



GUIDELINES/PRECAUTIONS FOR TEAM GYMNASTS & COACHES

ALL TEAM GYMNASTS & MUST BRING

Bag with: Mask in a Zip Lock Bag, Hand Sanitizer, Water bottle, Gym shoes (optional), Yoga Mat or Towel to place on equipment when possible (optional), Masks, grips, wrist bands, tape and pre wrap. Chalk in a zip lock bag will be provided the 1st day of practice.

	PRECAUTION	GUIDELINE DETAILS
	General Protection	Coaches will be wearing masks at all times, unless to give instructions from a distance of 6'. Masks for gymnasts are optional while doing skills but are required while rotating from event to event. Coaches will ask gymnasts to wear masks while traveling throughout the gym. Parents/Guardians in the building must wear a mask. A barrier has been installed at the front desk.
	Entering the Building	Floor markers will be spaced 6 feet apart prior to entering the building. All gymnasts will enter through the Team entrance at the back of the building. Pre-Team will also enter through the Team entrance.
	Temperature Check	Gymnasts will enter the building one at a time. All gymnast's and Staff's temperature will be taken upon entering the gym using a touch free thermometer. Each person entering the building will also be required to complete and Initial Screening Questionnaire prior to entering.
	Hand Sanitizing	Coaches and gymnasts must wash their hands and/or use hand sanitizer (bring your own) upon entering the building. Coaches will wash hands before and after teaching and after each rotation. Travel size hand sanitizer bottles available for \$3.00.
	Capacity	Rebounders will change current team schedules, reduce group sizes to 7:1 student teacher ratio, reduce practice duration, and monitor occupancy numbers at all times. We will be operating at less than 50% capacity for the first few weeks. As we are allowed to increase capacity and as we With the size of our team waiting area, only 4 adults allowed in that area at a time. Parents are encouraged to drop their child off at the door. Our front lobby is limited to 12 adults at all times.
	Social Distancing	Floor Markers will be spaced 6 feet apart throughout the public gym areas. All gym events where the gymnasts are scheduled will have skill and drill stations clearly separated by at least 6 feet whenever possible. Coaches will only be spotting skills when necessary for safety.
	Surface Contact	Gymnasts should come to the gym dressed in their workout attire whenever possible. Cubbies will not be used. Clothes, shoes, and personal items must be placed in a bag with gymnasts' name on it. Draw string bags available for \$8.00. Gymnast may wear gymnastics shoes. Coaches must wear athletic shoes or socks. Gymnast and coaches must bring and a yoga mat or large towel that has clearly marked the front and back. The mat/towel will be used as the working surface to perform warm-ups, drills and skills on floor and equipment stations when possible. Yoga mats available for \$20.00. Students must bring their own water bottle, as the water fountains will be closed. The foam pits will not be used and will be covered with mats.
	Exiting the Building	All team gymnasts will be dismissed at the front of the building through the door to the right of the PreTeam door. Pre Team will exit through the Pre-Team Door. A coach will be at the door to dismiss the gymnasts. Parents should meet their child at the door.
	Sanitizing	Rebounders staff will sanitize all public and frequently touched gym areas every hour. A nightly cleaning service will clean surfaces and wash floors daily. All equipment used will be sanitized after each class. All landing mats will be cleaned each night along with the other areas that have been a part of our cleaning schedule. Team coaches will sanitize at the end of each practice.