



**ALL ADULTS ENTERING THE GYM MUST READ THE FOLLOWING RULES AND SIGN  
BELOW**

- Please DO NOT enter the gym if you have been feeling sick, running a fever, have a cough, or just not feeling well.
- We are asking for limited parents in the gym. If you choose to observe, we are asking only 1 parent per family to remain in the gym during class/practice time. If you are planning on staying to watch your child, please stay in the designated waiting area.
- Please use hand sanitizer upon entrance. Gymnasts will wash hands and proceed to class.
- Please be conscious of your space and remain 6 feet apart from others.
- Please drop the gymnast off 5 minutes prior to the beginning of class.
- Please do not congregate in the building. Please leave the building promptly after class/practice is over.
- Please share all information with your gymnasts so they are aware and understand the expectations set.
- Please leave chairs in designated areas, staff will handle all clean up after class / practice.
- There are many different mat surfaces, floor heights, and equipment variables. Please follow designated walkways for safety of all and please watch your step.
- A new registration form is required prior to returning to the gym.

I have read, understand and will follow the rules set in place upon entering the gym.

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Parent Signature

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Date



### What does the Athlete need to know?

- Please DO NOT enter the gym if you have been feeling sick, running a fever, have a cough, or just not feeling well.
- Athlete NEEDS TO BRING A TOWEL TO DRY HANDS. We will eliminate as much contact as possible.
- Athlete will wash hands before proceeding to class/practice.
- Athletes and coaches will be conscious of space and remain 6 feet apart of others.
- Athlete can be dropped off no more than 5 minutes prior to beginning of class/practice.
- Athlete needs to extra water daily to practice / class.
- Athletes will train strength and conditioning to build back their strength.
- Athlete will work on refining skills they already have, coaches will not be introducing new skills athletes progress in strength training.
- Athlete will leave within 5 minutes of practice ending – if parent is not inside, coaches will make sure athlete get to car upon parent arrival.
- Athlete and coach will maintain a safe distance, coach will spot if needed for safety concerns.
- Athletes will not leave waters, towel out in the open.
- Athlete will follow all rules and guidelines to ensure their safety as well as others in the gym.

We have read and understand the rules set in place for our health and safety.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

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Date