

WELCOME TO CLASS!

- We've been waiting for you and are so happy to see you in person!
- Before your instructor enters...
 - They have had their temperature checked and it is lower than 100.4°.
 - They have no signs or symptoms of illness.
 - They have set up equipment and have a lesson plan that supports social distancing.
 - They will be wearing a mask the whole class.
- Before you enter...
 - Are you sick or have a fever? If so, we'll see you another day!
 - Do you have a backpack for the following?
 1. Hand Sanitizer
 2. Water Bottle
 3. Room for Shoes/Clothes
 4. Room for your Mask
 - Your hair is up, leotard *and* mask on, ready to go!
 - Wave goodbye to your mom/dad/driver and wait outside the front door to enter. Please be no more than ten minutes early to class to allow your instructor time to prep/check in. (*Children 5yrs & under may be accompanied by ONE parent*)
 - When it is your turn, you will have your temperature checked, asked a few screening questions and use hand sanitizer. Don't worry you'll do great!
- It's what you've been waiting for...GYMNASTICS!
 - Sit on a tape mark on the floor and put your shoes or any clothes in your backpack.
 - Your instructor will tell you what to do and when to take your mask off. If you prefer to keep your mask on, you may!
 - Listen to your instructor. They will help you stay six feet away from your friends as much as possible. You'll be so busy, you won't even realize you're social distancing!
 - Instead of regularly hand spotting gymnasts, we will set up drills based on progressions and use excess matting when possible. It may be necessary, on occasion, to hand spot for safety.
 - You will be given opportunities to wash your hands during class.
 - When it is time to leave, we will be exiting out the back door. Your instructor will dismiss you when they see your parents in the parking lot. Parents, please be prompt picking up your child.

