

Hello AE Families,

I apologize for the lengthy email, please hang in there for it all:) First off, we can't thank you enough for your continued support you have given to AE throughout this crisis. We were excited to learn that Marion County will be entering in to Phase 1 this week and have been working hard on plans for the last 2 months for re opening AE safely for all our families, athletes and employees. For our Phase 1 opening, we will only be bringing back our competitive groups in small numbers, with spread out start times. This will give us an opportunity to open slowly and actively work out our new procedures in place. I know some of you are so ready to return to gymnastics and I promise we are hard at work for you to enter back in during our Phase 2.

Today, you should have received an email from us prompting you to accept our new policies. The only change we made to our policies was we updated our yearly membership fee process. We don't want to hit all our families with a yearly membership fee in our normal month of June during this crisis. We have taken this opportunity to allow for your own unique "Anniversary Month." Once you are able to return to an enrolled class, that will become your new anniversary month. Each year during your anniversary month, the \$40.00 annual membership fee will be charged to your card on file, in addition to your tuition, on your scheduled pull date, instead of charged in June like it has been in the past. Please know that all accounts will be frozen for June payments, unless you received an email from us to join our Phase 1 competitive team training groups.

We are working hard at getting a schedule out to you for Phase 2 and plan to have that out next week. Phase 2 will consist of many class options throughout the morning, afternoon and evening, both preschool and recreational. These classes will be a unique schedule that will not reflect our old schedule. You will still remain frozen in your old class spot and likely won't start back up in that class until Phase 3 or further. Phase 2 will be an opportunity for you to use your make up tokens, if you have some to use from March/April and/or pay a drop in fee to attend a class. We will only have one, maybe two class options at a time with a 6 kid limit with time scheduled in between for sanitizing. You will be required to sign up for each individual class (not continued enrollment) via the portal or by calling us or emailing us. Stay tuned for that schedule to be released next week as well as online registration and drop in pricing info.

We will still be hosting our summer camps starting phase 2 (June 15th) however, we will limit these summer camps to 10 participants. Due to us having to limit the number of registrations, space is filling up quickly. If you wish to register for any of the camps, you can do so online or by emailing us. Registration will close after 10 kids are registered and move to a wait list option only. We have 1/2 day and full day camp options. I have attached two very important documents for you to review. One goes over our Phase Opening and one goes over some Frequently asked questions. Please review these documents in full! If you have any questions after reading them, please don't hesitate to email us.

I ask for your patience during this time of adjustment. While we are excited to get kids back in the gym we are still working on many challenges we have to overcome. We are doing everything we can to meet current guidelines, regulations and expectations. We have prepared for our re-opening in every way possible but we know our fight to rebuild has just begun. Please remember that our fight to rebuild and reopen has always been about the kids and the community we serve. We are all learning. We are all in this together. We are all trying our best. Stay healthy, be patient, be kind and stay safe!

We can't wait to see you guys back in Phase 2.

Sincerely,
Kelsey Kottek
AE Team Director
coachkkottek@gmail.com
503-361-2344



Keeping our Families Safe & Healthy!

We remain committed to protecting our families and employees by creating a specific guide that will help prevent the spread of disease.

Phase 1



First to Return

Monday, May 25

Competitive Team
Groups

Phase 2



Second to Return

*Monday, June 15

Subject to change

Limited Rec & Preschool
Schedule, Day Camps

Phase 3



Third to Return

*Monday July 6th

Subject to change

Additional Rec &
Preschool Classes

AE PROTOCOL

Employee Guidelines	<ul style="list-style-type: none"> ◆ Staff will follow illness policy including 24 hour wellness standard ◆ Staff will wash/sanitize hands prior to, between and at the conclusion of classes ◆ Staff will adhere to PPE requirements if set by the Oregon Health Authority ◆ Employee travel will be monitored and isolation following travel will adhere to OHA
Building Preparations	<ul style="list-style-type: none"> ◆ Facility Team is currently on site to disinfect and sanitize in prep for opening ◆ All surface areas will be disinfected/sanitized multiple times daily once reopened ◆ Hand sanitizer/soap will be accessible and monitored for refill ◆ Drinking fountains will be will be 'closed' —students encouraged bring individual water bottles
Entering the Building	<ul style="list-style-type: none"> ◆ Please Drop Off/Pick Up if able; If staying, only one adult per child in the building ◆ Students who are or appear ill or who have had ill family members must stay home or will be sent home, temperature checks will be done if necessary ◆ Students will be required to sanitize/wash hands upon entering gym
Physical Distancing & Traffic Flow	<ul style="list-style-type: none"> ◆ Athletes and parents will use new traffic patterns for entrance and exit to control physical distancing and traffic flow ◆ Student ratios and stations will be modified in class programing
Prior to Class	<ul style="list-style-type: none"> ◆ Students will be required to sanitize/wash hands upon entering the gym ◆ Employees will have sanitized all equipment, entrance and exit points of program, parent areas ◆ Students who are or appear ill must stay home or will be sent home, temperature checks will be done if necessary
During Class	<ul style="list-style-type: none"> ◆ Athletes will sanitize/wash hands (supervised) after every rotation ◆ Lesson plans will be modified to omit partner activates and use of props (Mats Excluded) ◆ Stations and activities will be modified to allow safe distance between children ◆ All gathering areas will be dispersed, athletes encouraged to bring their own water bottles
After Class	<ul style="list-style-type: none"> ◆ Athletes and parents will follow new traffic flow for exit ◆ Employees will begin disinfecting/sanitizing all areas of their department immediately to get ready for the next group



Frequently Asked Questions

Q.) If I am not starting back up right away, what status is my account in?

