

Required COVID Safety PROTOCOL we ask from our Families

- Wear a mask
- Wait & Maintain 6ft physical distancing & 8 ft when not wearing a mask (includes eating & outside)
- Wash hands frequently
- Wash hands prior to and after Harford Gymnastics
- Avoid crowds, even with a mask
- Do not socialize inside or outside when 6 ft physical distancing can not be maintained
- Stay home if you or anyone in your household is feeling ill
- Stay home if anyone in your household has been in contact with someone with positive Covid results
- Contact us for further guidance if anyone in your home is awaiting Covid tests
- Be smart about personal choices.

If you or your children are going to be around OTHERS we MUST INSIST that they maintain 6 ft of physical distancing and they MUST wear a mask INSIDE or OUTSIDE. Please help stop the spread.

We must insist that you stay away from the gym for 7-9 days after not being able to follow these protocols, including holidays and eating with others.