



# **ELENA'S RHYTHMIC GYMNASTICS CLUB**

## **COVID-19 Safety Plan**

*Please note: This document is subject to change following provincial and federal health and safety requirements.*

Elena's Rhythmic Gymnastics Club COVID-19 Club Representative:  
**Elena Mager-Tetz, [elena.mt@ergclub.org](mailto:elena.mt@ergclub.org)**

This Club COVID-19 Safety Plan has been approved by Elena's Rhythmic Gymnastics Club Board of Directors on August 5, 2020.

# Principles

The following five principles from AB's Restart Plan have been used to guide this document:

Personal Hygiene	Stay Home If Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none"><li>• Frequent handwashing</li><li>• Cough into your sleeve</li><li>• Wear a non-medical mask</li><li>• No handshaking</li></ul>	<ul style="list-style-type: none"><li>• Routine daily screening</li><li>• Anyone with any symptoms must stay away from others. Isolate for 14 days</li><li>• Returning travelers must self-isolate 14 days</li></ul>	<ul style="list-style-type: none"><li>• More frequent cleaning</li><li>• Enhance surface sanitation in high-touch areas</li><li>• Touch-less technology</li></ul>	<ul style="list-style-type: none"><li>• Meet with small numbers of people</li><li>• Maintain distance between you and others</li><li>• Size of room: the bigger the better</li><li>• Outdoor over indoor</li></ul>	<ul style="list-style-type: none"><li>• Spacing within rooms or in transit</li><li>• Room design</li><li>• Plexiglass barriers</li><li>• Movement of people within spaces</li></ul>

# Recommended Staggered Entry Strategy

## Step 1: Starting Activities *(to begin when clubs are prepared to safely open)*

Low-risk activities can occur with the following requirements:

- ✓ Ability to maintain physical distancing and/or cohorting.
- ✓ Adherence to occupancy limit.
- ✓ No sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting-based exercises are prohibited.
- ✓ Training groups for Step 1 are described in Appendix 1.
- ✓ Small class size ratios of 12:1 and training times which allow at least a 45min gap between back-to-back classes will be scheduled.
- ✓ A program summary for Step 1 is included in Appendix 1.

## Step 2: Expanding Activities *(to begin when clubs can safely progress beyond Step 1)*

A gradual decrease of restrictions can occur with the following public health recommendations in place:

- ✓ Ability to maintain physical distancing and/or cohorting.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting-based exercises are prohibited.
- ✓ Training groups for Step 2 are described in Appendix 1.
- ✓ Larger class size ratios of 16:1 and increased training times which allow at least a 10min gap between back-to-back classes will be scheduled. (i.e., 1-hour rec classes will now be 50min rec classes).
- ✓ A program summary for Step 2 is included in Appendix 1.

## Step 3: The 'New Normal'

To be determined at a later date, according to the [Alberta Government relaunch strategy](#).

# Elena's Rhythmic Gymnastics Club Safety Plan Requirements

## Program Participation

- Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required RGA forms.
- Prior to entering the training facility, **all individuals** must fill out the Daily Screening Checklist. Daily checklists will be kept on file for two (2) weeks. Elena's Rhythmic Gymnastics Club staff will be collecting electronic copies which are to be completed and submitted here: <https://forms.gle/Jecm4UXvx6P6HNro9>.
- Members will be asked to register and pay for all programming through our website at [www.ergclub.org](http://www.ergclub.org) and by etransfer at [accounting@ergclub.org](mailto:accounting@ergclub.org). If the website is not accessible for members, they can call Elena Mager-Lukjanova at 780-903-0464 OR Elena Mager-Tetz at 780-200-2804 or email both at [info@ergclub.org](mailto:info@ergclub.org)

## Facility Access: Drop Off/Pick Up - August 2020 Competitive Workshops

To access ERGC programming at Edmonton Dance Factory, please adhere to the following procedures:

