

SAFEGUARDING OUR HEALTH



WELCOME BACK TEAM!

YMCA GYMNASTICS TEAM COVID-19 RESTART PROCEDURES

- Arrive on time. No one can enter early with the check in process.
- Gymnasts will be let into the gym one at a time and checked in by a coach. Please stand 6 feet apart while waiting to get checked in. Gymnasts must remove shoes and sanitize hands upon entering the gym. Shoes will be placed in a duffle bag.
- Only one parent/guardian per gymnast is allowed to watch, no kids. Please seat yourselves every 6 feet to allow for safe distancing. Parents should also sanitize and sign in so we know who was in attendance in case of a positive case.
- Each gymnast will be given a gallon sized baggie with one chalk cube. Once it runs out, you are responsible for buying more.
- Each gymnast will need to bring their own water bottle for drinking, hand sanitizer and spray bottle with water for grips (if needed.)
- Coaches will wear masks and sanitize surfaces after each rotation. Groups of 6-8 girls will be allowed per 1 coach/station.
- We will maintain 6 feet social distancing inside the gym.
- All gymnasts will exit the gym using a different door. (The door next to the vaulting table and coaches room.) Gymnasts will sanitize again and put their shoes on at the door.

TUSCARAWAS COUNTY YMCA

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