



To help ensure the health and safety of our athletes, parents, and coaches, please read through the following responsibilities and rules so that everyone's expectations are clear and we are all working together to keep everyone safe.

Our responsibilities:

We will do our best to provide your children with a clean, daily-sanitized facility to ensure their safety. We will not be spotting or making close contact with the gymnasts for at least the next 6 weeks. We will be enforcing strict, 6-foot distancing between everyone, including athletes, coaches, and parents. We will require everyone to wash their hands or use a personal hand sanitizer between events, and more if necessary. We will also emphasize the importance of not touching your face.

Your responsibilities:

We ask that you make sure your child understands the importance of washing their hands, not touching their face, not sharing food or drinks, and avoiding close contact with other gymnasts or coaches. If your child, or any of your family members show symptoms of any illness, we ask that you notify the gym and keep your child at home. We would prefer if parents drop off their child for practice, in order to limit overcrowding. However, limited seating will be available for parents with social distancing requirements in place and we are working on setting up cameras for you to watch remotely.

Rules for Parents:

- Check your child’s temperature before coming to practice
- If your child is sick or has a temperature above normal, please keep them at home and consult a physician.
- We require that you pack a personal hand sanitizer for their gym bag.
- If possible, drop off your child(ren) at practice. However, we will have a limited, spread out seating area upstairs if you would feel more comfortable staying. We ask that you practice social distancing while watching.
- Pack your child an individual water bottle, individual chalk holder, wipes, disposable gloves, and individual spray bottle for practice, and make sure they understand that they cannot share with their teammates.
- Please check or pack the items mentioned above in your child’s gym bag.
- Remind your child of their responsibilities mentioned below every day, because if not, it might affect a lot of people.
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Rules for Gymnasts:

- No sharing food or drinks
- Wash hands or use personal hand sanitizer after each event, before practice, and before you leave the gym (Make sure to wash your hands for at least 20 seconds, or wash your hands to the ABC song. When washing your hands, be sure to wash the front and back of your hands as well as each finger!)
- Do not touch your face!
- Bring your own tissues, or towel.
- No sharing items including grips, wristbands, clothing, water bottles, ankle weights, etc.
- No high-fiving, hugging, or any close contact
- No eating in the gym
- No spitting on grips; use your individual spray bottles! (this rule only applies to the athletes in upper-level team)
- Use your own individual chalk holders, and do not share with your teammates. We will be providing chalk for the next few weeks. (this rule only applies to the athletes in upper-level team)

I understand and will comply with the above responsibilities and rules.

Parents Signature

Parent Name (printed)

Gymnasts Name

Date Signed