

## **Keeping my athlete, my gym\*, and my community safe**

I want to do my part to keep my child (as used here includes all my children), the other athletes, coaches and families as safe as possible under the current circumstances with COVID-19. I have read, understood and agree to follow the following policies and procedures:

I understand and agree that:

1. My child and I will use the restroom and wash hands thoroughly before leaving home, we recommend washing hands or sanitizing again before entering the gym (or inside if outside washing is not available) and during class as required and on leaving.
2. I am required to wear a mask when entering the gym and my child may wear a mask, but is not required to do so.
3. Only 1 parent or caregiver will be permitted to enter the gym with the child. I will maintain a 6' minimum physical distancing standard while at the gym. If that is not possible, I understand that it may not be possible to remain and I will be required to wait in the car or leave and return.
4. Practice times will be adjusted to allow time for the children to get in and out of the gym safely. They should arrive no earlier than 10 minutes before class and be picked up promptly. On arrival, gymnasts will be placed in the gym to wait for the start of class. They will not be able to wait in the viewing area with a parent. At the end of the class, staff will assist with getting gymnasts back to their cars.
5. All coaches and gym staff will wear masks if not fully vaccinated and will wash hands and/or sanitize frequently while coaching. Staff will sanitize equipment at the end of the day.
6. I agree to keep my child home if the child or anyone else in the household is coughing, has a temperature over 100°, or is exhibiting any other symptoms of COVID-19
7. I agree that neither the child nor anyone else will come to the gym until they have tested clear for a period of 14 days after they or anyone they have been in contact with has, or is suspected to have, symptoms of COVID-19, or until they are cleared by a physician.
8. I understand that these procedures will evolve and I will follow any new standards required or recommended by the CDC, the State of Alabama or the gym.
- 9.

### **WAIVER**

I understand that the staff will make a strong effort to maintain physical distancing, but that there will be times when this may be inadvertently breached or incidental contact may occur. I am aware that spotting is an essential part of training for safety reasons. I will allow my child to be spotted when staff feels it is necessary. I understand that I am voluntarily allowing my child to participate in programs and activities offered by the gym, knowing that it is impossible to keep anyone completely safe from exposure to the COVID-19 virus. I accept that risk on behalf of myself, my child and my family.

\_\_\_\_\_  
Name of child - print please

\_\_\_\_\_  
Signature of parent

\_\_\_\_\_  
Date