Address: Edmonton Dance Factory, 2764 Ellwood Dr SW #201, Edmonton

- Drop off is available at Edmonton Dance Factory's entrance: This is the BACK entrance of the "Bottle Depot" building. The studios are located on the second floor. The back entrance will lead gymnasts up a stairwell to the studios.
- Only registered students will be allowed to enter the building. The waiting room will remain closed.
- Gymnasts are to line up in the stairwell maintaining a physical distance of 2m between themselves and others by standing on the marked and taped "X"s.
- All participants will exit the building through the same back entrance stairwell and must not congregate in groups when they get picked up. To facilitate this, please use the marked and taped "X"s
- Parents/guardians will be instructed to drop off and pick up their children **on time, outside** without coming into the studio. Exceptions will be made for those parents/guardians with gymnasts under the age of 6 (those gymnasts can be escorted by ONE parent/guardian into the studio).
- Class times are staggered to minimize numbers as participants enter and exit – gymnasts are encouraged to arrive no more than 5 minutes before classes and be picked up no more than 5 minutes after their classes end.
- Outdoor belongings to be brought into the building must be limited and gymnasts will bring all items into the studio with them.
- Please come dressed ready for class - do not plan to change at the studio whenever possible.
- Parents/guardians will be instructed to tell their children to follow instructions of all Elena's Rhythmic Gymnastics Club staff when entering and exiting the facility.

## Facility Operations - August 2020 Competitive Workshops

Elena's Rhythmic Gymnastics Club is adhering to the maximum occupancy set by the facilities it rents:

- Edmonton Dance Factory ("EDF"): maximum capacity in Large Studio: 12 gymnasts
  - EDF has taped space markers in common areas and studios to ensure 2m physical distancing spacing requirements and they must always be adhered to.
  - Common eating area has been roped off
  - Change rooms are closed
  - Sections of the bathrooms are roped off to facilitate physical distancing. Bathrooms are not to be used as changerooms.
- Avoid bringing unnecessary shared items to the gym.

## Cleaning Procedures

**For the August 2020 Competitive Workshops, ERGC is abiding by the Cleaning and Hygiene Procedures as set by Edmonton Dance Factory. EDF's Cleaning and Hygiene Procedures state:**

- Full premises will be fully and professionally cleaned each evening
- Disinfecting of high touch surfaces will occur between each cohort change. This includes desks, worktops, countertops, ledges, lobby benches, sinks, faucets, toilets, handrails, ballet barres, interior door handles, exterior door handles, stereo knobs/buttons/surrounding areas.

**In addition, for the regular season, Elena's Rhythmic Gymnastics Club will:**

- Ensure that when ERGC's RG Carpets are used, they are cleaned according to the RGA Carpet Sanitization Guidelines.
- When ERGC apparatus is used for recreational classes, they are sanitized between groups, and alternated so that no two back-to-back groups use the same apparatus.
- Abide by the Cleaning Procedures set out by the facility it is renting.

## Personal Hygiene Procedures

**For the August 2020 Competitive Workshops, ERGC is abiding by the Cleaning and Hygiene Procedures as set by Edmonton Dance Factory. EDF's Cleaning and Hygiene Procedures state:**

- Employees, contractors, students, and visitors will be advised to wash their hands upon entry and as often as needed, with soap and water for at least 20 seconds, or use approved hand sanitizer.
- Hand sanitizing stations will be placed at points of entry to the business (i.e. lobby front desk) and at other locations in the business where people are known to place hands. Health Canada- approved hand sanitizer with greater than 60% alcohol content will be provided.
- Avoid touching eyes, nose, and mouth; posters displayed in visible areas.
- Encourage respiratory etiquette (e.g., coughing or sneezing into a bent elbow, promptly disposing of used tissues in the trash) is followed; posters displayed in visible areas.
- AHS precaution and prevention posters will be clearly and visibly displayed in all appropriate area

**In addition, Elena's Rhythmic Gymnastics Club has determined that:**

- Handwashing or sanitizing will be required upon entering the facility, after using the washroom, and between apparatus changes.
- Coach(es) will check that all athlete's hands are sanitized before they enter the studio/gym space.
- All participants should arrive dressed for their class and only bring what they need in a marked bag (e.g. full water bottle, hand sanitizer, yoga mat, slippers, socks, tensors, personal warm-up gear and apparatus, etc.).
- Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.
- Participants must use their own, sanitized yoga mats for activities that require them to sit or lay on the ground (regardless if RG Carpets are used as well)
- Use of masks is required in the facility common areas, but not during physical activity in the studio/gym space itself.
- Participants must exhibit good respiratory etiquette (i.e. sneezing/coughing into the crook of their elbow or a tissue, no spitting, no clearing of nasal passages) as well as refrain from touching their face

