

## **Tumble Star Return to Workout Protocols**

**Student's Name:** \_\_\_\_\_

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

### **I understand and agree that:**

- \* I will make sure that my child is well and without a temperature before bringing him/her to the gym for class. My child will use the bathroom and wash hands thoroughly before leaving the house.
- \* My child will not come to the gym if he/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 child or any family member living with him/her has been instructed to quarantine.
- \* A Staff Member will greet us at the door, take my child and my temperatures with a touchless thermometer to confirm they are under 100.3. If my child's temperature is 100.3 or over, he/she will be sent home with me. They will then take my temperature to confirm mine is also under 100.3
- \* After temperature checks, I will park my car and enter the Waiting Room with my child and be directed to a "spot" on the floor to wait for the teacher to call my child in to class.
- \* My child's hands and feet will be sprayed with hand sanitizer before entering the gym and being directed to their warm up spot.
- \* If I leave during class, I will arrive before dismissal time and wait on my designated "spot" in the Waiting Room for the teacher to release my child to me.
- \* Only 1 parent will be allowed in the All-Star facility (as long as 6' distancing can be maintained) and will always wear a face mask.
- \* Viewing from the Waiting Room will be limited due to the 6' distancing guidelines.
- \* Class 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.
- \* Hand Sanitizing Stations are located throughout the building.
- \* My child will have his/her clearly marked "String Bag" with him/her at practice to keep his/her mask and water bottle in, shoes & coat if necessary..
- \* 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 child to be spotted when spotting is necessary. I am voluntarily allowing my child to participate in the programs and activities offered by All-Star Gymnastics, knowing that it is impossible to keep him/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