

Palmer's Gymnastics Covid 19 Policy

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. Parents will pick athletes up on time.
6. All gymnasts will enter the building wearing shoes/slides.
7. Athletes will not arrive more than 10 minutes prior to workout time.
8. Athletes must use the restroom and wash their hand thoroughly before leaving home, prior to gymnastics.
9. Athletes will use hand sanitizer before workout, between events and after workout.
10. Only 1 athlete at a time in the restroom while washing hands.
11. For all entering the facility wearing a mask is required. However, please contact the office regarding the most current masking policy.
12. Athletes will follow social distancing protocol.
13. 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). All of the children's toys in the tot room lobby will be removed.

ATHLETES PERSONAL BELONGINGS:

Lockers and cubbies will be for shoes only. 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

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Palmer's Gymnastics Covid 19 Policy...Continued

I acknowledge the contagious nature of COVID19 and that the CDC and many other public health authorities still recommend practicing social distancing.

I further acknowledge that Palmer's Gymnastics has put in place preventative measures to help reduce the spread of COVID19.

I further acknowledge that Palmer's Gymnastics can not guarantee that I or my child will not become infected with COVID19. I understand the risk of becoming exposed to and/or infected by COVID19 may result from the actions, omissions, or negligence of myself and others, including but not limited to, staff, other clients and their families.

I voluntarily seek services by Palmer's Gymnastics and acknowledge that I am increasing my risk of exposure to COVID19. I acknowledge that I must comply with all set procedures to reduce the spread while attending Palmer's Gymnastics.

I attest that all family members entering Palmer's Gymnastics:

Parent/Guardian Initials

- Are not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell. _____
- Have not been exposed to someone with a suspected and/or confirmed case of COVID19. _____
- Have not been diagnosed with COVID19. _____
- Are following all CDC recommended guidelines as much as possible and limiting my exposure to COVID19. _____

I am aware that my actions as a parent or legal guardian will impact the safety of others in the Palmer's Gymnastics facility. Palmer's is counting on me, all other parents and athletes to help keep us safe by meeting the physical distancing and personal hygiene standards recommended by the CDC and the State of Illinois.

I will do my part to help make Palmer's Gymnastics safe by being respectful of the gym's social distancing policy, supporting the Palmer's Staff, coaches and customer service staff as they work hard to provide a safe place to develop happy, healthy, and confident athletes.

I understand that due to COVID-19, there may be cancellations of classes. These cancellations are out of our control and therefore NO REFUNDS or MAKE-UPS will be given.

As the parent or legal guardian I agree to all the above policies.

Parent or Legal Guardian Signature

Date

Names of registered child/children

Date

*****MUST BE RETURNED TO OFFICE PRIOR TO FIRST CLASS*****