



GAZETTE
September 2021

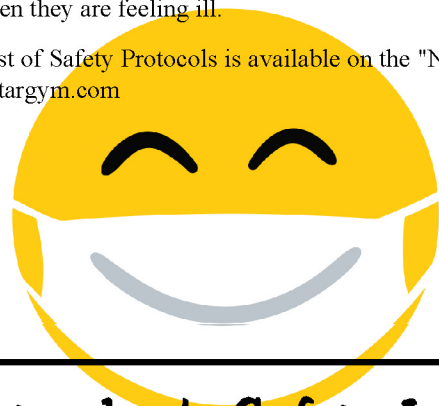
COVID Safety Protocols

As children are heading back to school, we are all nervous about the spread of the Delta variant of COVID-19, and anxiously await the approval of vaccinations for children. Until this time, please let us assure you that we have had amazing success at keeping the virus at bay throughout the last 15 months since we re-opened in June, 2020.

We remain vigilant in our safety protocols, and continue to ...

1. Require everyone in the building to wear a face covering over their nose and mouth. (Please no vented masks, gaiters, or face shields.)
2. Clean the equipment every hour.
3. Encourage handwashing before class and provide hand sanitizer after class. During longer practices, athletes will wash their hands more frequently.
4. Have classes enter and exit the gym from separate doors.
5. Continue to revise and improve our assigned warm-ups to provide more space for the classes.
6. Brought back a Lobby Monitor to help with traffic flow, cleaning, and safety throughout the day.
7. Rigorously monitor the health of our staff, and insist that employees stay home when they are feeling ill.

A complete list of Safety Protocols is available on the "News" page of our website goldstargym.com



September's Safety Issue:

General Gym Safety:

Each Coach Will Review the General Safety Rules of the Gym

Take Turns, Walk in Lines, Be Considerate,
Never Practice on the Equipment without a Coach,
When Performing a Skill Watch Out for Friends,
Hair Back, No Jewelry, No Loose Clothing
Wait Inside for Rides Home -- Do Not Wait in the Parking Lot

Make-Ups Begin in October



Currently students can enroll in our weekly make-up classes on Saturdays and Sundays.

Starting in October students will be able to make up missed classes by joining the same level class if it is not fully enrolled. Students must register the week of the make-up at the front desk, and must have already been absent to schedule a make-up.

Stay tuned for Pop Up Make-Ups coming on weekend afternoons!

Gold Star GYMNASTICS



**We are OPEN Every Day
in September & October**



Safety First!!



We have been very focused this summer on staff development and continuing education. Our coaches gave their time to further their education in the following areas:

In-House Training Seminars: Our quarterly staff meetings always conclude with a clinic - in the last two meetings we reviewed trampoline safety and basic bar drills.

CPR & First Aid Certification: On August 22nd a clinician came to Gold Star to train 43 of our employees on CPR, First Aid, and use of the defibrillator! Great work Abi, Aiden, Allie, Amanda, Anika, Anne, Annelise, Ansel, Ashley H., Ashley R., Ayaka, CC, Dana, Hana, Jaelen, Jazmin, Jessica R., Julicea, Katy, Kaylee, Kendra, Kim, Lana, Larry, Laura, Mariam, Michelle S., Nadia, Natalie S., Noa, Noor, Paya, Rebecca, Ria, Roni, Ronney, Sam, Saydee, Shelby, Sibylle, Teresa, Vara, & Will.

Varsity University Cheer Conferences were held in July. Four staff members attended these conventions learning the latest judging, spotting, and stunting techniques for our All-Star Cheer program. Excellent work from Carolyn, CC, Erika, & Ryan.

*At Gold Star we strive to always put
the welfare of our students first and foremost.
We are very proud of our staff's commitment to safety,
and their efforts to continue their education:
to question, to learn, and to be challenged.*

Join Our All-Star Cheer Team!

Email cheer@goldstargym.com for more information.

Birthday Parties are BACK!



Celebrate your child's special day at Gold Star! Parties are offered on Saturdays and Sundays. The guests will have 90 minutes of supervised instruction on all of the equipment and then 30 minutes for presents or snacks. Only one party in the gym at a time!

Our staff will set up tables and chairs for your guests to enjoy their birthday treats. The tables can be placed inside the lobby or outside under the awning next to our staff entrance.

\$450 for up to 30 guests
Saturdays at 2:30 or 5:00
Sundays at 1:30 or 4:00

Call the front desk to reserve a date today 650.694.7827