

Dear Parents,

As parents, like yourselves, we just heard the news that the NC School Systems will be shut down for two weeks. LKN Gym Academy will remain open as long as possible in order to help the community, while continuing with as much of a sense of normalcy as possible in this crazy time. We will do all of this with full consideration of the real threat faced. For the rest of this month, we will run our normal evening classes, morning preschool classes and team workouts. (According to the CDC, children from 0-9 have an incredibly small risk associated with this coronavirus.)

LKN Gym Academy will continue to monitor the health situation as well as ramp up our cleaning above and beyond our normal cleaning regimen.

In accordance with Governor Cooper's declaration, LKN Gym will now be limited to less than 100 people at any given time. An additional precaution will be that we will check your child in at the front door. We will have a staff member waiting at the door to assist your child into the facility. (As we are trying to limit exposure, if you feel you must come in the facility, please limit to one adult.) Please park and pick up your child at the front door as well.

For our classes, we will invoke a social distancing policy for as much as possible. Our classes are generally 6-8 children plus their instructor. There are not more than 5 recreational classes at a time any day of the week.

A separate email will be following regarding our competitive gymnastics team. DCC and Revolution All Star Cheer Team practices will remain the same.

We are also invoking these policies:

Prior to the start of every class ALL students and staff will be required to sanitize their hands. Also at the conclusion of the class, they will be sent to sanitize their hands. Students are always reminded to cough or sneeze into their elbow but we will have tissues around the gym which will be a better option. Throughout the day we will have staff cleaning mats and equipment. Our staff will be cleaning and sanitizing all high traffic areas, doorknobs, etc.

What can you do to help?

The best way to prevent illness is to avoid being exposed to the sick. **Wash your hands for at least 20 seconds each time and wash frequently.** PLEASE STAY HOME IF ANYONE IN YOUR HOUSE IS SICK! We will have unlimited make ups in our open gyms so please stay home if you have fever or any symptoms. Avoid touching your eyes, nose and mouth.

We are watching and listening to the CDC recommendations but are trying to stay open and help out as long as we can.

As addressed above, we will be limited to the first 99 people into our facility. Our students are always our number one concern. We are very grateful for you staying with us during this uncertain time!

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"Where building strength, flexibility and friendships is fun!"