

**CORTLAND YMCA GYMNASTICS REC PROGRAM 2021  
GUIDELINES AND RULES**

**\*\*ALL GUIDELINES SUBJECT TO CHANGE\*\***

**\*TO KEEP OUR PROGRAM SAFE MASKS MUST BE WORN**

BY PARTICIPATES & SPECTATORS Over 2yrs of age

**\*CDC GUIDELINES** WILL BE FOLLOWED

**\*TEMPERATURE CHECKS** WILL BE TAKEN

**\*SOCIAL DISTANCING** WILL BE FOLLOWED

**\*1 PARENT OR SPECTATOR ALLOWED/FAMILY**

**\*NO SIBLINGS UNLESS ENROLLED IN A CLASS**

**\*Hand sanitizer will be used upon entering the gymnastics site**

**\*If someone in your household is quarantined we ask that you DO NOT attend your class until that quarantine is over and you are symptom free. Please notify us if this is the case. \*607-758-8630.**

**We ask that if you do not feel well or have any COVID symptoms do not come to class. Please respect others and stay home.**

**\*DO NOT MOVE SEATING**

\*Please arrive on time for class.

**\*Your child should come dressed and ready to go.**

**Girls:** 1 PIECE LEOTARDS PREFERRED... T-shirt and shorts are acceptable (no tutu's or 2-piece workout apparel \*No midriff showing please)

\*colder weather please layer and add leggings and a sweatshirt

**Boys:** Gym Shorts and T-shirt. Colder weather please layer with sweatpants and sweatshirt.

**\*Please make sure your child's hair is pulled back.**

\*Please have your child use the bathroom before class. This eliminates bathroom trips during class time.

**\*No Jewelry allowed**

**\*No pants or shorts with snaps, buckles, or wide legs. No Socks:** this includes tights with feet. They are very slippery on the equipment.

**\*Please bring water with you**

\* After class **please gather your belongings and keep socialization to a minimum.** We need clean and get ready for the next class coming

\*During class videos or pictures are **not allowed.** Please ask your instructor if you would like to take pictures or videos and we will be happy to arrange a time for you. This is to protect all of the participants in our program.

**To keep our program safe, I Have Read and Agree to Follow All of The Above Guidelines While Enrolled in A Cortland YMCA Gymnastics Class.**

Print Gymnast(s) Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_