



Tri State Gymnastics COVID-19 Protocols

No individual should enter the gym if they are feeling sick, have been contact traced due to exposure or have a family member with a COVID positive test result



ALL ATHLETES AND STAFF WILL HAVE A TEMPERATURE CHECK BEFORE ENTERING THE GYM

Anyone registering a temperature of 100 or higher will be asked to train at home. Transportation should not leave until the athlete has passed the initial check.



COME PREPARED

Drop off at main door. One parent will be allowed in the gym. No siblings. Spectators and Athletes will be masked. . If weather allows we will open the garage doors for viewing. Athletes should arrive dressed and ready to practice. They must have their own personal gym bag. The bag should have their extra clothes, shoes, water bottle, gips, their own personal block of chalk, personal chalk container, personal spary bottle.



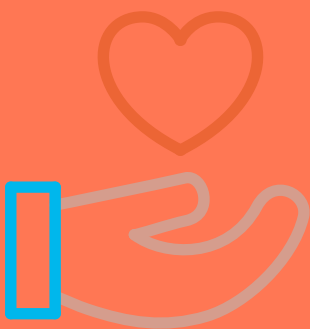
HAND SANITIZE

Athletes will sanitize hands before entering building, after each event and upon leaving the gym.



EQUIPMENT SANITATION

Athletes will be split between stations at each event. 1-2athlete per station. Equipment will be sanitized following every rotation of 10 gymnasts



COACHING PRACTICE

Caching staff will be spotting and reshaping as needed for safety. All staff members will be coaching in a mask.