



HEALTH & WELLNESS DURING COVID-19

As always, the well-being of our club members remains a top priority. To continue providing a healthy training environment for our athletes and staff, ASA has enhanced facility protocols and sanitization processes to align with guidelines from both the CDC and the PA Department of Health. Until further notice, anyone visiting the gym office for customer service is asked to wear a mask while inside the building. The ASA staff will be wearing face coverings/masks at all times. Gymnasts must wear their mask when entering and exiting the building and in all common areas including the lobby, lounge and bathrooms. Masks are welcome and encouraged in the training area, but are not required for gymnasts during active training. Updates regarding facility protocols will be sent to all members as they become available.

Help us maintain a safe, healthy environment for all! Please STAY HOME if you are sick or if anyone in your family is sick, if you have recently been hospitalized, or you have been in contact with a person that has tested positive for COVID-19. To view this message and other health and wellness guidelines provided by the CDC, we encourage you to visit <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

For more helpful guidelines on how to protect yourself and others, click the links below.

[CDC Stop Germs](#), [CDC Fact Sheet](#), [CDC Face Covering](#)