LA SCHOOL OF GYMNASTICS

8450 HIGUERA STREET, CULVER CITY, CA 90232 (310) 204-1980 WWW.LAGYMNASTICS.COM

WELCOME BACK

It is with great excitement that we welcome you and your family back to Los Angeles School of Gymnastics. We definitely missed seeing your children work hard towards accomplishing all of their gymnastics goals and aspirations.

In order to ensure our gym remains open, we must enforce guidelines that will keep us all safe, as we transition back to normalcy. Please take the time to thoroughly read this packet to understand the importance of social distancing and cleanliness. With these new protocols, please note, we have your safety and good health in mind. Welcome Back!

TABLE OF CONTENTS

Welcome Back & Table of Contents – p. 1

Reopening Letter – p.2

New Gymnastics Club Standard – p. 3

Gym Spacing Protocol & Floor Plan – p. 4

LOS ANGELES SCHOOL OF GYMNASTICS
8450 HIGUERA STREET, CULVER CITY, CA 90232
(310) 204-1980

REOPENING LETTER

Dear LASG Families,

The health and well-being of our students and families continues to be our first priority, and we're working hard to prepare the gym for reopening when it's safe to do so. We very much look forward to reconnecting with everyone then and are optimistic that we will all emerge from this ready to thrive once again.

I would like to share with you our plans for reopening. Due to the impacts of COVID-19 we recognize that there are many new plans for social distancing, athletes training and organization to implement. Our staff is working hard to prepare the gym and our new operation guidelines.

LASG normally operates on a 5-hour window daily, but with the schools closed due to mandated closure, we will have the ability to operate in a 12-hour window in order to practice social distancing. We can greatly limit the number of people in the building and spread out far beyond 6 feet. We are also proud to have a cleaning system and a series of protocols that are in place.

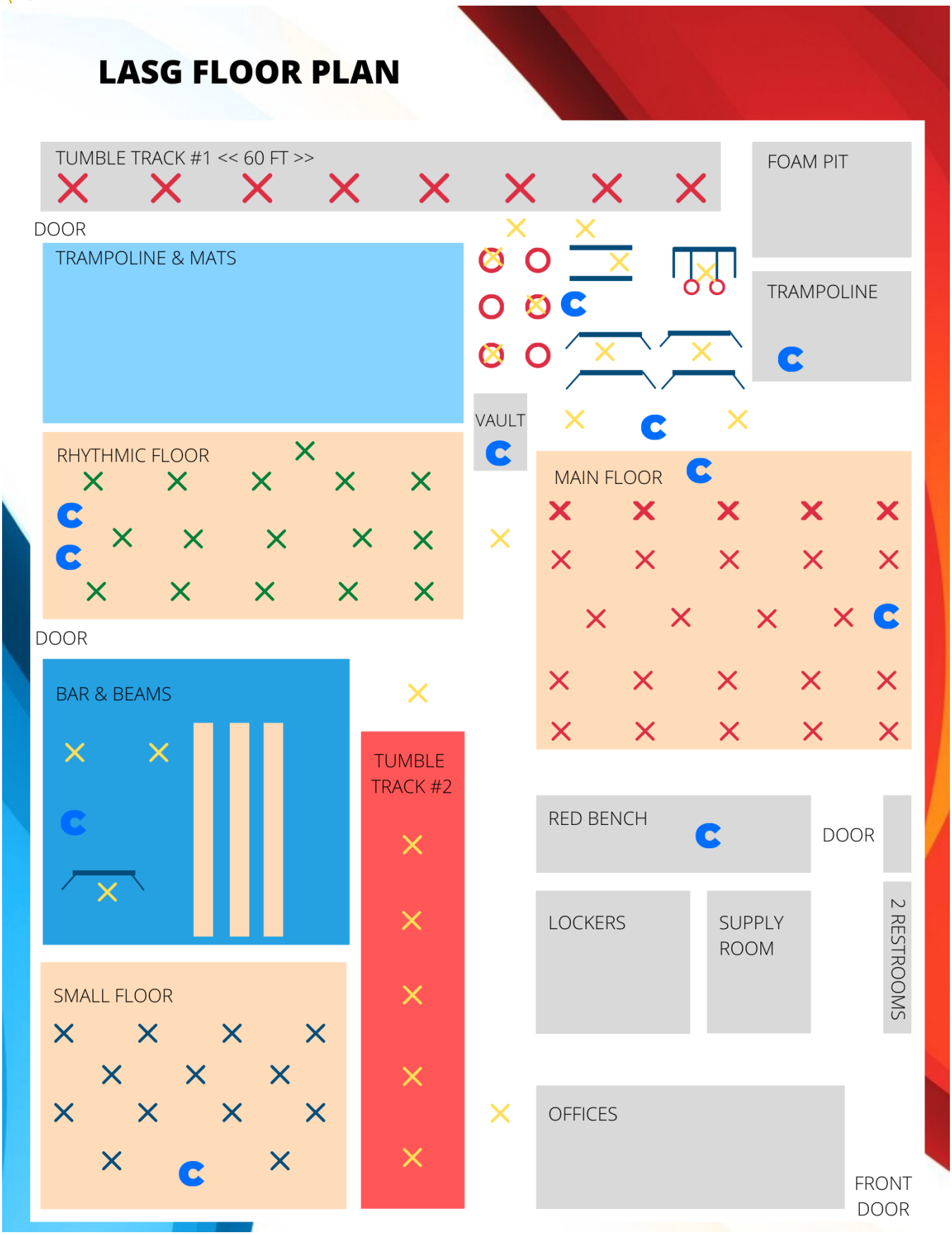
At this moment, we are not able to give you an exact date for our reopening, however it looks to be mid-May. Once we have our exact plan we will be sending out billing options in order to let you make the most comfortable decisions for your own family.

