

Greenville Gymnastics - Team Guidelines – Reopening

- 1) All gymnasts and parents must sign a Risk Waiver and statement indicating they clearly understand the new rules.
- 2) Athletes and Parents must understand that there is no way Greenville Gymnastics is able to prevent all exposure to this risk. By attending workouts both understand the risk and accept it. In addition, one of the best protections is consistency in athletes being aware of risky behavior such as not touching their faces at any time.
- 3) Athletes' temperature will be checked upon entering the gym.
- 4) Athletes are encouraged to wear warm-ups etc over their leotard to enter the gym along with shoes and socks. Then upon leaving they are encourage to put warm-ups over their leotard as well as socks and shoes to return home.
- 5) Athletes are REQUIRED to use hand sanitizer or wash their hands upon entering the gym.
- 6) Athletes that are coughing or showing any signs of respiratory issues will NOT be allowed to workout. Please do not come to practice with any of these issues or any sign of illness. Unfortunately we must be much stricter with this until the crisis is over.
- 7) All gymnasts MUST show utmost respect for all guidelines and for each person in the gym including staff, coaches and fellow gymnasts. THERE WILL BE NO WARNINGS. Athletes violating these guidelines will be asked to leave the gym for that workout.
- 8) Coaches will wear masks at all times during the workout. Athletes may wear masks but are not required to.
- 9) Loose foam pit and resi pit will NOT be used for workouts unless covered with an 8" mat or mats.
- 10) All workouts will be "no contact" workouts. There will be no spotting or any physical contact between coaches and athletes or athletes and athletes.
- 11) Number and sizes of groups in the gym at a time will be determined by mapped out stations that are designed to provide physical separation of all athletes.
- 12) Only Athletes, Coaches and Staff will be allowed in the building. Parents, siblings, friends, etc will not be allowed in the gym. We will be working on broadcasting live video of workouts.
- 13) Gymnasts must wait in their cars until receiving notice (likely a text) that they can enter the gym. Parents will also receive notice when athletes are done and will be leaving the gym. Watch for traffic patterns as various entrances and exits may be used including main entrance/exit, Cheer Gym entrance/exit and back parking lot entrance/exit. You will receive information on which to use.
- 14) Athletes must have hair tied up in a manner that they will not need to touch it for the entire workout, "Meet Hair".
- 15) Athletes will be able to access their locker but will be restricted to one athlete at each section of lockers at a time. Athletes will be dismissed from each event in a progressive manner to maintain physical distancing.
- 16) All athletes and coaches MUST wash hands between events.
- 17) Only one person allowed in each bathroom at a time.
- 18) Each athlete will be required to bring a Tupperware container that may be kept in their locker for chalk. Each athlete will be given a block of chalk that only they can use. In addition, if they wish to use water for grips, they must bring their own small personal squirt bottle filled with water.

- 19) Each athlete must bring their own water bottle(s) for practice. Drinking fountains will not be used. Do NOT bring any snacks to workouts. No eating will be allowed.
- 20) Equipment will be sanitized between rotations where feasible. In addition, gym will be sanitized each day. Gym will also be sanitized by Bio-Pure weekly.
- 21) All athletes will be required to use hand sanitizer upon exiting the gym. In addition, it is suggested that each athlete immediately shower and wash their workout clothes upon arriving home.
- 22) These guidelines may be added to or changed at any time without notice. We welcome feedback and suggestions.