



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 any other COVID-19 symptom 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.
- On August 24, 2020 Sun Country will begin requiring face coverings for students ages 6 (or Kindergarten) and up, while they are in non-physical activities.
 - To clarify, face coverings will be required:
 - On arrival at the West location
 - On the way to, and during transitions between activities
 - During non-active programs, like arts & crafts
 - Face coverings will NOT be required for students:
 - Attending Team practice at Millhopper
 - During active programs, like rock climbing, dance, gymnastics and swimming
 - While eating lunch or snack
- 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.
 - 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. Additional chalk is available for purchase.
- Additional items including (but not limited to): therabands, honey, water bottle specifically for grips.

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