I would like to share just a few of the many things we have done to reach our goals for reopening. The health and safety of our students is our number one concern.

Sincerely,

Team LASG

LOS ANGELES SCHOOL OF GYMNASTICS GUIDELINES

Line Up	Line up outside the facility, floor markers space students and families prior to entering the building
Class Call	Staff Member ushers student and parent into club one at a time. Families are limited to 1 parent per child. We encourage drop off for children ages 6 & up when possible (parent and me/mini tots excluded).
Mandatory Hand Sanitizing	Each student will be prompted to use hand sanitizer prior to class. Regular hand washing will be required during class with anti-bacterial soap. Please use facility soap dispensers (touchless will be installed), hand sanitizer dispensers, and/or air dryers instead of paper towel dispenser.
Staff Work Habits	Staff will be required to wash hands before and after every class. Gloves and masks are REQUIRED. No spotting will be administered during an instructional lesson. Coaches are to guide students by verbal commands only. All Staff Members are to agree to adhere to a 24-hour wellness standard. Should they feel fatigued, or obtain a fever, they are required to call out from the shift. Managers are to be notified immediately.
Equipment Standards	Coaches and Safety Staff are required to sanitize all contact surfaces before and after each class. Cleaning stations will be mounted throughout the gym to ensure ample supplies are available. Facility will be cleaned nightly and between classes: EPA registered disinfectant is to be used on hard surfaces. Color-safe bleach spray and steam cleaning will be used on soft surfaces.
Scheduling/Facility Ratio	Gym Managers will be responsible for scheduling classes to accommodate the student to facility ratio. Classes shall be time-spaced appropriately to ensure families can enter and leave the facility without overlap. Managers are to uphold the student to square-footage ratio at all times. No more than 15 people per 1,000 square foot are allowed.
Group Spacing	While attending class, athletes are required to stay at a 6-foot distance from one another at all times. Tape markers will be provided for established distancing.
Water and Food	We ask that shared bottles are not brought to the Center. Left bottles will be disposed daily and will not be stored at premises. Touch-less water fountains will have new weekly filter changes. Food items are not allowed at the gym at this time.
Lost and Found	Lost and found clothing items will be stored for 2 days on the exterior and then donated to the LA county homeless shelter.
Exiting	Staff Members will line students up at the exit, using the floor markers for space-distancing. Hand sanitizers will be distributed upon their departure and will exit the building one at a time. We will be sending out more details on our programing and schedules soon.
Video Streaming	Parents will be able to use a new LASG Digital Video Streaming service called Spot TV to watch their children while they are in class.

LOS ANGELES SCHOOL OF GYMNASTICS
FLOOR PLAN