

Addendum July 17, 2020

Team Parents,

Time for an updated COVID 19 Aerials health travel form. Please complete it AGAIN, date it and return it by email as a pdf or bring to the gym before entry. Please pay particular attention to "Question #6" and "*** If your situation changes after you complete and submit this form, please tell our office staff of your daughter's coach."

If you have any doubt about your condition DO NOT MAKE US THE COVID 19 POLICE and deny your entry. We will take your temperature upon arrival. We will not challenge you on the veracity of your personal precautions while home or traveling. You know you and your family travel experiences and habits.

***) If you are currently training at the gym and feel there are others on site that may place you in jeopardy, STAY HOME**

***) If you traveled recently in a restricted state and feel you may have been compromised, and do not want to put others at risk, STAY HOME.**

Please be adult about this.

Pennsylvania Department of Health website. Follow the link below for a complete reading.
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Travel-FAQ.aspx>

Travel Recommendations Frequently Asked Questions

In a July 2, 2020 press release, the Wolf administration announced a recommendation for domestic travelers returning from certain states with high numbers of COVID-19 cases to quarantine for 14 days upon return to Pennsylvania. A list of states to which the quarantine recommendation apply can be found on the PA DOH Travelers Information website.

Why is quarantine being recommended?

Quarantine is a term used by medical professionals. A person is quarantined because that person might have been exposed to COVID-19 and needs to stay away from others in order to protect those persons. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling sick or exhibiting symptoms.

What does quarantine mean?

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. If someone is in quarantine, they may not become sick. Quarantines can also be voluntary, but in an emergency or disease outbreak, the Department of Health (DOH) has the authority to require someone to be quarantined if they come in contact with someone who has an infectious disease. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Do I have to quarantine after I travel out of state?

Completing a 14-day quarantine after traveling to states with a high number of COVID-19 cases is recommended by the DOH. DOH will update the list of states with a high number of cases with frequency, so it should be consulted regularly by those traveling. Residents should stay in their quarantine location for the full 14 days and avoid interacting with anyone including those in their household.

Is this a recommendation or requirement?

At this time, quarantine related to travel is a recommendation, not a requirement. Quarantine is recommended because it is one of the most effective methods in preventing the spread of COVID-19. Quarantining helps keep you, your family, your friends, and your community safe.

**Please complete the latest
"COVID-19 Return to Aerials Gymnastics Form",
sign and date.
Return to us, email preferably, prior to your
daughter's return to practice.**



COVID-19 Return to Aerials Gymnastics Form

This form must be completed before any child can return to Aerials Gymnastics Center.

To help prevent the spread of COVID-19 at Aerials, every athlete's family must complete and sign this form before returning to the gym. On review of the form, staff may contact you and ask you not to attend Aerials for any gymnastics activities and will discuss a suitable future date for your return. Every question must be answered.

Athlete Name: _____
 Guardian Name: _____
 Address: _____

Using your smart phone, please point your camera towards the QR code and complete the updated COVID-19 waiver. The signed waiver is required to participate.

Question, check ✓ yes or no:

1. Do you have symptoms of cough, fever, high temperature, sore throat, runny nose, breathlessness or flu like symptoms now or in the past 14 days? 1) Yes No
2. Have you been diagnosed with, confirmed or suspected COVID-19 infection in the last 14 days? 2) Yes No
3. Are you a close contact of a person who is a confirmed or suspected case of COVID-19 in the past 14 days (i.e. less than 6 feet for more than 15 minutes accumulative in 1 day)? 3) Yes No
4. Have you visited another country within the last 14 days? 4) Yes No
5. Have you been advised by a doctor to shelter in place at this time? 5) Yes No
6. Please provide details below of any other circumstances relating to COVID-19, not included in the above, which may need to be considered to allow your safe return to Aerials. Further information on people at higher risk from Coronavirus can be accessed by the links below. 6) Yes No

Traveled Recently?

*if you are unsure whether or not you are in an at-risk category, please visit the links below.
<https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html#very-high-risk>

** If your situation changes after you complete and submit this form, please tell our office staff of your daughter's coach.

Print Name: _____
 Signature _____ Date: _____



Aerials Fit'n'Fun Gymnastics
 238 Schulykill Road
 Phoenixville, PA 19460

610.983.9044
 aerialsgymnastics.com
 info@aerialsgymnastics.com

There are 2 levels of higher risk:
 Very High Risk: <https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html#very-high-risk>
 High Risk: <https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html#high-risk>

For more info visit CDC, Considerations for Youth Sports
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>