



THRIVE GYM GUIDELINES

SAFETY PLAN

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OVERVIEW

The Purpose of This Document

Above all else, the safety of our students, their families, and anyone who enters any of Thrive Gym's facilities will always be our top priority. Every decision and policy that we implement will take into account the safety of our patrons.

The Fluidity of This Document

As we know, the development of any health concern is subject to continuous change in regards to its spread, its social and financial impacts, and the guidelines implemented to combat it. Our plan of action in regards to keeping our facilities safe will remain adaptable and flexible, in order to allow us to meet the evolving needs of our staff, students, and their families. In order to adapt our policies and procedures as needed, the staff at Thrive Gym will remain informed, and actively seek out any and all new information regarding the health concern. As needed, this handbook will be updated to accomodate necessary policy and procedural changes.

Mandatory Compliance With This Document

Thrive Gym will be strictly enforcing all policies and procedures detailed in this document. **If any patron of Thrive Gym is unable or unwilling to comply with the policies and procedures herein, they will not be permitted to visit Thrive Gym until our policies and procedures have changed, or until they are willing to comply. This is for the safety of anyone who enters our facilities.**

OVERALL PROTOCOL & GUIDELINES

Quick Links

[MD Governor's Office](#)
[CDC](#)
[ADA](#)
[Federal Updates](#)

What Are the Overall Guidelines We Follow?

We comply with the guidelines put in place by Maryland's Governor, as well as the CDC, ADA, and the Health Department.

You can find resources from these agencies and organizations using the Quick Links to the left.

GENERAL GUIDELINES

An inherent risk of exposure to viruses exists in any public place where people are present. Said virus and other extremely contagious diseases can lead to severe illness or worsening outcomes. According to the CDC and prevention guidelines, senior citizens and guests with other underlying conditions are extremely vulnerable. By visiting Thrive Gym LLC, and its subsidiaries, you voluntarily assume all risk related to exposure to illness and infectious diseases. Help us to keep each other healthy.

- All Thrive Gym programs are subject to modification and limited availability or closure based on the direction of health experts and government officials.
- Thrive Gym reserves the right to cancel any class or event, with applicable credits applied. For any questions regarding our billing policy, please refer to this [form](#).
- Thrive Gym will strictly enforce maximum capacities at each of our facilities. These maximum capacities have been set in order to protect the health and safety of both our students and our instructors, and have been decided on based on the direction of health experts and government officials.
- In the event that a student, Thrive Gym employee, or any other person becomes unwell while inside a Thrive Gym facility, they will be moved to an isolated location inside the facility immediately, and proper health & safety procedures will be followed to ensure both their safety and the safety of all others inside the facility.

STAFF EXPECTATIONS

STAFF RESPONSIBILITIES

- In the event that a Thrive Gym employee tests positive for illness, they will be asked not to return to work until after they are symptom free, and have followed the appropriate guidelines to recover from their ailment.

ENSURING YOUR SAFETY

- All Thrive Gym employees are required to attend training on the health and safety policy updates annually.
- All Thrive Gym employees will adhere to Thrive Gym's rigorous cleaning requirements.

PARENT / GUARDIAN EXPECTATIONS

PAPERWORK & BILLING

- All parents/guardians will be required to sign new paperwork annually which includes, but may not be limited to, the following forms: Emergency Contact Form, Rules & Regulations Form, Payment Policy Form
- In order to access these forms, please visit our website thrivegym.org
- Paperwork may be handed in to the facility on the first day you return, or you may mail your paperwork to the location where your child will be attending.
 - If you are unwilling or unable to sign and comply with all policies and procedures, we kindly ask that you participate in Thrive Gym's on-demand online program until our policies are updated again or until you are willing and able to comply with all policies and procedures.
- All registered families are required to keep a card on file.

PARENT/GUARDIAN EXPECTATIONS

HEALTH & SAFETY POLICIES

- Any parent/guardian that becomes aware of their child exhibiting a fever or other symptoms that indicate illness, will be asked to keep their child at home.
- In the event that your child tests positive for an illness, we ask that they follow the guidelines of their physician in regards to a return date to the gym .
- In some cases, Thrive Gym may require a doctor's note prior to allowing a student to return to our facilities.

