



## **What will my first day back at Gleason's Gymnastic School look like?**

Coming back to the gym after a long time off to a new environment could make kids a little nervous. So here is a preview of what to expect when you come back to the gym.

At home, before coming to the gym please prepare a backpack that you can carry all of your items in throughout the gym. Gymnasts must bring their own water bottle, hand sanitizer, and any other items your coaches have requested (jump rope, running shoes, etc). Also, we would encourage all athletes to use the restroom prior to coming to the gym and be sure to wash your hands before you leave your house. If you would like to wear a mask be sure to bring it along.

As you pull up to the front entrance, please stay in your car until a member of Gleason's staff calls your group in. Before entering the gym you will quickly have your temperature taken using a no contact thermometer by a GGS staff member. Afterwards, you will be asked to wash your hands for 20 seconds before entering the gym. If you have a temperature we will call your parents to come and pick you up from the gym. All doors that can be propped will be open for you to walk through. If you'd like to wear a mask when entering the building, please do so. It is very important that gymnasts arrive on time for practice, but cannot arrive more than 15 minutes early for practice.

As you enter the gym, you will go to your group's assigned area and place your backpack in a designated area for your group. Please sit using social distancing, which is 6 feet apart from your teammates. Please wait patiently for your coaches' instructions on how to start your practice.

Your coaches may be wearing a mask when coaching, but some may not. However, if you are getting spotted your coach will wear both a mask and gloves. As you practice it is extremely important that you continue to practice social distancing! Gleason's will provide each gymnast with their own bag of chalk with their name on it on the first day of practice. All team gymnasts will be expected to keep this chalk in their backpack and use this personal chalk bag. The regular chalk stations will not be available. Your coaches will not be spotting you as much as before, but can spot for safety if needed.

Your coaches know that you have been out of the gym for a long time and we will take it slowly as you begin practicing, so don't feel bad if things that were easy for you before seem harder.

At the end of your practice, all of the gymnasts will be asked to help clean up before the next group arrives. We ask that all gymnasts be picked up within 5 minutes after your practice ends.

We're so excited to get back in the gym and we know you all are too! By working together, we can make this return to the gym one that is fun and not stressful!

See you in the gym soon!