

**Student 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.
- \* My child will bring a Yoga Mat to use during class warm up.
- \* I will drop my child off at the front entrance door at All-Star Gymnastics.
- \* My child will wear a mask when getting out of the car.
- \* A Staff Member will greet my child at the door, take his/her temperature with a touchless thermometer. If my child's temperature is 100.3 or over, he/she will be sent home with me.
- \* After temperature check, my child will be directed to another staff person so he/she can remove outdoor shoes, spray 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 child up at the designated "pick up 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 child 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.
- \* 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.
- \* My child will bring hand sanitizer with him/her to workout to use throughout practice without having to leave the event he/she is on.
- \* Hand Sanitizing Stations are located throughout the building and available as well.
- \* My child will have his/her clearly marked "Gym Pail or String Bag" with him/her at practice to keep his/her mask and water bottle in, shoes & coat if necessary.
- \* My child will wear his/her face mask during class and remove only for safety.
- \* My child's "Gym Pail/String Bag" will be cleaned before bringing it back into the gym.
- \* I will follow All-Star's Out of State Travel Guidelines (posted under Policies on All-Star website)
- \* 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