A.) Your account will be frozen from June forward unless you are participating in an enrolled class

Q.) If I choose to delay my child starting classes or team practices right away due to health concerns, will my child be punished or treated differently for not starting up right away with everyone else?

A.) Ultimately it will be your decision as a family on when you feel comfortable having your child return to practice. NO child will experience any repercussions for not starting back up right away. We understand every family is in a unique situation right now and we respect that. We will work patiently and efficiently with your child when they return to the sport.

Q.) Are you keeping track of who enters the building and leaves the building each day?

A.) Yes, we are keeping a detailed log of who will be in the building each day to ensure we are doing our part to assist with contact tracing.

Q.) My child was invited to start in Phase 1, a team training group, but we want to wait a little bit longer before joining. Where will she go when we are ready to join up again?

A.) This will be handled case by case and dependent on how long the athlete has been off. When you are ready to join back up again, and you were previously invited to start in Phase 1, please email Kelsey at coachkkottek@gmail.com to see where your child will be placed upon returning.

Q.) Our yearly membership fee is due in June. Will that be charged despite our account being frozen?

A.) AE has taken this opportunity to revise our yearly membership fee. You will now have your own anniversary date instead of everyone being charged in June. Once you are active in an enrolled class again (not a drop in one which will be featured in phase 2) you will be charged the annual membership fee of \$40.00 with your tuition. That will be your new anniversary month and will renew each year, automatically, in that month.

Q.) We opted to pay for May and retain it as a credit. What happens with that?

A.) Your credit from May will automatically be used towards your tuition when your account becomes active in an enrolled class again. If you wish to retain this credit for a different use, you will need to notify Kelsey at coachkkottek@gmail.com and specify when you would like your credit to be used.

Q.) What does Phase 2 look like?

A.) Phase 2 will consist of our competitive team groups, our day camps and limited Rec and preschool classes. During this phase, these classes will be limited numbers and times and will be a drop in style. They will be posted online on the portal for sign up. You will be able to use your make up tokens from March and April, if you have any to use, or pay a drop in rate. Your account will still remain in frozen status during this time until you are back in your enrolled class. Class and pricing details will be sent out for Phase 2 very soon.

Q.) Are you summer camps still going to happen?

A.) YES! 😊 However, we have to limit the number to 10 for a stable group. If you are planning to sign up for one of our summer camps, we encourage you to register very soon as most of them are filling up to the maximum number allowed quickly. You can email bekah.gher@gmail.com to sign up or you can register online through our portal.

Q.) I received an email that we need to sign an updated policy change. What changed?

A.) Yes, we have updated our policies to reflect our change in our annual membership fee charge. This will no longer be charged every June, but will be charged on your unique month of enrollment per year. It is required that everyone signs this policy change agreement and waiver update. If you did not get an email, please log on to our portal to update and accept the new policies.

Q.) What are you doing to keep our families and kids safe?

A.) Please see our “Phase Opening” attachment to view our new procedures in the gym

Q.) I see other gyms are making their athletes purchase their own chalk, their own bin and their own spray bottle. Will AE be doing this?

A.) With the new report from the CDC stating that Covid-19 is not as easily spreadable on surfaces as they thought before, we will be more focused on personal sanitizing and social distancing. This does NOT mean we wont be sanitizing stations and events in between stable group use. The athletes will wash their hands before bars and be instructed not to touch their face or each other, and they will wash their hands directly after the conclusion of their event time. We will discourage gathering at the chalk bucket.

Q.) I read that gyms have to discontinue use of their foam pits. Will AE be shutting down their pit?

A.) We will be using the pit for safety purposes only. If the pit is required for safe training, it will be used one at a time, with one way traffic flow in and out. It will be sanitized with our fogger after a stable group has used it. It will be off limits for “fun activities” right now.

Q.) Are you limiting the number in the gym to 25 for gatherings?

A.) We are allowed to open our facility with the number of people we can safely social distance vs our square footage. Technically, we can have 694 people in the gym for our 25,000 sq feet to maintain 6 feet apart. However, at this time, to ensure safety measures are in place and attainable for everyone, during phase 1, our numbers will remain around 50 in the gym at one time for our 25,000 square feet.

Q.) Will coaches be spotting during this time?

