

# GYMNASTICS



Fall 2022

## Gymnastics Policies

**NRC's Gymnastics is committed to providing kids the BEST Gymnastics session possible! We have implemented new policies with the goal of keeping everyone safe! We can't wait to see you!**

- **Only 1** parent/guardian per child **OR** per family will be allowed to stay and observe during class. **Additional children are allowed to be present, but MUST STAY SEATED WITH PARENT FOR THE ENTIRE CLASS.**
- Parents (and additional children) are **strongly encouraged** to wear a mask while in attendance at the Gymnastics class. *At this time, class participants do not need to wear a mask but can if preferred.*
- Parents & Gymnastics participants **MUST** wash their hands before being escorted to class by staff.
- NRC staff will greet and escort each class to the Gymnastics room upstairs. Please wait for the staff member by the wooden door located near the main floor restrooms. (NRC Front Desk staff will direct you)
- Upon entering the room, participants will go to the "Gymnast Seating Area" where seat squares are marked off to sit. Participants may use the marked area directly under the seats as storage for their items. All students will remove their shoes and socks.
- Chairs for parents will be set up around the room. Please DO NOT move the chairs from where they are.
- At the end of class, a staff member will take participants to wash their hands and then lead you back to the main floor. Hand sanitizer will also be available. Participants will not be dismissed without a parent present.

### Before class:

**\*Fill Water Bottle**

**\*Use restroom**

**\*WASH HANDS**

**\*Wait for Instructor on main floor by the wooden door near the main floor restrooms**

### During class:

**\*Participants should sit in the "Gymnast Seating Area" and only sit in your square.**

**\*Put all items (water bottle, socks, shoes) in the area directly below your square.**