STUDENT EXPECTATIONS

GENERAL EXPECTATIONS

- Students will be expected to be able to remain in designated areas as told by an instructor for the entirety of the class.
- If at any time, a student exhibits physical or behavioral symptoms that are indicative of illness while under the care of Thrive Gym, their parent/guardian will be contacted and asked to pick them up.
- Thrive Gym asks that if possible, students bring only a water bottle and shoes with them into the facility. Shoes that slide or slip on are preferable.
 - This does not pertain to items that are medically necessary or weather dependent.

CLEANING

GYM SPACES

- Thrive Gym employees wipe down all gym equipment that has been used as well as high touch areas such as door knobs frequently throughout the day .
- Students may be using and sharing the following equipment:
 - a. Gymnastics specific equipment and apparatuses such as bars, beams, floor areas and vaulting areas
 - b. Mats and pads - non-porous surfaces only will be used during and intermediate phase
 - c. Other training equipment such as weights and bands

BATHROOM/LOBBY SPACES

- Bathrooms at all Thrive Gym facilities will be cleaned twice a day.
- The lobby at each Thrive Gym facility will be cleaned once at opening and again at closing.
- Electrostatic sprayers will be used to apply hospital grade disinfectant in addition to our normal daily cleaning practices, in order to avoid generating an excessive amount of aerosol.
 - Please inform Thrive Gym of any and all allergies pertaining to soaps and cleansers.

DROP OFF & PICK UP

5 YEARS & OLDER

- If you dropped your child off for class there is no need to leave your vehicle for pickup , you may participate in our car line or we will walk your child out to you.

4 YEARS & YOUNGER

- If your child is younger than 5 years of age, we ask that you park and escort them to the designated drop off door as well as come into the building to pick them up.
- You may return to your vehicle and remain there until your child's class comes to a close, or you may enter the facility and remain in our indoor designated waiting area.

IMPORTANT REMINDERS

- Please do not arrive to drop off your child to class any earlier than 10 minutes prior to the start of their class. This is to ensure that all students from the class hour prior to your child's have been dismissed.
- Please be prompt in picking up your child on time, do not arrive prior to or after the pick up time. This is to ensure that there are no cars congesting our parking lot prior to pick up, and that we are able to dismiss your child in time to prepare for the arrival of students enrolled for the following class hour.
- Please drive safely through our parking lots at all times. We will have pedestrians walking up to our facility to drop off children and we ask that you help us to ensure their safety by driving slowly and carefully through our parking lot.

SPOT TV & THRIVE GYM APP

WHY SPOT TV?

Thrive Gym has chosen to integrate the use of SpotTV at all of our facilities. SpotTV is a secure way for parents to view their children on their device.

ABOUT SPOT TV

Performance. Security. Reliability.

An Industry leading Video Management and Webcasting Program!

Vulnerability Management

The Spot TV Media Platform 4.0 and its supporting content delivery network are frequently reviewed for potentially harmful vulnerabilities. We use enterprise-class security solutions and custom in-house monitoring tools to identify, analyze, and swiftly mitigate any potential weaknesses. We employ a number of third-party, qualified security tools to regularly scan our platform and perform continuous analysis of our codebase. We maintain a dedicated application security team to test and remediate any discovered or potential issues.

Physical Security

Broadcasting servers are hosted at Tier III, SSAE-16, or ISO 27001 compliant facilities. Our facilities feature 24-hour manned security, biometric access control, video surveillance, and physical locks. The sub-location facilities are powered by redundant fail over systems, each with UPS and backup generators. All systems, networked devices, and circuits are constantly monitored by both Spot TV and the co-location providers.

Exceeding Compliance

As of 2015, the industry standard for minimum encryption support was raised from SHA128 to SHA256 bit, a standard deployed by Spot TV for more than 5 years. Depending upon the capabilities of our end user, the new Spot TV Media Platform 4.0 Authentication can support up to 512bit encryption using the latest Windows encryption ciphers!

Access Control

Username and password access is aligned with a combination of security algorithms including IP monitoring, Dynamic IP Restrictions, 'Use-Once' Publishing point keys, among other undisclosed integrations. Our security architecture ensures isolation of customer data, stream source data, relay points and edge points.

Microsoft Engineering

A safer foundation – Spot TV is built upon the latest and most secure Windows .NET infrastructure by only in-house developers and American partner engineers. No out-sourced developers and No open source software!

Copyright Protection

Video Streaming services are protected under U.S. Intellectual Property Rights and Spot TV's Terms of Service. All users agree any screenshot, recording, duplication, or distribution of this copyrighted work is illegal. Users understand that legal action will be taken against them by Spot TV or your location's Management team for such copyright infringement.