A.) We are going to do our best to be hands off during phase 1. If a spot is required for safety purposes, hand sanitation will be done prior to spotting your athlete and will done at the conclusion as well.

Q.) Is my athlete required to wear a mask?

A.) AE is not requiring your athlete to wear a mask but it is up to each individual family member if they wish for their child to wear one. We are okay with either decision.

Q.) Will AE employees be wearing masks?

A.) AE will be following the regulations set forth by OHA. We spoke directly with the Business Oregon's Navigator Hotline for clarification on mask requirements. We do have some employees with a disability that doesn't allow them to wear a mask and perform their job safely. There will be many times during instruction and coaching that a coach needs to be heard. At a safe social distance, the coach may temporarily pull their mask down to give instruction but at any time a coach is in direct contact with your athlete, such as spotting, a mask will be worn, unless for personal safety purposes it can not be.

Q.) Has AE been sanitized and checked for all maintenance issues since the closure?

A.) Yes, our cleaning crew will be in here before our Phase 1 opening to sanitize and disinfect everything. We have also checked that all our equipment is in good working condition.

Q.) What are you doing to sanitize?

A.) We have cleaning supplies stocked at each event to use after a stable group has used the equipment. This includes our fogger machine, Lysol wipes and spray, hand sanitizer and Kleenex. For bars, we will be sanitizing the mats directly used with the athletes with lysol. The bars themselves will not be sanitized. This will ruin the bars to sanitize them multiple times a day and will cause the bars to be slippery and unsafe for the athletes to use. Instead, hand washing during bar time will be very strictly enforced as well as distancing and personal cleanliness, including bodily fluids. For beam, we will use our fogger to sanitize in between stable group use. For Floor, we will use our fogger to sanitize in between stable group use. For vault, we will use Lysol wipes to wipe down the vault table, spring board and any mats used. A daily log will be kept for all cleaning times.

Q.) You keep referring to “Stable Groups”. What does that mean?

A.) Each day we will have the same kids in here during the same scheduled time frame They will not be mixed with other kids or moving around class times. This is what will classify a stable group for us. Although stable groups are not required to be open and operating, we want to take the safety of our athletes and families a step above by forming these stable groups during phase 1.

Q.) Is my athletes’ locker and/or cubby accessible?

A.) At this time, our lockers are closed. Each child will find an empty “X” when they walk in to the building and they will place their belongings at their “X” for the day. They need to have ALL their supplies with them (Grips, water bottles, tape, clothes, healthy snack, etc..). We have 50 “X” spots in the gym that are spaced 6 feet apart. All of our “X” spots will be sanitized before the next group enters the building. ALL belongings must be cleared out every day or the items will be thrown away that day.

Q.) Am I allowed to stay and watch my athlete practice?

A.) We are highly encouraging that you drop off your athlete at the front door and leave them here for practice. To ensure one way traffic flow, our exit is now on the parking lot side of the building through a side door. Our front door is now an entrance only. We will also be opening the garage door for exit at the conclusion of a class. Please plan to be in our parking lot promptly ready to pick up your child at the conclusion of class. If you would like to stay to watch, we are limiting one adult per athlete. If 6 feet of social distancing can not be maintained upstairs in the viewing area, you will be required to wear a mask for the duration of the practice upstairs. If you choose to stay to watch practice, you will need to sign in and sign out at the front desk.

Q.) Is the drinking fountain open?

A.) Our drinking fountain is closed, but our touchless water bottle refill station will be open.

Q.) Are the bathrooms open?

A.) Yes, the bathrooms and all door handles will be sanitized several times a day and a daily log will be kept of cleaning times.

Q.) Is AE allowing birthday parties now?

A.) Yes, we have left scheduling open for birthday parties. We will be calling you with further details regarding your party.

Q.) Is the Adventure Park opening?

A.) Unfortunately, it looks like our adventure park opening will be in Phase 2 or Phase 3. Stay tuned for further details to come!

Q.) When will Phase 2 begin and will there be changes made to these FAQ's

A.) At this time, we plan to have phase 2 begin Monday June 15th. You will receive further info about class times available and any changes as we will continue to keep up to date on OHA regulations and changes.

Q.) Is the concessions, café or drink station open for selling items?

A.) At this time, all of our food sale stations are closed including our break room, refrigerator and microwave. Please pack a quick healthy snack for your child to re fuel with during practice times. They will be allowed to eat their snack in their designated "X" area.

Q.) My athlete is feeling well today but isn't showing signs of anything Covid 19 related. Can he/she still come?

A.) PLEASE keep them at home if they are not feeling well for any reason. Also please keep them home if anyone at home is experiencing Covid-19 symptoms. We will be screening athletes upon entering the building and will take temp's if we feel it is necessary. If for any reason we suspect your athlete to be unwell, we will send them home.

Q.) I have questions about the competitive team. How do I get those answered?

A.) Please email Kelsey at coachkkottek@gmail.com to answer those questions.

Q.) My question is not answered in here. How can I get that answered?

A.) Please email theathleticedge@comcast.net to ask your specific question.