

**Dear Valued GAB families:**

Flu season and food allergies pose safety and health concerns for all. We want to keep you and your children as healthy and safe as possible and we need your help. Please support us in having a healthy and safe gym by following these guidelines:

- If your child is coughing, sneezing, has a runny nose and/or has a temperature, please keep them at home.
- Please encourage your child to join the "scrub club" by washing their hands before and after gymnastics class. Soap and water as well as Purell are available for your use.
- Please do not bring any nut products into the facility and make sure your children wash their hands after eating, especially before entering the gym space where they'll be sharing the equipment with other kids, some of whom have life threatening food allergies.

We know that prevention is really the key to stopping the spread of germs and keeping those with food allergies safe.

The GAB Staff thanks you for helping us keep GAB Healthy & Safe!