



GYMNASTICS GUIDELINES & EXPECTATIONS



- Gymnasts may not enter the gymnastics center until staff give permission. Please wait in parking lot until directed.
- Spectating is limited to one person per gymnast only – no exceptions.
- Gymnasts, spectators and staff must sanitize hands upon entering the gymnastics center at the sanitation station provided.
- Gymnasts, spectators and staff will maintain a minimum of 6 feet of physical distance while in the gymnastics center.
 - > If gymnasts do not follow social distancing guidelines they will be asked to leave practice.
- Gymnasts, spectators and staff are encouraged to wear a face covering when physical distancing is not possible.
- Gymnasts must practice with the group they have signed up for. Make-up practice times will not be allowed.
- All gymnasts must carry with them a personal bag, which includes:
 - > Water bottle
 - > Personal chalk bag and spray bottle, provided by the Y
 - > Athletic tape and pre-wrap
 - > Band aids
 - > Personal hand sanitizer (if desired)
 - > Any other personal equipment needed (ex. Grips)
- Sanitation and cleaning supplies will be provided for gymnasts to disinfect equipment before & after use.
- Water fountains will not be available. Gymnasts should bring their own filled water bottles.