



GYMNASTICS & TRAMP & TUMBLE TEAM REQUIREMENTS (Tramp & Tumbling, USAG Boys, USAG Girls and XCEL)

CHECK IN/DROP-OFF/PICK-UP:

- Athletes must be checked-in by a parent/guardian at the check-in tent/area prior to being dropped off.
- Athletes cannot enter the facility more than 5 minutes before the start of practice.
- Athletes will be screened prior to entry which will include a touchless temperature check. If any of these apply to your athlete, they will not be permitted to enter the facility for 14 days:
 - A fever of 100.4 or higher, has had a respiratory infection, cough, shortness of breath OR
 - Had any contact in the previous 14 days with someone who has a confirmed diagnosis of COVID-19; is under investigation for COVID-19 or is ill with a respiratory illness, they will not be permitted to enter the facility for 14 days. OR
 - Has traveled in the previous 14 days on a cruise or internationally to countries with widespread, sustained community transmission.
- Athletes must be picked up within 5 minutes of their scheduled practice end time.
- Parents can view practice through SpotTV. Parents/Guardians will not be permitted to enter the facility at this time.

REQUIRED ATHLETE ATTIRE/ITEMS:

- Footwear- athletes will take off their shoes at check-in and put them in their bag/backpack (or left with the parent/guardian). Socks must be worn upon entering the facility. Socks must remain on until instructed to be removed by a coach/instructor.
- Athletes should arrive at the gym in their practice attire.
- Each athlete must have their own bag or backpack with the following items:
 - Water bottle labeled with their name (with enough water to last the duration of practice).
 - Chalk container labeled with their name. The container should be large enough for them to put both hands in and move them around. This is a good example (dimensions are 16.5 x 11.5 x 3.5):



- Chalk. Sun Country will provide chalk for each athlete the week of June 1st. Additional chalk will be available for purchase.
 - Grips and wristbands and/or grip bags.
 - Additional items including (but not limited to): therabands, honey, water bottle specifically for grips.
- All items must be taken home at the end of each practice. No items can be left at the facility.

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