

Team Return to Workout Protocols **Gymnast's Name:** _____

As a parent of an All-Star Team Gymnast, I want to do my part to keep my child, her teammates, coaches and other families as safe as possible while at the gym.

I understand and agree that:

- * I will make sure that my daughter is well and without a temperature before bringing her to the gym for workout. She will use the bathroom and wash her hands thoroughly before leaving the house.
- * My daughter will not come to the gym if she has a temperature 100.3 or over, has been in contact with a person diagnosed with COVID-19 or who is being tested for the virus; if my daughter or any family member living with her has been instructed to quarantine.
- * I will drop my daughter off at the front entrance door at All-Star Gymnastics.
- * My daughter will wear a mask when getting out of the car.
- * A Staff Member will greet my daughter at the door, take her temperature with a touchless thermometer. If my daughter's temperature is 100.3 or over, she will be sent home with me.
- * After temperature check, my daughter will be directed to another staff person so she can remove her outdoor shoes, spray her hands and bottoms of feet with hand sanitizer and then be directed to a designated waiting spot in the gym at least 6' away from another person.
- * I will pick my daughter up at the designated "team" door on the back side of the building.
- * I will wait in my car 6' from the building so that a coach can safely direct my daughter to me
- * Only 1 parent will be allowed in the All-Star facility and will always wear a face mask.
- * Viewing from the Waiting Room will be limited due to the 6' distancing guidelines.
- * There will be no hands on spotting for at least the first few weeks after All-Star reopens.
- * Workout Start and End Times will be staggered in order to insure time for gymnasts to enter and leave the building safely and also allow for staff to clean and disinfect equipment between each practice and for coaches to thoroughly wash their hands.
- * My daughter will bring hand sanitizer with her to workout to use throughout practice without having to leave the event she is on.
- * Hand Sanitizing Stations are located throughout the building and available as well.
- * My daughter will have her clearly marked "Gym Pail" with her at practice with all the recommended items for her level.
- * My daughter will wear her face mask if she needs to go to the bathroom and while waiting to be picked up after practice.
- * My daughter's "Gym Pail" will be cleaned before she brings it back into the gym.
- * I understand and agree that these Protocols will change and develop over time to insure the safety of everyone. I will follow any new standards required by the Board of Health, the Commonwealth of Massachusetts and/or All-Star Gymnastics.

I understand that the All-Star Staff will make every effort to maintain social distancing but there might be times when incidental contact and less than 6' distancing might occur. I am aware that spotting is an important element to a gymnast's training and safety. I will allow my daughter to be spotted when spotting is necessary. I am voluntarily allowing my daughter to participate in the programs and activities offered by All-Star Gymnastics, knowing that it is impossible to keep her, myself or anyone else entering the facility, safe from exposure to any infectious disease. I voluntarily affix my signature to express my understanding and acceptance of these protocols.

Parent's Signature

Date