



To Our Families,

Thank you very much for your continued support as we navigate through these changing times. Over the past few months we have taken many steps to ensure the health and safety of our participants, coaches, and families. Our staff has been hard at work implementing numerous physical and procedural changes designed to provide our families with a safe and comfortable transition back to programs.

Our facility has undergone a **virtual** transformation.

- We have upgraded to an online account management system. Families can now manage their accounts remotely and reduce the number of needed interactions.
- We have completely rebuilt our website to streamline communication and provide a better overall experience.
- We have a new email: [info@DudziaksGymnastics.com](mailto:info@DudziaksGymnastics.com)

Our facility has undergone a **physical** transformation.

- We regularly clean and sanitized our facility in it's entirety.
- We have upgraded to touch-less fixtures in all of our bathrooms.
- We have installed hand sanitizing stations throughout the gymnasium.
- We have renovated our Maine Office to reflect our clean new approach.
- We have expanded our playground.
- We have blocked off 1/4 of our parking lot to utilize more outdoor space for programming.

Our facility has undergone a **procedural** transformation.

- We have instituted a new flow of traffic to our parking lot for drop off and pick-up (similar to when we host competitions). Families will have the option to "drive-thru" drop off close to our facility, or choose to park in our parking lot and walk their athletes to the door. Community Care pick-up will be done by our main entrance.
- Masks (for everyone 5yrs and older) will be required when entering and exiting our facility. Parents must wear a mask/face covering at all times while inside the facility.
- Student masks are required during participation.
- All coaches re required to wear a mask / face covering.
- 6ft distancing marks are located outside and throughout the facility.
- Inside, students will place items on hooks and in cubbies, wash or sanitize their hands, then proceed to their own designated space on the floor and wait for the start of their class.
- All doors and windows will remain open, weather permitting, to promote sufficient ventilation.
- Social distancing and cleaning will be done frequently throughout class/practice.
- Class times have been staggered to reduce congestion.
- At this time we're discouraging parental viewing as much as possible to adhere to capacity limits.
- We've added additional staff to assist with implementing these procedures.

## Signs / Symptoms & What To Do

Knowing the signs and symptoms of Covid will help prevent the spread. If you or your child show any signs or symptoms of Covid please do **not** attend class, stay home, or seek medical attention if necessary.

If you or someone in your household has been in contact with someone that has tested positive, or if you have been asked to quarantine, do **not** attend class!

Symptoms of Covid:

- Cough
- Shortness of breath or difficulty breathing
- Fever (body temperature above 100.4 degs F)
- Chills
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- New loss of taste or smell
- Congestion
- Runny nose (in conjunction with other symptoms)
- Nausea or vomiting
- Diarrhea

What to do if my child, or someone in my household, shows symptoms of Covid:

- Please do NOT attend class
- Stay home until symptoms subside (CDC recommends 10 days after onset of symptoms)
- Get tested for Covid (results are generally quick and will allow participants to re-attend class ASAP)

We're always available for assistance. Please don't hesitate to give us a call at (207) 286-3685 or send us an email at [info@DudziaksGymnastics.com](mailto:info@DudziaksGymnastics.com). We're here to help.

Stay Active!  
DG Staff