



# 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 RECREATIONAL GYMNASTS

1. Socks with sticky spots. Gymnasts are required to wear sticky socks in the gym. Gymnastics shoes are also acceptable, if using, please ensure they fit well.
2. Hand sanitizer for their personal use.
3. Filled water-bottle
4. Yoga mat with a tie or strap.
5. Backpack must have a label or tag on it with the gymnast's name.

### For Intermediate or Advanced Gymnasts

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.
2. Spray bottle to be used with chalk. (labelled with name)
3. Grips and wrist bands (if gymnast wears grips)
4. Athletic tape

***Gymnast will keep all personal belongings in their backpack.  
This includes shoes and any clothing they bring***