



Gymnastics & More
Doing my part to keep Gymnastics & More and my Favorite
Gymnast SAFE!

I want to do my part to help Gymnastics and More keep my child(ren), his/her teammates, the coaches, other families and everyone else at the gym as safe as possible under the Covid-19 pandemic. I have read, understood and agree to follow the following policies and procedures.

I understand and agree that:

- I will drop my gymnast off and pick him/her up at the designated exit door to the gym.
- Both my gymnast and I will have a cell phone to communicate with him/her when I arrive to pick her up. If cell phone texting is not available, a coach will accompany remaining gymnasts out to meet their parents with 6' distancing.
- Only one parent or non-participating individual will be allowed to enter the building at the main entrance.
- I am required to wear a mask when entering Gymnastics and More.
- I am aware that my child may wear a mask but that he/she is not required to do so.
- I am aware that my child, staff and any other person entering the building will have their temperature taken.
- There will be no hands-on spotting for at least the first month of practice after Gymnastics and More re-opens.
- I will support the social distancing standard of 6' to 10' while at the gym.
- Practice start and end times will be staggered to insure time for the gymnasts to get in and out of the gym safely, to provide time to wipe down the equipment between each practice and for teachers to thoroughly wash their hands.
- My gymnast will have regular opportunities to use the hand sanitizing stations available in areas of the facility.
 - My gymnast will use the restroom and wash his/her hands thoroughly before leaving home and while at the gym as needed.
 - My gymnast will bring his/her clearly marked bag to the gym each day with all recommended items included.
 - My gymnast will clean his/her bag prior to returning to the gym. (We suggest your gymnast wash their hands and feet when they get home from the gym also).
- I agree to keep my gymnast home if he/she or anyone in my family is coughing, has a temperature over 99.5, or other Covid-19 symptoms.
- I understand and agree that these procedures will change and evolve over time and that I will follow any new standards required by the State of Massachusetts and/or Gymnastics and More.

SPOTTING WAIVER:

I understand that the coaches and everyone at the gym will make a strong effort to maintain social distancing but that there will be times when incidental contact and less than prescribed physical distancing will occur. I am aware and agree that spotting is an essential part of training my gymnast in order to keep her safe and to prevent injury. I will allow my child to be spotted when spotting is necessary. I further understand that I am voluntarily allowing my child to participate in programs and activities offered by Gymnastics and More Inc., knowing that it is impossible to keep him/her, myself or anyone else who enters the gym completely safe from exposure to the Covid-19 virus. I accept that risk.

Parent or Guardian Signature

Date

