



As of July 1, we are adopting the following rules during COVID-19:

For Classes & The Gym

- For now, each class/ group will have a max of 7 kids. (all will be following social distancing rules)
- Classes will have a specific procedure to bring kids in and out.
- Hand sanitizing upon entering the building and sanitize between events (every child will be required to put on hand sanitizer)
- The time in between classes, coaches will be disinfecting mats, bathrooms, doorknobs, cubbies, etc.
- Areas have been clearly marked on every event for each child around the gym to maintain the 6 ft rule the entire practice. Coaches have been instructed on how to manage these distances for everyone's safety.

For Parents/Children

- The coaches will signal their students outside when it is time to come in for their class. We will dismiss them outside when class is finished.
- Coaches will be spotting your children. They will frequently be putting on hand sanitizer. (If you don't want your child spotted, please let the office and coach know)
- Coaches will be wearing masks when within 6 feet of children.
- Waiting area is now open - but please limit it to 1 person per family (whenever weather is good enough, we will open garage doors so you can view from your car or standing in the parking lot)
- Children may wear masks if wanted
- If any coach or student is sick or anyone in their household is sick, they will not be permitted in the gym (no exceptions)
- Parents should have kids go to the bathroom before coming to the gym (bathrooms will be open if needed)
- Each student will bring a water bottle and place them in assigned locations (drinking fountains will be closed)
- No break or eating of any kind (water bottle only)
- Wash hands before coming to gym
- Temperatures of each gymnast will be taken at the beginning of class (100.4 or higher will be sent home)

- If team gymnasts would like to carry their own backpack with supplies in them from event to event, they may provide their own.

- Any parent or spectator that watches in the waiting room must wear a mask

For Coaches

- Coaches will be wearing masks when within 6 feet of children.
- Coaches will be spotting children. They will frequently be putting on hand sanitizer. (If a parent doesn't want their child spotted, they will let the coach and office know)
- If any coach or student is sick or anyone in their household is sick, they will not be permitted in the gym (no exceptions)
- Wash hands before coming to gym
- Hand sanitizing upon entering the building and sanitize between events (every child will be required to put on hand sanitizer)
- The time in between classes coaches will be disinfecting mats, bathrooms, doorknobs, cubbies, etc.
- Team coaches plan enough time in between rotations to sanitize everything you use in your rotation before rotating. Stations are set up around the gym at every event for your convenience.
- All employees will take their temperature at the beginning of each shift.
- All coaches will take the temperatures of each gymnast at the beginning of class (100.4 or higher will be sent home)
- Please talk to your students about not touching their faces - if they accidentally do so hand sanitizer will need to be reapplied.

For Cheer Team

- If your child is on the cheer team Air-Bound will be stunting while wearing masks. Air-Bound will provide one mask per cheerleader.
- Rec cheer classes will not be stunting at this time.