## Communication

Elena's Rhythmic Gymnastics Club will inform members (athletes, coaches, volunteers) of the new protocols (See Appendix 3) before their first practice, to foster confidence in the staff's commitment to keep everyone safe. This will include information on club:

- Screening protocols
- Illness Policy (Appendix 2)
- Personal hygiene requirements
- Physical distancing requirements outside and inside the facility
- Cleaning protocols
- Programming changes (e.g. limitations on number of people permitted inside of the facility at once, policies regarding spotting, etc.)
- Any parent concerns, questions, and communication will be addressed via email to [info@ergclub.org](mailto:info@ergclub.org)

- We have appointed Elena Mager-Tetz (elena.mt@ergclub.org / 780-200-2804) as a single point of contact to address all COVID-19-related communications, compliance, and coordination in the gym.

**PLEASE NOTE: Insurance claims related to the transmission of COVID-19 will not be covered by RGA's insurance policies.** Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required RGA Waivers and Assumption of Risk Forms.

## Staff Training

- Formal and ongoing staff training at Elena's Rhythmic Gymnastics Club will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff should contact their supervisor if have questions or concerns as they return to their roles.
- It is recommended that coaches wear masks, especially if interacting with multiple cohorts.

## Screening

- Elena's Rhythmic Gymnastics Club requires that prior to entering the training facility, all individuals must complete the Daily Screening Questionnaire. Questionnaires are time stamped when they are submitted, and the time stamp must be within 2 hours of the start of the participant's registered class. Questionnaires will be held for 2 weeks (in case further investigation is required by AHS) and then deleted.
- **A parent/guardian must complete the online COVID-19 questionnaire for their participant aged 18 and under prior to coming to and ERGC programming (participants 18+ can complete their own questionnaire). This needs to be done each time the participant plans to attend and ERGC-run activity. It can be found <https://forms.gle/Jecm4UXvx6P6HNro9>.**
- Please check your/the participant's temperature prior to coming to the studio/gym. If they have any signs of fever (38 degrees or higher) please keep them home.
- Individuals must stay home if they are unwell or if someone in their household is sick, even if the symptoms are mild. They must also stay home if they have knowingly been exposed to someone who is sick (Refer to Illness Policy – Appendix 2).
- Individuals must not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada in the last 14 days.

## Physical Distancing

- Unless part of a designated "sports cohort" (see "Gathering and Cohorts" <https://www.alberta.ca/restrictions-on-gatherings.aspx>), which will be confirmed by Elena Mager-Tetz with the participants if they shall be designated as such, everyone who is part of Elena's Rhythmic Gymnastics Club programming must maintain, at minimum, physical distancing of 2 meters, at all times. This includes spectators and participants (unless members of the same household or cohort)
- Coaching for all programs must be performed hands-free (no spotting). Spotting will only be done if a participant's safety is at risk.

## Scheduling of Activities

- Elena's Rhythmic Gymnastics Club will adhere to the [Rule of Two](#) at all times. This means that no one-on-one training (without an additional coach or parent present) will take place.
- To meet provincial health officer requirements, groups sizes and scheduling are being adjusted.
- Detailed attendance and membership tracking will be taken and kept on file.

## Injury Protocol

### Requirements

- If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual will put on a mask and gloves.
- Elena's Rhythmic Gymnastics Club will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from a well-stocked first-aid kits in case of emergency.

