

Palmer's Gymnastics Covid 19 Policy

Please read, sign, and return prior to 1st class

The below waiver/contract must be signed by a parent or guardian prior to participation:

SAFETY MEASURES TO BE TAKEN BY PALMER'S GYMNASTICS AND IT'S MEMBERS:

1. Athlete will not come to practice if he/she has a temperature, cough, runny nose, sore throat or stomach problems in the last 72 hours.
2. Athlete will not come to practice if a member of the family is sick.
3. If athlete or family member tests positive for Covid 19, the athlete may not return to practice until they have tested negative for the virus and have been 14 days symptom free.
4. Guardians agree to discuss social distancing with your athlete prior to every practice.
5. Only 1 athlete at a time will be allowed to enter the building. Parents are to park and athletes will line up on the sidewalk 6 feet apart and wait in line to enter through the side door on the North side of the building. Athletes should not enter through the front door unless your child's preschool class starts in the tot room. We will notify you in advance. If you child's class starts in the tot room. Parents will not leave until the athlete has entered the building.
6. Parents will pick athletes up on time. Pick up will be made through the back door on the West side of the building. No exit will be made through the side or front doors unless your child's preschool class ends in the tot room. We will notify you in advance if your child's class ends in the tot room.
7. All gymnasts will enter the building wearing shoes/slides.
8. Athletes will not arrive more than 10 minutes prior to workout time.
9. Athletes, parents and staff will have their temperature taken upon entry to the building.
10. Athletes must use the restroom and wash their hand thoroughly before leaving home, prior to gymnastics.
11. Athletes will use hand sanitizer before workout, between events and after workout.
12. Only 1 athlete at a time in the restroom while washing hands.
13. All parents and staff will be required to wear a mask at all times in the facility.
14. Athletes can wear a mask if they choose, however for safety reasons, if wearing a mask, they will only participate in strength and flexibility activities.
15. Athletes will follow social distancing protocol.
16. For the time being, our bleachers will still be removed. We will have clearly marked physical distancing position indicators on the floor for where you can stand to view classes. Parents are always welcome to watch, but for the safety of our staff and students we need to limit the number of people viewing (we highly encourage athletes to be dropped off and picked up). Only 1 parent may enter the facility per family. Absolutely NO additional siblings or spectators may enter the building at this time. This is not an option. It is for the safety and health of our entire Palmer's family. All of the children's toys in the tot room lobby will be removed. Parents MUST wear masks at all times. Weather permitting; we will open up both garage doors to allow for additional parent viewing.
17. Parents may enter and exit through the front lobby entrance.

ATHLETES PERSONAL BELONGINGS:

Lockers and cubbies will be closed. Everyone will be required to bring a backpack or gym bag that has a bright ribbon or something that will help them to quickly identify their bag. The following items are required to be in their backpack/gym bag (please put your child's name on everything):

1. Hand Sanitizer at least 70% alcohol (Required for All students)
 2. Water bottle with name clearly marked (Required for All students)
- The below items apply to our high school and/or team athletes only:

3. Ziploc bag or something to put chalk in. Each athlete will have their own chalk. NO CHALK WILL BE SHARED
4. Spray bottle (these will not be shared)
5. Grips, wristbands and grip scraper (if needed)
6. Tiger Paws
7. Tape & pre-wrap

