

Covid-19 Information

Hello CATS Parents and Athletes,

We sincerely hope that your family is staying safe and healthy as the world copes with the COVID-19 pandemic. Like the rest of the world, we are doing everything possible to minimize potential exposure to and the spread of the virus so we all may return to everything we love.

We are proud to announce our plan to slowly return CATS to full operations, beginning with the resumption of team students on June 8th and regular classes with a modified schedule on June 15th.

ALL VULNERABLE INDIVIDUALS** - Should continue to shelter in place. Members of households with vulnerable residents should be aware that by returning to work, gymnastics or other environments where distancing is not practical, they could carry the virus back home. Precautions should be taken to isolate from vulnerable residents.

As a valued customer, we wanted to share with you what we are doing at CATS to ensure a safe environment for athletes, parents, and staff. After reopening, we will continue our enhanced sanitation measures such as cleaning with hospital grade disinfectants, regular hand washing, and use of hand sanitizers. The gym equipment will be disinfected after each class. Students will be encouraged to wash hands during rotations by going to the restroom. Further CATS Safety Protocols are detailed below.

CATS SAFETY PROTOCOL(S)

1. It is imperative that you or your student refrain from coming to the gym if you are displaying any symptoms of illness. These symptoms include, but are not limited to, coughing, sneezing, running nose, and/or fever. Any student or parent displaying these symptoms will kindly be asked to leave the facility and return when well. In accordance with CDC protocol, if you or your student have any symptoms, please wait after your symptoms subside completely before returning to class.
2. Anyone entering the gym will have their temperatures checked with contactless thermometers. If you are displaying an above average temperature; you will not be able to enter the gym. All athletes must wear a face mask when entering and exiting the gym.
3. The Lobby and the Seating Area are Closed. To reduce the traffic in the gym, we are requiring all parents to drop their children off at the front door. Pickup will be at the back door. Coaches and front desk staff will assist with directing the athletes in and out of the gym.
4. The gym water fountain is closed. Please make sure to provide your athlete with a water bottle that has a lid that can be sealed tight.
5. Coaches and front desk staff will wear face masks.
6. Contactless Registration - You will need to register for classes via phone at 760-446-0332 or email us at gymcatsrc@gmail.com. At this time we will not accept drop ins, all athletes must be pre registered for classes. **CATS staff must enroll your athlete in the class they will attend. Please do not enroll your athlete in any class on your own this way we can make sure each athlete is placed in the appropriate class. If an athlete needs to be evaluated before being placed in a class we will work with you to set up a day and time to do so.**
7. Class schedule is subject to change so that we can stay within Kern County guidelines.
8. If a parent, gymnast, or family member has come in contact with a person who has tested positive for COVID-19, the gym should be notified immediately, so the appropriate actions according to the CDC protocols can be followed.
9. Athletes need to pack a bag for the gym with all the items they will need for practice (e.g., water bottle, grips, tape, pre-wrap, wrist guards, etc.), please talk to your children about not sharing items and wear shoes that slip on and off easily. Athletes will need to write their names on all items.

10. Wash your hands frequently for 20 seconds with warm water and soap.
11. Avoid touching your face.
12. Limited classes will be offered and we will slowly open the schedule as we return to normal. Gymnastics classes must have at least 4 students enrolled to open and recreational classes must have 3 students. If classes fill we will start waiting lists if need be.
13. The last 5 min of each class will be handwashing and gathering belongings to be picked up
14. We will have 15 min in between classes for mat/facility sterilization (we will disinfect the mats, bathrooms, door handles, etc..)
15. Everyone will need to fill out and sign a new waiver form (COVID-19 WAIVER). You can fill it out, sign and email back or send a physical copy with your athlete to class)
16. PLEASE PICK YOUR ATHLETE UP ON TIME, TALK TO THEM ABOUT EXITING SWIFTLY AFTER CLASS AND PLEASE SHOW UP 5 MINUTES PRIOR TO CLASS START TIME. YOU WILL REMAIN IN YOUR CAR UNTIL CHECKED BY A STAFF MEMBER.
17. The parking lot has an entry and exit please make sure to follow those signs. When entering the parking lot please do not block the street while waiting in line.
18. Please make sure all athletes have used the restroom prior to coming to the gym. Ours are available but we want to limit the use of our facilities.
19. If you are attending the parent and tot class only one parent may attend class with their child and they must wear a face mask.

We have received overwhelming and truly inspiring messages of support from our families as we all have chartered these unknown waters together. A huge part of the culture of CATS is deeply rooted in the care and support we have for each other and our families. We truly consider our athletes and parents a part of our extended family.

