

# Inland Empire Gymnastics Academy

263 W. Orange Show Lane • San Bernardino, California 92408  
(909) 383-6655 • [www.inlandempiregymnastics.com](http://www.inlandempiregymnastics.com)

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November 22, 2020

Good Afternoon IEGA Families and Happy Thanksgiving Week!

As COVID-19 continues to dominate the national headlines and with flu season now in full swing, I am keenly aware that all of us are experiencing “stay at home” fatigue and a deep desire to return to some kind of normalcy. This is particularly true as we head into the holiday season, when traditions abound and the desire to gather together is so much greater.

**However, as we move through the next 42 days between Thanksgiving break and New Years weekend, I would ask everyone - staff, students and families, to be incredibly thoughtful about themselves, as well as others, enjoying this year’s celebrations with your immediate family.** By limiting your travel, as much as possible, and gathering in small groups with family who live near by, you enable everyone in your circle of contact, which includes the IEGA staff and all our students, to remain safe.

IEGA depends on its community, which includes those who attend classes here and those who don't, to faithfully practice all of the prescribed health and safety protocols to prevent the spread of COVID-19. By wearing masks, social distancing, limiting travel, reducing our social bubbles, and frequently washing our hands, we can keep COVID-19 out of the gym and the doors of Inland Empire Gymnastics Academy open.

In this week of Thanksgiving, please know how grateful we are for each of our IEGA families, and for your continued willingness to “stay the course” throughout the holiday season.

Gymnastically Yours,

*Katie Willis*, Owner

## **Return to Class Protocols – Holiday Travels**

If you travel out of the country, a 14-day quarantine will be needed prior to returning to class.

If you traveled by air, in state or out-of-state, a 14-day quarantine will be needed prior to returning to class.

If you travel out-of-state, but do so by car, IEGA would ask that you ask yourself the following questions in order to determine whether it is appropriate for your student to return to gym immediately upon your return:

1. Where did you go and what is the transmission rate in the state you traveled to?
2. What are the health and safety protocols of the state(s) you visited? Did you practice their state guidelines or did you continue to practice the more stringent California protocols and those adhered to here at IEGA?
3. How often did you stop along the way and stay in hotels? At stops, did you practice social distancing and wear your masks?
4. Did you eat inside restaurants, bars or other people's homes or did you do your dining outside whenever possible to reduce the risk of transmission?
5. Who did you travel with or whom did you visit? If you traveled with others or visited others, are you confident that they are also practicing strict health and safety protocols and that their circle of contacts has not included anyone with COVID-19 or COVID-19 symptoms?
6. Did everyone in your family, travel group or visiting group wear masks while in group settings, particularly when you were with others who you did NOT know their circle of contacts?
7. What kinds of activities did you do or what kinds of public places did you visit and, did you practice social distancing and wear masks when necessary?

If you feel like you abided by these types of practices while you were traveling, visiting or vacationing, then we would say bring your student back to class upon return. However, if you didn't practice these types of protocols because you were in a state with looser protocols or guidelines, or you simply chose not to, then perhaps it's best to wait two weeks upon returning home to be sure that everyone in your home remains healthy.