## Illness Policy

**During the August 2020 Competitive Workshops, Elena's Rhythmic Gymnastics Club will abide by Edmonton Dance Factory's Signs of Illness protocols while using their space, which states:**

- No one with any signs of illness will be permitted inside the studio/gym
- If [the participant] develops any of the symptoms below in or outside of the studio/gym that could be related to COVID-19 they should either get tested for COVID-19 or wait out the 10-day quarantine period mandated by Alberta Health before returning to the studio/gym. Symptoms include:
  - Fever
  - Cough
  - Shortness of breath/difficulty breathing
  - Runny nose
  - Sore Throat

**Full Details on Elena's Rhythmic Gymnastics Club Illness Policy, in line with Rhythmic Gymnastics Alberta guidelines, is provided in Appendix 2.**

## Outbreak Response

**Elena's Rhythmic Gymnastics Club is committed to the following process in the event of a COVID-19 Outbreak:**

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more cases; a "case" is a single case of COVID-19.

1. If a case or outbreak is reported, Elena Mager-Tetz will be the main point of contact for all parties. Elena Mager-Tetz has the authority to modify, restrict, postpone, or cancel any or all club activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, Elena Mager-Tetz will implement enhanced cleaning measures to reduce risk of transmission. Elena Mager-Tetz may communicate with the facility operator to notify the facility right away.
3. Elena Mager-Tetz will implement the illness policy (see Appendix 2) and advise individuals to:
  - a. self-isolate
  - b. monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
  - c. use the COVID-19 self-assessment tool at AB COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
    - i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
    - ii. Individuals can learn more about how to manage their illness [here](#).
4. In the event of a suspected case or outbreak of influenza-like-illness, Elena Mager-Tetz will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.

If Elena's Rhythmic Gymnastics Club is contacted by a medical health officer during contact tracing, all individuals associated with the club must cooperate with local health authorities.

This document is based on Rhythmic Gymnastics Alberta's Return to Sport Strategy and our Safety Plan can be found on our website. Further, our club is staying current with all requirements provided Provincial Health Offices, Regional Health Authorities, Alberta Health Services and RGA.

**Appendix 1: Programming Summary**

**Step 1 Programming Summary (To be posted in the gym lobby with occupancy limit poster)**

**ELENA'S RHYTHMIC GYMNASTICS CLUB**

Step 1: Program Summary  
(August 11-13, 18-20, 25-27; 2020)

Number of training groups each week: \_\_\_ ONE (1) \_\_\_\_\_

Maximum Occupancy for LARGE STUDIO: TWELVE (12) Gymnasts (+ 2-3 Coaches)

Summary of Activities

Coach(es) Name(s)	Class Description	Days and Times	Group Size
Elena Mager-Tetz Natasha Mager	August 2020 Competitive Workshop	August 11-13, 2020 12:15pm-3:15pm	12 gymnasts
Elena Mager-Tetz Natasha Mager	August 2020 Competitive Workshop	August 18-20, 2020 12:15pm-3:15pm	12 gymnasts
Elena Mager-Tetz Natasha Mager	August 2020 Competitive Workshop	August 25-27, 2020 12:15pm-3:15pm	12 gymnasts

Step 2 Programming Summary (To be posted in the gym lobby with occupancy limit poster)

**ELENA'S RHYTHMIC GYMNASTICS CLUB**

Step 2: Program Summary  
September 8, 2020 - December 30, 2020

Number of training groups each week: \_\_\_19\_\_\_\_\_

Maximum Occupancy for EACH facility (publicly posted in the lobby): \_\_FIFTY (50)\_\_\_\_\_

