



Update!

As of 2pm, March 16, 2020, Dreamland will be adhering to our Government's Ruling of Non- Essential Gatherings and will be closing the gym.

It was our intention to keep our gym open to face these hard times as a community.

However, in light of this outbreak, we are doing everything we can to help keep all our members stay safe and healthy.

We will be following all updates and will reopen as soon as it is safe to do so.

Please be safe and stay healthy. We all must do our part to help.

UPDATE March 14:

To Our Members / Coaches / Boxing Team:

We are closely monitoring the CDC Guidelines regarding **COVID-19**, and we are making every effort to support your health and wellbeing.

The gym equipment will continue to be disinfected daily, and we ask for your help by wiping down weights, treadmills, and bikes after each use.

If you use gym gloves, headgear, or groin protector, please wipe them after each use, and return them to its assigned area.

- Full Contact Sparring is cancelled until further notice;
- No loaner wraps will be made available;
- No Intros until further notice; and
- No Drop-Ins until further notice.

PLEASE REFRAIN FROM COMING INTO OUR GYM IF YOU ARE SICK.

We encourage everyone to continue their workout routine and enjoy the gym.

Stay Healthy, Happy and Safe.

Dreamland Boxing



USA Boxing Announces All Sanctioned Events Suspended Until March 31st

In light of recent developments with the Coronavirus (COVID-19) and after extensive consultation with the USOPC (United States Olympic & Paralympic Committee), medical experts, legal counsel and Board of Directors President Chair, Tyson Lee, USA Boxing is suspending all sanctioned events through March 31st. This is a very difficult decision given we are in the midst of Golden Gloves tournaments and entering the qualification timeframe for the 2020 Junior Olympics; however USA Boxing's greatest concern is for the health and safety of all boxers, coaches, officials and physicians.

USA Boxing will review as circumstances evolve and more information becomes available and provide an update to membership by the end of March.

All events will be able to reschedule their shows at later dates. USA Boxing will not accept any new sanctioned event requests through at least April 15th. Refunds will not be given at this time, but you may reschedule your show for a later date.

Clubs and Gyms may continue training, however, they should limit participation to boxers and coaches, and discourage folks who "want to watch" to help reduce the risk of spreading the Coronavirus.

As a reminder, please remember these helpful instructions for your local clubs and gyms.

1. If sick, please stay home
2. Clean gym equipment space thoroughly and often
3. Wash hands often with warm soapy water for 20 seconds
4. Avoid shaking hands, and try not to touch the face, eyes, or nose
5. Follow good personal hygiene after every boxing practice, including showering with soap and water and washing uniforms after use.