



Return to Operations – Member Responsibilities

Check-in procedures

- Please arrive no earlier than 10 min. prior to your scheduled practice time
- Team members to use side entrance for no lobby exposure
- Handwashing upon entering and exiting
- Participate in a general wellness check

Wellness Checks

All persons entering the building will be asked to participate in a general wellness check which includes:

- Brief verbal questionnaire conducted
 - Have you or anyone in your house exhibited flu-like symptoms in the past 72 hours?
 - Have you or anyone in your house had a fever greater than 100.4 in the past 72 hours?
- Touchless temperature check

Athlete's Personal Items

Cubbies and Lockers will not be used in our initial reopening. Athletes are asked to bring a dedicated gym bag with the following items daily:

- Face covering (only required in close contact, not practice)
- Hand Sanitizer
- Hair Ties
- Pre wrap
- Grips and clean wristbands
- Tape
- Tupperware bowl for personal chalk
- Water(s)
- Snacks that do not require refrigeration

Please be sure there is enough room in your bag to store your street clothes during practice.

Covid-19 Waiver

Please complete our updated Covid-19 waiver prior to attending your first practice. You will only need to complete this waiver your first time back in the gym.

Pre-Return Fitness Questionnaire

USA Gymnastics has supplied us with a questionnaire to help assess each athlete's activity level while we have been out of the gym. Please complete the questionnaire fully and honestly

so that we may do our part to best prepare for your child's safe and successful return to practice.

Additional Considerations

- We are requesting no parents in the lobby at this time. However, no parent will be denied entrance if you wish to accompany your child to practice. Please limit spectators to only 1 adult per athlete and practice social distancing when in the lobby.
- There will be no access to commonly shared areas in the gym:
 - Water fountains
 - Refrigerator
 - Lockers/Cubbies
- Please do not send your child if anyone in the household has experienced flulike symptoms or had a fever of 100.4+ in the past 72 hours.