



# NEPEAN CORONA GYMNASTICS SAFETY STANDARDS FOR RE-OPENING

*Our mission is to follow procedures to protect our gymnasts, employees and community members and to help prevent the spread of disease.*

## WHAT GOES IN THE BACKPACK

1. Plastic container with a lid for individual block of chalk. The container should be large enough to hold a block of chalk and to use the lid as a tray to catch chalk dust. Alternative-smaller container and use a small plastic frisbee to catch chalk dust that is to go back into the container.
2. Spray bottle to be used with chalk.
3. Grips and wrist bands (if gymnast wears grips)
4. Athletic tape
5. Socks with sticky spots. Gymnasts are required to wear sticky socks in the gym. Gymnastics shoes are also acceptable, please ensure they fit well if using.
6. Hand sanitizer for their personal use.
7. Filled water-bottle
8. Yoga mat with a tie or strap.
9. Gymnast will keep all personal belongings in their backpack. This includes shoes and any clothing they bring
10. Snack. No garbage may be left behind. Gymnasts who need a snack break may eat in the parents lounge. Distancing and disinfecting rules will apply.
11. Backpack must have a label or tag on it with the gymnast's name.