Summary of Activities

Coach(es) Name(s)	Class Description	Days and Times	Group Size
TBD	Competitive Rose	Mon 6-8pm + Fri 6-8pm	12
TBD	Competitive Lavender	Wed 5:30-8pm + Fri 5:30-8pm	12
TBD	Competitive Opal	Tue 5:30-8pm + Thu 4:15-7:15pm + Sat 11am-1pm	12
TBD	Competitive Sapphire	Tue 5:30-8pm + Thu 4:15-7:15pm + Fri 5:30-8pm	12
TBD	Competitive Indigo	Tue 5:30-8pm + Thu 4:15-7:15pm + Fri 5:30-8pm+ Sat 11am-1pm	12
TBD	Rec 5-7 Mondays @ St. Thomas Aquinas	Mondays 6:00-6:50pm	12
TBD	Rec 7+ Mondays @ St. Thomas Aquinas	Mondays 7:00-7:50pm	12
TBD	Rec 4-5 Tuesdays @ Constable Daniel Woodall	Tuesdays 5:30-6:20pm	12
TBD	Rec 5-7 Tuesdays @ Constable Daniel Woodall	Tuesdays 5:30-6:20pm	12
TBD	Rec 5-7 Tuesdays @ Constable Daniel Woodall	Tuesdays 6:30-7:20pm	12
TBD	Rec 7+ Tuesdays @ Constable Daniel Woodall	Tuesdays 6:30-7:20pm	12
TBD	Rec 5-7 Tuesdays @ Lymburn	Tuesdays 6:00-6:50pm	12
TBD	Rec 7+ Tuesdays @ Lymburn	Tuesdays 7:00-7:50pm	12
TBD	Rec 5-7 Wednesdays @ St. Clement	Tuesdays 6:00-6:50pm	12
TBD	Rec 7+ Wednesdays @ St. Clement	Tuesdays 7:00-7:50pm	12
TBD	Rec 4-5 Thursdays @ Terwillegar Rec Centre	Thursdays 4:45-5:35pm	12
TBD	Rec 5-7 Fridays @ Constable Daniel Woodall	Fridays 5:30-6:20pm	12
TBD	Rec 7+ Fridays @ Constable Daniel Woodall	Fridays 6:30-7:20pm	12
TBD	Rec 4-5 Saturdays @ Terwillegar Rec Centre	Saturdays 11:05am-11:55am	12
TBD	Rec 5-7 Saturdays @ Terwillegar Rec Centre	Saturdays 12:05pm-12:55pm	12
TBD	Rec 7+ Saturdays @ Terwillegar Rec Centre	Saturdays 12pm-12:50pm	12

## Appendix 2: Elena's Rhythmic Gymnastics Club Illness Policy

In this policy, "Team member" includes an employee, volunteer, participant, or parent/spectator.

**1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

### **2. Assessment**

- a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
- c. If Team Members are unsure please have them use the self-assessment tool [Alberta Self Assessment Tool](#) or through the COVID-19 AB Support App self assessment tool.

### **3. If a Team Member is feeling sick with COVID-19 symptoms**

- a. They should remain at home and contact AB Health Link at 8-1-1.
- b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- c. No Team Member may participate in a practice/activity (in gym or outdoors) if they are symptomatic.

### **4. If a Team Member tests positive for COVID-19**

- a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
- b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

### **5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test**

- a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of Alberta.
- c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

### **6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:**

- a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
- c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

### **7. Quarantine or Self-Isolate if:**

- a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating because of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

## Appendix 3: Communication Email

Dear Gymnastics Families,

As Alberta public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, RGA has been working with Gymnastics Canada and the Province of Alberta to understand the recommendations of our Chief Provincial Health Officer and how they best apply within sport.

The attached Elena's Rhythmic Gymnastics Club COVID-19 Safety Plan has been developed to ensure:

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place to reduce the risks to each sport organization and its participants
- our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal soon, this COVID-19 Safety Plan will be the 'new normal' until we are advised otherwise by public health authorities.

If you choose to enter the club's facilities and/or participate in activities, you must follow these rules:

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have (or if someone from your household has) traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID19, please stay home.
- Wash your hands before participating.
- Bring your own equipment (including yoga mat), water bottle and hand sanitizer.
- Comply with physical distancing measures at all time.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the facility as quickly as possible after the program, parents should plan to drop off and pick up their children promptly at the scheduled times.
- Read and Comply with the policies and procedures outlined in Elena's Rhythmic Gymnastics Club Covid-19 Safety Plan
- Fill out the Covid-19 Screening Questionnaire (electronically, within 2 hours before every practice)
- Return Signed & Completed copies of the Facility Declaration AND RGA Waiver (adult) OR Assumption of Risk Waiver (minor)

Our Return to Sport Strategy is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant family must make their own decision as to whether it is in their best interest to resume participation at this time. As such, you must consider your own circumstances and make a decision that is right for you. Should you choose to join us, we require your full cooperation with our COVID-19 Safety Plan.

Sincerely,

Elena's Rhythmic Gymnastics Club