

Doing my part to keep Mid Island Gymnastics and my gymnast safe.

I want to do my part to help Mid Island Gymnastics keep my child(ren), her teammates, the coaches, other families and everyone else at the gym as safe as possible under the Covid-19 pandemic. I have read, understood and agree to following policies and procedures.

I understand and agree that:

- I will drop off my gymnast at the designated door to the gym. All gymnasts will be temperature checked and symptom checked before entering Mid Island Gymnastics.
- Both my gymnast and I will have a cell phone to communicate when I arrive to pick her up. If cell phone texting is not available, an adult will accompany remaining gymnasts out to meet their parents with 6' distancing.
- All gymnasts are required to bring their own chalk in either a plastic bag or bucket. No chalk will be provided by Mid Island.
- I am required to wear a mask when entering Mid Island.
- Only one parent or non-participating individual will be allowed to enter the facility at the main entrance.
- I am aware that my child will wear a mask in all common areas, but she is not required to do so on the gym floor.
- There will be no hands-on spotting for at least the first month of practice after Mid Island re-opens.
- I will support the social distancing standard of 6' to 10' while at the gym. There will be no congregating inside the building at any time. Practice start and end times will be staggered to insure time for the gymnast to get in and out of the gym safely, to provide time to wipe down the equipment between each practice and for coaches to thoroughly wash their hands.
- My gymnast will have regular opportunities to use the hand sanitizing stations available in all areas of the facility.
- My gymnast will use the restrooms and wash her hands thoroughly before leaving home and while at the gym as needed.
- My gymnast will bring her clearly marked bag to the gym each day with all recommended items included. All items must be brought home every night and washed or sanitized. (including grips) ** Item list to follow.
- All gymnasts will bring their own water bottle and any water bottles left will be disposed of every night. Water ONLY and absolutely no food will be allowed at Mid Island Gymnastics.
- I will have my gymnast wash their hands and feet thoroughly upon arriving back home and her bag will be cleaned upon arriving home and again before she brings it back to the gym.
- I agree to keeping my gymnast home if she or anyone in my family is coughing, has a temperature of 100 or above or other Covid-19 symptoms.
- I understand and agree that these procedures will change and evolve over time and that I will follow any new standards required by the State of New York and/or Mid Island Gymnastics.

I understand that the coaches and everyone at the gym will make a strong effort to maintain social distancing but there will be times when incidental contact and less than prescribed physical distancing will occur. I am aware and agree that spotting is an essential part of training my gymnast in order to keep her safe and to prevent injury. I will allow my child to be spotted when spotting is necessary. I further understand that I am voluntarily allowing my child to participate in programs and activities offered by Mid Island Gymnastics, Inc., knowing that it is impossible to keep her, myself or anyone else who enters the gym completely safe from exposure to Covid-19 virus. I accept that risk.

Signature: parent or guardian

date