



**Please follow these COVID-19 Guidelines:**

**Parents:**

1. Stay home if you have a cough, running nose or fever
2. Wearing a mask is recommended
3. One parent per family

**Gym Participants:**

1. Stay home if you have a cough, running nose of fever
2. Wearing a mask is recommended
3. Wash your hands every 30 minutes during practice

**Coaches & Instructors:**

1. Stay home if you have a cough, running nose or fever
2. Wear a mask is recommended
3. Wash your hands every 30 minutes during practice

**Gym Administration**