

Return to Gymnastics - Parents and Families Guide

As we get back into the gym for training after the extended break due to COVID-19 we understand it is going to be an exciting, but also anxious and possibly frustrating process. Here are a few important reminders for all parents and families to think about before coming back to train.

<p>At Home</p>	<p>Review Athletes Guide. Go over the Athletes Guide with your athlete before they come to their first training to be sure they understand what's expected.</p> <ul style="list-style-type: none"> • Teach Physical Distancing. Remember young people haven't been out and about in this new world with line markers, masks and gloves like the rest of us. This is much newer for them so please help us by starting it at home. • Review Re-Opening Protocols. There is a detailed document on our re-opening protocols and the steps we are taking to ensure a safe environment for all. Please review this document. • Monitor Athletes. Check-in with your athletes to see how they're adjusting to the new training environment and this new normal we're all trying to get used to.
<p>Drop-Off and Pick-Up</p>	<p>Athletes and Coaches ONLY in Building. In order to keep our capacity and physical distancing in check we will only be allowing athletes and coaches to enter during their scheduled practice.</p> <ul style="list-style-type: none"> • 5 Minutes Max. We will need to make sure that athletes arrive no more than 5 minutes prior to their practice time and are picked up no more than 5 minutes after their practice ends. We need to cut down on any possible overlap between training groups.
<p>Office and Administration</p>	<p>In-Person Office CLOSED. You will not be able to enter the building and chat to someone at the office, unless it is a scheduled appointment.</p> <ul style="list-style-type: none"> • Email & Phone. The administration of accounts and registrations will be done only via phone or e-mail for the next little while.
<p>Additional Equipment</p>	<p>Each Athlete Must Have Their Own:</p> <ul style="list-style-type: none"> • Water Bottle • Tape • Grips • Hair Elastics • Wrist Bands • Supports/Braces • Freezer Bag or Tupper Ware container for individual chalk • Spray Bottle • Gloves for Strap Bar (cotton gloves NOT medical gloves)

