ages 6+ only back to the gym for regular recreational classes (ie. evenings and weekends), as well as for day camps (i.e. Monday to Friday 9am to 4pm, with extended care).

Adult open gym to re-open.

**PHASE 4 – dates being reviewed by the government, as early as July 1st**

Recreational classes for children ages 5 and under (i.e. Kinder Gym, Parent & Tot, Pre-School Room) to re-open. Day camps will allow children ages 4 and 5 to attend.



We very much look forward to reconnecting with everyone and we are optimistic that we will all emerge from this ready-to-flip and cartwheel once again.

Until then...Stay safe, get strong, and remain vigilant.

Sandra Perkins  
President, Adrenaline Gymnastics