

## Harford Gymnastics Parent Agreement

We need everyone's help in creating the safest possible environment.

I want to do my part to help Harford Gymnastics keep my child(ren), her teammates, the coaches, other families and everyone else at the gym as safe as possible under the Covid-19 pandemic and beyond it. I have read, understood and agree to follow the following policies and procedures.

I understand and agree that:

- I will drop my gymnast off and pick her up at the designated team door to the gym.
- Both I and my gymnast will have a cell phone to communicate with her when I arrive to pick her up if it is a rainy day and outside pick up is not possible. If cell phone texting is not available, a coach will accompany remaining gymnasts out to meet their parents with 6' distancing. For the younger ones without cell phones... please call the counter staff 410-877-8686 to communicate when you are here for pick up so we can bring your child out.
- For younger gymnasts, please let us know if you need to accompany your child into the building. Only one parent or nonparticipating individual will be allowed to enter the building at the main entrance for drop off of younger children.
- All adults are required to wear a mask when entering the Harford Gymnastics facility.
- I am aware that my child may wear a mask but that she is not required to do so.
- There will be no hands-on spotting for the first few weeks of practice after Harford Gymnastics re-opens. This time will be spent on basics and drills for skills. Our gymnasts need to get their bodies super strong, their muscles flexible, and their timing back for their skills.
- I will support the social distancing standard of at least 6' outside and inside the facility and educate my child on this protocol
- Practice times have been adjusted to ensure time for the gymnasts to get in and out of the gym without a crowd, to provide time to wipe down the equipment between each practice and for teachers to thoroughly wash their hands.
- My gymnast will have regular opportunities to use their hand sanitizer, starting with prior to entering the building.
- My gymnast will use the restroom and wash her hands thoroughly before leaving home and while at the gym as needed.
- My gymnast will bring her clearly marked practice bag to the gym each day with all recommended items included.
- I will have my gymnast wash hands and feet thoroughly upon arriving back home and her bag and items in the bag will be cleaned upon arriving home and again before she brings it back into the gym.
- I agree to keep my gymnast home if she is not feeling well or anyone in household has any Covid-19 symptoms such as coughing, has a temperature over 100 degrees, fever, chills, body aches, sore throat.
- I understand and agree that these procedures will change and evolve over time and that I will follow any new standards required by the State of Maryland and/or Harford Gymnastics.

I understand that the coaches and everyone at the gym will make a strong effort to maintain social distancing but that there will be times when incidental contact and less than prescribed physical distancing will occur. I am aware and agree that spotting is an essential part of training my gymnast in order to keep her safe and to prevent injury. I will allow my child to be spotted when spotting is necessary as we start working more advanced skills. I further understand that I am voluntarily allowing my child to participate in programs and activities offered by Harford Gymnastics, Inc., knowing that even with increased sanitation and enhanced hygiene protocol, it is impossible to provide a completely sterile environment so the risk of Covid-19 exposure and other viruses may exist. I accept that risk.

CHILD'S NAME: \_\_\_\_\_ Signature: parent or guardian \_\_\_\_\_ Date \_\_\_\_\_