



2020 SUMMER PROGRAM

Thank you for your interest in REVEL Gymnastics. While the foundation of this program began 6 years ago in Purcellville, VA, This 2020 summer program will be REVEL Gymnastics first session. We are located in downtown Berryville, Virginia on 22 acres formerly known as the "Old Apple Factory". The gym is over 9000 s/f including offices and gym warehouse space. REVEL Gymnastics is offering Summer 2020 weekly sessions for Recreational, Training and Competitive levels of gymnastics. Appropriate information on your level of interest is included as an attachment.

In this time of reopening, a safety sensitive plan with gym procedures designed to protect your athlete's health are in place. Details regarding those in gym procedures are covered below. Specific group related plans are included on the each of the session level's information sheet.

This is an exciting time! Getting back in the gym to enjoy training and learning this beautiful sport! I look forward to helping you find your place in my small but very unique program. Please do not hesitate to email me any of your questions.

Sincerely,
Margie Barnes

2020 SUMMER WEEKLY SESSIONS

Week #1 6/15-6/19

Week #2 6/22-6/26

Week #3 6/29-7/3

Week #4 7/6-7/10

Week #5 7/13-7/17

Week #6 7/20-7/24

Week #7 7/27-7/31

Week #8 8/3- 8/7

Week #9 8/10-8/14

Week #10 8/17-8/21

Please see session level sheets for details.

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Annual registration Fee of \$45.00 will be waived on **completed** summer registration forms received by 6/15/2020.

Valid credit card is required for summer registration and will be stored for auto-payments. Unless other form of payment are provided on time, your card on file will be charged for your committed sessions. Additional weekly or daily sessions beyond your commitment may be paid as you go.

Summer registration forms can be emailed to barnesam@aol.com. Or Mailed to:

Margie Barnes
16483 Hillsboro Road
Purcellville, VA 20132

REVEL Gymnastics 2020 Summer Gym COVID-19 Procedures

Through this list of gym procedures it is our goal is to keep the gym environment clear of virus. Through daily equipment spray downs, careful athlete management with spacing, spotting and rotating. We will work to maintain a healthy environment for our gymnasts.

- 1 No open door policy. Keeping the front door secure will control entry into the gym. Gymnasts may enter five minutes prior your session start. Late arrivals will need to text me or knock. First sessions of the morning can enter up to 15 minutes prior session start. Parents never leave without making sure you're child is in gym.
- 2 DIGA- "Designated Individual Gymnast Area". Upon entering gymnasts will be asked to locate themselves into one of the DIGA. This area will have a chair, floor mat. DIGA will be spaced 6 to 8 feet apart. DIGA will be where the gymnast places personal belongings during practice. Also where 1 attending parent may sit to watch.
- 3 Gymnast will need to bring several water bottles or jug as filling or use of the fountain will be prohibited during the summer.
- 4 Gymnast attire- Leotard with bikers. T-shirts cannot be worn in place of leotard but maybe worn over the leotard. No Sports Bras only. Sneakers and socks, hand towel, facemask, yoga mat and hand sanitizer are required to be brought to every practice.
- 5 Masks- Its my intentions that overexerting and heavy breathing will all be done outdoors with proper distancing masks will be optional. Inside the gym will be limiting forceful breathing. Proper spacing should make masks optional. But in case a gymnast displays labored breathing during low workloads she maybe asked to wear her mask. Coaches will be wearing masks and gloves when speaking in close proximity and spotting.
- 6 Gymnasts will need to bring a yoga mat to every practice. The mat will be used for them to stretch on and limit surface exposure inside and for comfort in the grass outside.
- 7 Restroom procedure. We will go one at a time to avoid aerosol exposure created by flushing. Appropriate aged gymnasts are asked if comfortable to spray down toilet and surrounding area after use with disinfectant next to toilet. Then thoroughly wash hands with soap. Parents of younger gymnast not capable of cleanup should assist their gymnasts with this process when present and before practice. Coaches will follow up spraying when asked.
- 8 Gymnast must be able of using the restrooms on their own, Revel Gymnastics will not assist any gymnasts in the bathrooms during 2020 Summer program.
- 9 Practice departures. Door will be open when practice session is over and gymnasts are ready to go. Parents are asked to wave or make themselves present to the coach.
- 10 During the summer program daily disinfectant spray-down of equipment and proper downtime for air quality improvement through the day is built into the plan.
- 11 Most importantly please do not send your gymnast if she or any person in direct contact is showing symptoms of COVID-19 or if there has been known potential exposure of COVID-19.
- 12 Notification of COVID-19 exposure needs to be reported via email. This is confidential information.