



To our EnergyGym Families

We want to take this opportunity to share with you EnergyGym Gymnastic's approach to COVID-19. We have and will continue to closely monitor the situation and follow the recommended guidelines from the CDC and the Illinois Department of Public Health.

We understand that you're are concerned about the health and safety of our student athletes in light of the COVID-19 (Coronavirus). We want to assure you that our gym cleanliness is always of utmost concern and importance to us. We have always and will continue to provide a clean and safe environment.

Below are our cleaning guidelines. We clean daily with an antibacterial solution that kills 99.9% of all bacteria and viruses.

- All mats (bases, shapes, folding and wall) are cleaned and sanitized daily with an antibacterial cleaning solution.
- Cubbies are wiped down, cleaned and sanitized daily.
- Stair railings, viewing area railings/windows and tables are wiped down and sanitized daily.
- All carpets are vacuumed daily to remove loose debris.
- The foam pits are fluffed regularly and vacuumed to remove loose debris.
- The foam pits are sprayed with Lysol regularly to kill bacteria.
- Hand Sanitizer is provided at our front desk and down in the cubbie area for everyone to use before and after class.
- Bathrooms are wiped down and sanitized several times a day.

According to the CDC, it has been stated that the best way to stop the spread of germs, bacteria and viruses is to wash your hands with soap and water regularly. Hand sanitizer may be used when soap and water are not readily available. It's important to wash your hands often with soap and water for at least 20 seconds, avoid touching your eyes, nose, or mouth with unwashed hands and avoid close contact with people who are sick.

The health and safety of all of our EnergyGym families is extremely important to us. We are asking you to please help us keep everyone healthy. If your child is sick (with a cough, headache, soar throat, runny nose and/or flu like symptoms, to please stay home and not attend class so as to not spread germs to other children and/or coaching staff members. Please give us a call if your child is going to absent and we can work with you on scheduling a make-up class.

Here are some informational links regarding the COVID-19 (Coronavirus):

Centers for Disease Control & Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Dekalb County Health Department: <https://health.dekalbcounty.org/coronavirus/>

National Institute of Health: <https://www.nih.gov/health-information/coronavirus>

World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>